



FMHS CHAT

FMHS Officers

Susan Elke, President

Bev Drake, V.P.

Maria Soutar, Secretary

Sue Heth, Treasurer

EASTER GREETINGS!

Easter is meant to be a symbol of **HOPE**,
RENEWAL, and **NEW LIFE**. AUTHOR UNKNOWN

Spring is “probably” my favorite season of the year....but don’t hold me to that in case I say the same thing about summer!! I’m writing this in March, and yesterday noticed that my **daffodils** have started popping up. I love driving around on a sunny spring day looking at the pretty spring flowers in bloom. Being more aware of what’s happening in the moment can put you in touch with the new world unfolding around you! Enjoy and appreciate this beautiful time of year –slow down and be intentional as you soak up the natural beauty of spring.

The office Mascot “Naming of the Llama“ has been extended to May 17. Thanks for your support!

We are expecting to start increasing the coverage days at the office soon from once a week to 3x/week. There will be an orientation for new volunteers, but the main requirement is to be friendly and to respect confidentiality. If you have one day a month to help, or know someone that does, give Sue a call at 217-821-7737 for more information.

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- Llama fundraiser winner
- Volunteers needed to work at the office 10-2 one time a month
- Carrot Cheese Ball Recipe
- Ask Janet
- Funny true Easter Story by Janice
- New Members
- Thanks
- FMHS MEMBERSHIP \$10
- Finding Laughter In Recovery/free virtual event
- Color run/Team of Mercy

FMHS Office

The office has become a friendly living room-type setting in which to relax, play games, visit and/or discuss resources. Please feel free to stop in and say, "Hello". At this time, hours will be: Tues. 10-2pm.

Remember that we are volunteers. If this is an issue dear to your heart, please call Sue at 217-821-7737.

CARROT CHEESE BALL



INGREDIENTS: (2) 8oz light cream cheese, 3 stalks green onion chopped, 1 T light mayonnaise, 1 tsp. white vinegar,

1 t Worcestershire sauce, 1/2 t ground mustard,

1/2 t garlic salt California seasoning blend, finely shredded Cheddar cheese, parsley.

Mix all ingredients together. Form a carrot shape on plate, Push parsley bundle into top of cheese ball and cover with Cheese. Serve with crackers and veggie sticks. ENJOY!!

Anti-Stress Strategy: Write down three good things that happened today. Reflecting on the good aspects of life lifts your mood and reframes your perspective. Checking a chore off your to-do list or spotting a beautiful cardinal also count.

BH&G/Jan/Feb 2022



If you have questions for Janet, forward them to: fmhseff@gmail.com

“What are some ideas for staying patient when waiting in a long line”

Everyone has been there...company is coming, you're tired, dinner is started—and the line at the store is NOT moving.

Instead of getting mad, negative self-talk ie, “I could do it faster than they can!”, “I should just put my things back on the shelf!”, “This is just my luck!”, etc. etc

- . Take a cleansing breath and look around—getting yourself grounded in the moment.

- . Does the person ahead of you need help? Lend a helping hand--putting the groceries on the conveyor belt, or just give a supporting smile.

- . Think about and acknowledge the things in your life that you are thankful for ie. Having a warm bed (and being able to get out of it!), friendships, freedoms, family, etc.

A Volunteers True Easter Story

Janice was taking her three-year-old granddaughter, Megan, to see the Easter Bunny. She had prepared Megan for the excitement of seeing the bunny and getting an easter treat. They stood in line with anticipation. As the little girl in front of them stepped up to see the Easter Bunny, the Easter bunny bent over and his head fell off rolling across the floor. Janice was laughing so hard she doesn't remember if the kids were screaming or what. By Janice Garry

REMINDER

**The FMHS Office is open on Tuesdays from 10-2pm.
Anyone in need of resources, education, or encouraging support is welcome.**

"FMHS was founded in 2020 with a goal of providing family support through meetings, educational resources and personal experiences."

AREA SUPPORT GROUP MEETINGS

Effingham FMHS meets monthly—2nd Thurs. 5pm-7 Location: First Baptist Church, 213 W. Fayette Ave., Effingham IL 62401

Mattoon Family Support Group meets weekly – Wed. 1-2pm
Location: Lifelinks North Bldg., 750 Broadway, Mattoon, IL NAMI AFFILIATED

Tuscola Family Support Group meets monthly 4th Thurs. 7-9pm
Location: United Methodist Church, 901 N Prairie, Tuscola, IL NAMI AFFILIATED

ZOOM—Team of Mercy Support Group (For those who have suffered a suicide loss.) Meets weekly at 5:30pm. To join the group, call Sue Yarnell at: 217-259-2550.

Grace Support Group, (Richland County) For information, contact: Cynthia Utley at: 618-783-1198.

Kevin's Song – a charitable group based in Michigan. The mission is to prevent suicides and to help those who have survived their own attempt or to help loved ones left after a suicide loss. Michigan is working on a state plan to prevent suicides.

Thanks to Sue Yarnell for this info

New readers can send a request with their email address to:

familymhs2020@gmail.com

We will be having our own Website soon...so again, be patient with us as we grow our FMHS roots in our area. We are dedicated to improving the lives of individuals and families affected by mental illness.

A HEARTFELT THANKS

To FMHS Volunteers who have been helping to man the FMHS office, bringing treats to share, watering plants, dusting, mail pick up & repairs, too!!:

*Janet Strange, Sue Yarnell, Maria Soutar,
Janice Garry, Susan Elke & Chuck Suttle, Jean Bonhoff*



In Kind Donations:

Donation: Phone Service/Sue Heth; Sorry Game/Janet Strange; Inspirational Books/Sue Yarnell

Long Term supporters: **100+Women Who Care & Kobaldt Foundation**



Illinois SNAP -Education Presents

Hunger & Health

Illinois Regional Conference

When: March 9th 10-3:30pm at Illinois Valley Community College/Oglesby, IL

Or, March 17th 10-3:30pm at Salvation Army/Springfield, IL

Cost \$10, Lunch included. Fee waivers available

Topics: Community Collaboration, Intro to Trauma, Nutritional Policy, Connecting to local produce.

For More Information: Michelle Fombelle at 217-347-7773

MARCH MEMBERSHIPS MARY YARNELL

**\$10 ANNUAL MEMBERSHIP
(A WAY TO SHOW SUPPORT FOR FMHS)**

NAME: _____

ADDRESS: _____

EMAIL: _____

Phone: (optional) _____

Checks can be sent to: FMHS, PO Box 1726, Effingham, IL 62401

PLEASE KNOW THAT MEMBERSHIP IS NOT A REQUIREMENT FOR PARTICIPATION IN ANY FMHS SPONSORED ACTIVITIES.



FREE VITUAL EVENT

Finding Laughter in Recovery

By: Tiffany Jenkins

Tiffany Jenkins is an author, speaker, content creator, and podcaster in recovery who speaks about topics like addiction, motherhood, marriage, and mental health. Her memoir, *High Achiever: The Incredible True Story of One Addict's Double Life*, details Jenkins' experience with the devastating effects of substance abuse, as well as her subsequent recovery and journey to sobriety.

DATE: Saturday, April 30, 2022 6:30-7:30pm CDT

REGISTRATION: [Events - Recovery Centers of America.com/events](https://www.recoverycentersofamerica.com/events)



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The Robins Are Back!

The information provided in the FMHS CHAT is of an interesting and general nature. It is not intended to substitute for the advice of a medical professional or other licensed professional.



IT'S HERE!

I'm sure you thought it was a figment of my imagination....but the FMHS logo and website is completed at last. (My apologies for this sloppy copy....I threatened to call Rachael from Imagine this at 10:30pm, but decided to let you see I'm not perfect! Lol)

We are grateful and very happy with the work [@Imagine This](#) has done building our website, designing our FMHS logo, and setting up our Face Book page. A BIG shoutout to: Katie, Rachael, & Whitney

WEBSITE: familymentalhealthsupport.com

EMAIL: info@familymentalhealthsupport.com

TEAM OF MERCY
FUNDRAISER

Get ready for an explosion of color during the Surviving the Color 5k! Dress in white and we'll make sure you leave covered in color!

**May 21, 2022 9AM
Meadows Shopping Center
2800 Poplar St., Terre Haute**

Not a runner? That's okay! We are all about having a fun time, not setting records! Surviving the Color takes participants on a race/walk down Ohio to Deming Park. After 2 laps around the park and passing through tons of color stations you will end at the Deming Park Pavilion; where participants will enjoy free snacks, refreshments, and a live band! This event benefits the organization; Team of Mercy, who offers assistance to those left behind, after an attempted or completed suicide. Each year Surviving the Color will be dedicated in memory to those lost in our local community to suicide.

All registered participants will receive the following:

- An awesome Surviving the Color t-shirt* A custom Surviving the color bib# with your name printed on it**
- 8 total color stations where you will be drenched in color!
- Post-race food and refreshments
- A rocking post-race DJ concert!



Children 8 & under can participate with a registered parent / guardian for free, however they will not receive race materials. You must be registered in order to receive any race materials. If you would like a memorial banner in memory of someone you've lost to suicide placed along the route, please send your request to teamofmercy@gmail.com. Please send a photo along with their name and birth/passing dates. Please have all requests submitted by April 30th (even if you had a banner last year you will need to submit a new request for this year's event).

Registration with shirt and fee is \$28.25

To register: @survivingthecolor.itsyourrace.com