

What's Happening



FEBRUARY, 2015

HAPPY BIRTHDAY FRIENDSHIP CLUB

The Friendship Club participants and volunteers will celebrate its 13th Anniversary in February. The Club opened on February 4, 2002 following many months of planning with a grant from the Robert W. Johnson Foundation.

This social and educational center, a division of Hardin County Community Services, serves person with mental health and developmental disabilities. It has served hundreds of individuals since its opening, and serves approximately 50 individuals each year.

The program relies on the financial and volunteer support of many individuals and organizations. As we begin our 14th year, we are seeking additional individuals willing to volunteer time with Friendship Club. Anyone interested can contact FIA Friendship Club Coordinator Kathy Vitasek at 648-7500.

THANK YOU! THANK YOU!

-Recent Financial Donations:

- **Maurice Gaulke**
- **Hubbard Community Fund**
- **Iowa Falls 1st United Methodist Women**
- **Iowa Falls UCC Church**
- **Iowa Falls Church Women United**

-To Mike Nelson and Alois Vitasek for installation of new white board and maintenance.

For Your Health- Quit Smoking

Statistics show that men who smoke have a 23 times higher chance of developing lung cancer than those who do not smoke! Smoking also leads to a higher chance of developing other health problems.

Quitting may be the most difficult thing you do, however, health improvements show within 20 minutes after quitting with reduced blood pressure and heart rate. Within 1-3 months your circulation improves and lung function increases.

If you would like help to stop smoking you can receive telephone counseling at 800-QUIT-NOW or contact your doctor to get medications that assist in quitting.

OUR CLUB

By Elizabeth Johnson

The Friendship Club is here to stay,
all good times are on the way.
We're real good friends, we stick
together;

we watch, we learn, and do whatever.
In times like these we learn to cope;
our mental health problems-we have
hope.

We meet three times a week for help,
a time well spent on our health.

Our illness we take seriously;
we think our place is pretty nice--
we don't just come once or twice.
We'd like you to know all of these
things,

so think of us in all it brings.

MARK THE DATE

Jan. 28, 8:30, FIA Advisory Board,
Friendship Club, Ia. Falls.

Feb. 18, Friendship Club Participant
Meeting.

IPR Openings




















Several Intensive Psychiatric Rehabilitation (IPR) clients recently completed the program. IPR Practitioners Cheri Manning and Jennifer Knott are currently taking new referrals for the new round of IPR that is starting. If you, or someone you know, are interested in IPR contact Community Services (939-8168) about a referral.

*For Valentine's Day do something
nice for someone you care about!*

FRIENDSHIP CLUB

February 2015

fiafc@hardincountyia.gov 641-648-7500 OPEN Mon, Wed & Fri 10:30 - 3:30

Sun	Mon	Tue	Wed	Thur	Fri	Sat
<p>1</p> <p>Member Birthdays</p>  	<p>2</p> <p>11:00 CWU SERVICE Sack Lunch</p> <p><i>Cooking with Kathleen</i> (CREAM PUFF DESERT)</p> 	<p>3</p>	<p>4</p> <p>PRINCESS Out to Eat 11:00 Peoplerides will pick up at 10:30</p> <p><i>Behavioral Health</i></p> <p>13th FIA/FC Anniversary</p>	<p>5</p> 	<p>6</p> <p>11:00 Morning Moments Sack Lunch</p> <p>Sandy Snowman Craft</p> 	<p>7</p>
<p>8</p>  <p>Thresa Baugh</p> 	<p>9</p> <p>11:00 CWU SERVICE Sack Lunch</p> <p><i>Job Link Information Sharing</i></p>	<p>10</p> 	<p>11</p> <p>11:00 Morning Moments Friendship Birthday Lunch: Meatloaf Helpers: Kayla & Diane</p> <p><i>Readings with Virginia</i></p>	<p>12</p> 	<p>13</p> <p>11:00 Morning Moments Sack Lunch</p> <p>Valentine Trivia & Fun</p> 	<p>14</p> 
<p>15</p> 	<p>16</p> <p>11:00 CWU SERVICE Sack Lunch</p> <p><i>Calendar Planning & BINGO</i> Group Lunch Shopping</p>	<p>17</p> 	<p>18</p> <p>11:00 Morning Moments GROIUP Friendship Lunch: Lasagna Helpers: Thresa & Gina</p> <p>Participant Meeting & Participant Choice</p>	<p>19</p> 	<p>20</p> <p>11:00 Morning Moments Sack Lunch</p> <p>BOWLING</p>	<p>21</p> 
<p>22</p> 	<p>23</p> <p>11:00 CWU SERVICE Sack Lunch</p> <p>SHOW & TELL</p>	<p>24</p> 	<p>25</p> <p>11:00 Morning Moments Friendship Lunch: Chilli Helpers: Linda & Judy</p> <p><i>What's Happening with Harold?</i></p>  <p>Scott Sasser</p>	<p>26</p> 	<p>27</p> <p>11:00 Morning Moments Sack Lunch</p> <p>Newsletter Mailings</p>	<p>28</p> 