

What's Happening?



FIA/FRIENDSHIP CLUB HARDIN COUNTY COMMUNITY SERVICES



AUGUST 2016

Dates to remember...

Hardin Co. MHDD:
Sept. 14, 8:30am
at Friendship Club.
FIA Board Meeting: Sept. 21,
8:30am, at
Friendship Club.
Hardin Co. MHIT:
Sept 22, 8:30am at
Friendship Club.

What to drink:

Water is truly one of the best things to drink. Research also shows that a lightly flavored beverage with a small amount of sodium will encourage people to drink enough to stay hydrated. The correct combination of flavor and electrolytes in a sports drink like Gatorade provides one of the best choices to help you stay hydrated.

18th Iowa Empowerment Conference

This year's 18th annual Iowa Empowerment Conference was held July 6th, 7th and 8th at the Airport Holiday Inn located in Des Moines.

The Iowa Empowerment Conference is a consumer led conference for individuals, families, and youth dealing with mental health issues. This year's theme was "Change-Good News".

The rooms were very accommodating and comfortable, and the food was very good. Besides the five workshops there were keynote speakers and activities, including a dance, BINGO and board games in the evenings. The drawings for prizes at noon and dinner were exciting. We personally won flavored bottled water and a picture frame.

Pete Williams and Tim Rogers represented Hardin County all 3 days. Mary Nelson, Friendship Club Coordinator, Richard Tiger, Diane Hayden and Thresa Baugh attended the conference on Thursday.

The workshops we attended were "U of I Peer Support Training Information, Budgeting 101: "Common Sense for Your Dollars and Cents", Building Healthy Relationships, and "SAD"- "Who Moved the Sun?"

Our ten county redesign region paid for us to attend the conference. Our trip to Des Moines was easy and travel proved uneventful.

The Empowerment Conference was educational, informative and fun. We hope to possibly go next year if our schedules allow. We encourage other Friendship Club participants to consider attending.

With appreciation, Pete Williams and Tim Rogers.

OUTINGS!!

Make sure you call to see if you are on the list to go on an outing if you won't be at club. If you miss an outing without letting us know, it means someone else who could have gone misses their chance. Your calendar will also be marked if you are on the list to go.

Thanks!!

Ackley Food Pantry

641-847-2862

641-847-3839

641-847-2403

Alden Food Pantry

515-859-7827

515-290-5684

Hubbard Pantry

Phone

641-864-2625

Hardin Co.

Emergency Food Pantry

641-648-5036

877-290-5587

Radcliffe Food Shelf

515-859-2327

The Ruth Project

641-648-3594

641-648-6617

Union Community

Food Outreach

641-486-2394

641-858-3077



Five Star Quality Measures and Outcomes Defined -with Derrick Dufresne

Thursday September 15th, OR Friday September 16th. 8:00am-4:00pm

According to Derrick Dufresne, we can clearly do better. Our "good" is not good enough, and our "wonderful" should move to "great."

Goals of the Conference: This interactive conference will challenge participants to move from Three Star Quality to Five Star Quality. The Iowa Association of Community Providers, Iowa State Association of Counties, Central Iowa Community Services and Heart of Iowa Community Services Regions have partnered together to develop a Statewide Outcomes Project. The Outcomes that will be tracked by the MH/DS Regions are: Community Integration, Community Living, Community Employment, Somatic Care, and Affordable Housing. This training opportunity will provide direct care staff and administration with the information needed to move your organization to a Five Star Quality agency, thus meeting these outcomes and performance measures.

For more information or to receive a registration form, call 641-939-8167.



NAMI Family-to-Family

National Alliance on Mental Illness

NAMI Family to Family is a free, 12 session educational program for family, significant others and friends of people living with mental illness. It is an evidence-based program and is taught by NAMI-trained family members who have been there. It not only provides critical information and strategies for taking care of the person you love, but you'll also find out that you are not alone and there is hope!

Tuesday September 6, then Mondays through November 21; 7:00-9:00pm
Friendship Club (602 South Oak) in Iowa Falls
 Please contact NAMI CI to register or for more information
 (515) 292-9400 or NAMIOfCI@gmail.com

"This course saved our family."

*"I wish I had know about this course
 ten years ago!"*



A cookout at Foster Park was enjoyed on a beautiful day. Thresa worked hard, sharing her grilling skills with us, thankfully! Thanks to all who helped and brought food!



A Birdfeeder Out My Window

By Elizabeth Johnson, a friend and former participant

**A birdfeeder out my window
 To watch the birds and see
 Them fly and peck and flutter
 And live happy and free
 Sometimes they come in pairs
 Sometimes they come alone
 They often watch each other
 Their taste is more their own
 To me these birds have a life
 No worry in their head
 You just fill my feeder
 And I'll eat there instead.**

Volunteer Deanna Smith brought a project for handing out bags of items that symbolize ideas of teamwork. We handed out the bags and discussed teamwork.



Marion brought rocks for participants to paint and decorate. Some rocks will spend their time in a garden, some in the house. They ended up being very decorative "pet" rocks.



Hardin County Community Services
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Eldora IA 50627