

FMHS CHAT



HAPPY ST. PATRICK'S DAY

FMHS Officers

Susan Elke, President

Bev Drake, V.P.

Maria Soutar, Secretary

Sue Heth, Treasurer

“May you have all the happiness and luck that life can hold—and at the end of your rainbows may you find a pot of gold.” --Old Irish Blessing

Spring is around the corner. I always look forward to the return of the robins, colorful flowers peeking through, and the return of Daylight-Saving Time! —remember to turn your clocks back March 13th!

Did you celebrate 2/22/2022? It will be 400 years before it comes up again-I have no clue, but that's what they say! lol

FUNDRAISING opportunity... We have had the good fortune of receiving the gift of a 3' llama! For \$1, per name, **you can name our fluffy office mascot!** The drawing will be March 28th. You can stop by the office on Tuesdays to submit your names or by mail at FMHS, PO Box 1726, Effingham, IL 62401. (As a reminder, all mail should be sent to this address as there is no mail box at our physical office.)

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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- Name the Llama fundraiser \$1
- Volunteers needed to work at the office 10-2 one time a month
- White Chocolate Treats (by Carol Johnson)
- Ask Janet
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- New Members
- Thanks
- Hunger & Health Conference
- FMHS MEMBERSHIP \$10
- Notes from Sue

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.



WHITE CHOCOLATE TREATS

Submitted by Carol Johnson, Rev

Mix in Large bowl: 10 C rice Krispies, 1 ½ C mini marshmallows, (1/2 C dried cranberries or raisins optimal)

IN MICROWAVE SAFE BOWL: 1 large choc. Chips, 1 1/2C creamy peanut butter. Melt & stir about 3 minutes.

POUR over dry ingredients and stir

Scoop into cupcake papers in muffin pan lined with papers and let cool

Sprinkle top with colored sugar if desired for holidays.

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: familymhs2020@gmail.com

“HOW TO TALK TO KIDS ABOUT STRESS”

Between school and social life, being a tween or teen is stressful enough. Life in a pandemic has only heightened the pressure. Parents are in a prime position to help. Whether your child is struggling I school, worried about getting sick, or missing hanging out with friends like they used to, these strategies can help kids open up.

-Ask Open-ended Questions- Use general questions like, “what’s up?” or “Are you doing OK?” Avoid leading questions that make assumptions like: “Did you have a difficult day at school? You look upset.” If your kids don’t respond or you get only yes or no answers, follow up with a question that focuses on what you can do to help, such as, “What could have made your day better?” or “Is there anything I can do to make your day better?” This shows you are listening and can help you get to the heart of their stress.

-Model Healthy Stress-Management Techniques- Children are looking to you to see how to respond and function under stress. Avoid sharing catastrophic thoughts; tell them the truth when they ask about current events but, in an age-appropriate way. Let your kids know that it’s OK to ask for help. (Follow up with: Do you think you might want to talk to a therapist?) Encourage kids to spend time in nature, meditate, exercise, play games, and spend time with friends—all of which reduce stress. Encourage kids to find favorite pastimes they enjoy.

A FUNNY TWEET...Irish Blessing

May your pockets be heavy and your heart be light.

May good luck pursue you each morning and night!

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, treats to share, watering plants, dusting, mail pick up & repairs, too!!:

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



In Kind Donations:

**Donation: Llama mascot/Katie Wernsing
Yahtzee game/Janet Strange
Turn Table for Scrabble game/Susan Elke**

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

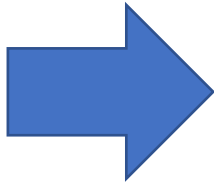
Or, March 17th 10-3:30pm at Salvation Army/Springfield, IL

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

FEBRUARY MEMBERSHIPS (None)



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

NAME: _____

ADDRESS: _____

EMAIL: _____

(EMAIL will be used to send FMHS CHAT (newsletter))

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.



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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.

...NOTES FROM Sue Yarnell

Nic Sheff, author, in recovery for 10 years and being treated for bipolar which was not diagnosed until he had almost died from the drugs and alcohol being used. His father wrote Beautiful Boy which is now a movie. Nic got lucky along the way with police who understood what he really needed was help with the drug use. He finally went into a long-term facility. He left there, and moved away from family for a year. He reconnected with his family at the end of that year when he could show his progress. He had written a book and so had his father! They went on a book tour together! It took 2 years for him to “fully heal... to actually feel that he did not have to struggle quite so hard every day, and to feel that his brain was able to function in a healthy manner. “Just lucky! A miracle!” Nic has written 4 books. He is married and has a dog!

He was asked to speak by Recovery Centers of America Alumni Association. St. Charles, Illinois is the closest one that I could find. Headquarters is in King of Prussia, PA. 100 recovery meetings are sponsored every month. Many are virtual.