

What's Happening?

FIA Friendship Club****Hardin County Community Services

JUNE 2015



SEMINAR FOCUSES ON MEANING

Approximately 80 turned out for the 16th Annual May Mental Health Awareness Seminar on May 20th to learn about mental illness and to honor Hardin County volunteers and contributors.

The program featured Alison Brennan, founder of Achieve Mental Health in Iowa Falls, as the speaker. Brennan, with 20 years experience as an advocate and provider of mental health services, presented "The Power of Meaning." She shared her personal story of trauma experienced by her grandparents and mother, and growing up in family with mental health issues. Alison focused on self-help and coping skills individuals can use to give their life meaning and purpose and ultimately improve their mind, body, and spirit. Alison shared the ways her mother overcame the obstacles presented in her life growing up to improve her life and the lives of her children, producing a medical doctor and a licensed mental health counselor (Alison).

Alison discussed practical ways we can improve our mental health, increase the size and functioning of parts of our brain that are affected by mental illness, and live a healthy holistic life.

Thank you Alison for the inspiring message!

FRIENDSHIP CLUB

HONOREES

Friendship Club members were recognized at the May 20th luncheon for their participation and support of the Friendship Club over the past year. Gina Mitterer and Wanda Kastner were recognized for their attendance and participation over the past year. Both participated 141 days over the past year.

Tim Rogers was presented the Leadership Award, recognizing him for his leadership in the Club in addition to his longtime membership on the FIA Advisory Board and County MHDD Advisory Board.

The "All-Star" Award was presented to Thresa Baugh. The award goes to the top individual based on attendance, staff recommendation, and voting of fellow members.

Congratulations to the award recipients!



Gina Mitterer and Wanda Kastner



Tim Rogers



Thresa Baugh

ACHIEVE MENTAL HEALTH & FIA

VOLUNTEERS RECOGNIZED

During the MH Awareness luncheon on May 20th, 70 individuals and organizations were honored for their volunteer activity for Faith in Action and Friendship Club. See enclosed list of volunteers.

The 2015 "Partner in Recovery" award was presented to Alison Brennan of Achieve Mental Health for her agency's exceptional services to Hardin County citizens.



2015 Mental Health Seminar



WE NEED YOU!!

We are looking for anyone interested in volunteering at the Friendship Club. We would be happy to have someone stop in to discuss current events, make crafts, play cards, whatever your heart desires. We would also love to have someone willing to spend time with several participants who would like/need some one-on-one attention. Please stop in or call with any questions you may have. 641-648-7500

Craft time in May was spent making bird feeders from Popsicle sticks. Sadly, we found the glue wasn't very waterproof!!



2015 Volunteer Appreciation

A World of Thanks, Volunteer

We appreciate all you do.

You give your time and energy, too.

You brighten lives like a shining star.

What a truly special person you are.

You make a difference by caring, and change the world by volunteering.

Kona Adams
Lenora Bahr
Dean Booth
Dennis Bruflodt
Ken Butt
Delores Crawford
Dave Elerding#
Vicki Gehrls
Fern Graves
Betty Hadwiger
Mary Houghland
Jerry Kramer#
Nikki Mattson*
Pat Mills
Mary Nelson
Minnie Norem
Nedra Peterson
Sandy Rizzo
Shirley Schrandt
Tim Smith#
Mary Swartz*
Kathy Vitasek
Miriam Webber#

FIA Advisory Board

Linn Adams
Glenda Bailey
Maya Bradshaw
Nancy Bunt#
Stella Caselton
Maxine Daleske
Robin England#
Bill Geil
Erica Grimm
Robin Hartkopp#
Jim Johnson*
Eileen Kruse#
Brenda Meyer
Bonnie Mitterer
Michael Nelson
Ruth Norem#
Mary Pieper
Tim Rogers*#
Rick Shaw*
Kathleen Steiber
Cheryl Tanis*
Alois Vitasek

*MHDD Advisory Board

Harold Alt
Ashley Barkey
Alison Brennan
Sandi Butt#
Jack Colbe
Bev Dirksen*#
Greenbelt Home Staff
Joan Geil#
Kevin Hackney*
Rebecca Heitland
Chynna Kannegieter
Cheri Manning*
Lois Mills#
Donnette Montgomery
Kelly Newgaard
Jim Paprocki
Virginia Reams
Mary Rosendahl*#
Deanna Smith
Robert Stern
Terri Tikovitsch
Roxanne Warnell

Ongoing Friendship Club Volunteers

Dean Booth, Harold Alt-Current Events
Deanna Smith-Crafts & Support
Sandy Rizzo-Crafts
Kathleen Steiber-Cooking

Virginia Reams-Readings & Discussion
EMH Behavioral Health-Education/Coping
Greenbelt Home Care Staff-Healthy Living
Lenora Bahr-Bus Driver

Special Thanks to the following for financial and in-kind contributions to support Faith in Action over the past year:

Beta Sigma Phi Sorority	Lois and Pat Mills
Bethany Lutheran Church, Iowa Falls	Bonnie Mitterer
Central Iowa Residential Services, Inc. (CIRSI)	Mary Rosendahl
Dorothy Sheller	Maxine Daleske
East Side Ladies	NAMI Hardin County
Eileen Kruse	Routine Bergman
First Christian Church Womens Fellowship	Sandi and Ken Butt
Friendship Club Members	Sandy Rizzo
Hardin County Community Endowment	Sarah Circle, First United Methodist
Iowa Falls Church Women United	St. Marks Knights of Columbus
Iowa Falls Community Chest	Walmart
Iowa Falls First United Methodist Church	Zion UCC Womens Fellowship-Hubbard
Iowa Falls First UM Church Women	Alden Methodist Women
Jane Hornung	Parchment Club
Jerry Kramer	Salem Methodist Church Sunday School
Ackley Methodist Church	Hardin Co. Community Services Staff
Iowa Falls UCC Church	Maurice Gaulke
Joe and Linda Scallon	Hubbard Community Fund
Ken and Annie Kuper	Stephanie Hamilton
Thresa Phillips	Clark and Barb Carlson
Bill Dunn	Linn and JoAnne Adams
Stella Caselton	

Friendship Club Awards

All-Star Award
Leadership Award
Participation Award

JUNE 2015

Mon, Wed, & Fri 10:30a-3:30p

Sun	Mon	Tue	Wed	Thur	Fri	Sat
 Birthdays	1 11:00 CWU SERVICE Sack Lunch Integrated Health Services Allison & Jenny	2	3 East Side Ladies Picnic at Julie O'Neil 11:00 – 3:00 Peoplerides pickups at 10:30  Bets Watson	4	5 Iowa Falls Outing Info Day <u>County Van pickups 9:30</u> Fire Station 10:00 PORTERS 11:00 Park Tours 12:15 Plastics Recycling 1:30	6
7  Wanda Kastner	8 11:00 CWU SERVICE Sack Lunch GO FLY A KITE ! ? ! WITH RAYMOND KENINGER  Heidi Murphy	9	10 11:00 Morning Moments Friendship Lunch: Spaghetti & Meatballs Helpers: Tim & Pete <i>Readings with Virginia</i>  Tracey Travis  Pete Williams	11	12 11:00 Morning Moments Sack Lunch SHOW & TELL	13
14  FLAG DAY	15 11:00 CWU SERVICE Sack Lunch Group Lunch Shopping & Your Choice!	16	17 8:00 FIA Board 11:00 Morning Moments GROUP Friendship Lunch: Chef Salad Helpers: Thresa, Tracey, Deanna <i>Birthday lunch day!!</i> Calendar Planning & BINGO	18	19 11:00 Morning Moments Sack Lunch BOWLING  Leadayle Rosendahl	20
21	22 11:00 CWU SERVICE Sack Lunch Flag Crafts with Mary  Barb Havens	23	24 11:00 Morning Moments Friendship Lunch: Goulash Helpers: Roger & Glenda PARTICIPANT MEETING	25	26 11:00 Morning Moments Sack Lunch Newsletter Mailings	27
28	29 CLOSED DUE TO CARPET & FURNITURE CLEANING	30  Elizabeth Johnson	1 11:00 Morning Moments Friendship Lunch: Cold Meat Sandwiches Helpers: Kathy & Diane Behavioral Health	2	3 CLOSED For 4TH OF JULY CELEBRATIONS	

FIA/Hardin County Friendship Club
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