

# THE FRIENDSHIP CENTER NEWS

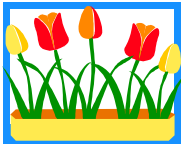
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April 2004

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April Showers bring  
May Flowers.



## Friendship Center Hours



Monday-Friday 9 a.m. - 4 p.m.

Saturday 10 a.m. - 3 p.m.

Sunday 12 noon - 4 p.m.

## April Happenings



- **Questions & Answers** with Irene on Wednesday, **April 7**, at **10:30 a.m.** & Tuesday, **April 20** at **1:30 p.m.**
- **Mmmmm... Easter Dinner**, Thursday, **April 8th** at **12:00**
- Dig out your **walking shoes** and  join the **Walking Club** on **Tuesdays** and **Fridays** at **10:30 a.m.** See how many **miles** you can **accumulate**.
- **Monthly Membership Meeting** - plan to attend on Tuesday, **April 13th** at **1:00 p.m.** Enjoy a **snack** after the meeting.
- Come enjoy the day **fishing** at **Kennedy Park** on Friday, **April 30th** at **1:00**  **p.m.** Let's hear about the one that got away!
- **Education & Support Group** on **Wednesdays** at **12:30 p.m.** with **Jim Burr**

## Happy "April" Birthdays!

Gail T. 4/4

April A. 4/17

Brian S. 4/21

Abraham N. 4/29

Richard W. 4/30



### March Membership Meeting Minutes By Brian S.

At 1:30 p.m. on Tuesday the 9th of March members of the Friendship Center came together for our monthly membership meeting. Brad K. was the peer staff member who started the meeting.

He first mentioned about the State Legislative Session on March 16. The session was to give us a chance to tour the state capitol and talk to some of the Legislatures.



Brad began explaining the budget of the Friendship Center. Our checking account balance was \$951.21 on March 6th which was down from the February balance. The goal of the Budget Committee is to try to save some extra money to pay for future expenses that may occur.

Brad then opened the meeting up for suggestions of activities we can do this summer. Some very good ideas were given such as; having a campout somewhere, a boat ride down the Iowa River by Iowa Falls, seeing an Iowa Cubs game, and even watching the Dayton Rodeo. If you have other suggestions, please put them in the suggestion box at the Center. Starting a walking club was also mentioned.



We need to keep the craft activities going at the center. Irene B. suggested that we start a Craft Committee to get some more craft ideas for our Wednesday mornings.

Irene mentioned that all of the members should take more responsibility in doing their dishes and cleaning the Center. We also need to be more considerate of other members in what we say and do.



One of our members asked if pets may be brought to the Friendship Center. Irene explained that we should try to keep pets here at the Center for only a short time since some members may possibly have allergies to pets. She thought it might be a good idea to have a committee make some rules for pets at the Center.

Finally, Irene said she thought it would be a good idea to schedule a time for her to visit us in the center every other week to answer questions that we have for her.



After the meeting was over at about 2:20 p.m. the eighteen members present enjoyed root beer floats that were served by the peer staff.

We also encourage everyone to submit their articles, poems, stories, etc. for our newsletter.

#### Construction is Ready to Start

By A Webster County Employee

The Webster County Board of Directors have approved the installation of new basketball and tennis courts next to the garden this spring.

Irene B. from Webster County Disabilities Alliance says the Friendship Center is "really doing a good job" and hopes that we "keep up the positive progress."

The President of the Board of Directors proclaimed, "What an excellent idea to have fitness equipment right next to the fresh, home-grown vegetables that come from the garden."

The construction project will be offered to the contractor with the lowest bid. They will start construction in April so that we can play ball this summer.

Pam C. from Webster County Disabilities Alliance thought we should ask for a swimming pool and hot tub in the area by the horseshoe pits next year.

Keep up the good work!

Oh, by the way — "April Fool's."

We are having a meeting on Tuesday, April 6th at 1:00 p.m. to discuss 'pet policies' at the Friendship Center. Anyone and everyone is invited to attend. We will be discussing how and when it would appropriate to have any pets in the building. We want to take our ideas to the Membership Meeting on Tuesday, April 13th.

In this month's newsletter you will find a Friendship Center Release Form. This form will not only allow us to use your name/picture in upcoming newsletters and our web site, but will allow us to have emergency information on file. Please complete and return to the Friendship Center at your earliest convenience. Thank you!

Courage — Happiness — Friendship

To be best at everything does mean that you excel, but it can also be that one kindness after another is best shown in thought, word, and deed!

We, as clients, have the courage to face our illness, and search out the answer for a certain relaxation and a kind of peace and calmness that comes through our therapy, and investigation of what brings about that ability to gain insight and move on to our inner strength to deal with our daily lives in the community, and in our personal lives mostly! I find out a lot of the above by conversation with each of you and with others in the community. In the beginning I couldn't deal with group therapy because I thought it was personal thoughts about ideas and events and that to deal with strangers on this level seemed embarrassing and invasive of my privacy.

I overcame this a little trust of information at a time—what seemed like a long time! I am happy to say therapy sessions work and the happiness of this to us and to others!

The friends and friendship it brings is something marvelous! — It is great to hear somebody greet me and begin telling me stories of their adventures in life, and how they find life and deal with its troubles, tests, beauty, and the humor of working on it, and the result of how that happiness has helped deal with problems each day- - - and the daily smile they wear to tell friends!

Meaningful twinkles of light and of happiness, and friends and friendship galore is what I wish for all of us. Let us set it as a group goal always to move onward to more friends and friendship at our Friendship Center! See you over a cup of coffee and good conversation!

Your friend,  
Virginia

We could learn a lot from crayons: some are sharp, some are pretty, some are dull, some are broken and some have weird names, and all are different colors...but they all have to learn to live in the same box.

March Winds Blow In - - -  
April Showers Which Grow - - -  
May Flowers!  
...and maybe, grows our vegetable garden!?!

**March  
Winner's Circle**

**Free Dues  
PeeWee S.**

**Game winner's this month are:  
Curt D. (3), Abe N. (2), Sherri E. (5),  
PeeWee S. (4), Doug W., Mark E.,  
Dick W., Sunny S., Bruce J.**

We grow, also! Conversation as a type of rain takes us to varying and different heights of thoughts and feelings and desires to nurture us!

As we find out new ideas and ways of thought, our minds stretch and grow to point out increased values and greatly needed insights.

That way our garden of life grows beautiful "flowery" paths to walk with our treasures of thought!

By  
Virginia L.