



# CHAT

Volume 2, Issue 5  
May, 2022

## HAPPY MOTHER'S DAY

**FMHS**  
**Susan Elke, President**  
**Bev Drake, V.P.**  
**Maria Soutar, Secretary**  
**Sue Heth, Treasurer**

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**May is a special month** with lots to celebrate, including sunshine, Star War's Day, Cinco de Mayo, Mother's Day, various graduations and cook outs for Memorial Day.

For FMHS...we recognize May as Mental Health Awareness month. Here is a favorite quote of mine from Glenn Close: *"What mental health needs is more sunlight, more candor, and more unashamed conversation"*.

It is also a time for contemplation...about the blessings that are ours---for the love of our mothers, for the price many Veterans paid to assure we could live in a Land of Freedom, and about the preciousness of life.

FMHS had a growth spurt during the month of April with the website going live, with brochures in the works, and with the Clergy booklets completed.

The naming of the Llama Office Mascot fundraiser was extended to May 17<sup>th</sup>. For \$1 enter your favorite name for the llama. If your name is drawn, you will have the honor of naming the office mascot and will receive a small llama.

## Common Behaviors Associated with Alzheimer's

Thanks to Illinois Extension

- Anger/agitation/aggression
- Sleep problems
- Paranoia/delusions/hallucinations
- Problems/resistance with ADLs (bathing, dressing, etc.)
- Inappropriate social and/or sexual behavior
- Getting lost/wandering, wanting to go home
- Sundowning
- Rummaging
- Repetitive actions
- Looking for people

When there is a *behavior* look for what is the underlying cause or trigger of the behavior. Here are some common reasons that individuals with dementia exhibit behaviors:

- Disease Process –The changes in the brain may cause the issue,
- Unmet Needs—The individual is trying to tell us something such as being hungry, tired, uncomfortable (body position, in pain, temperature, etc.)
- Environment –Too much or too little stimulation
- Communication—The individual is trying to communicate something and cannot
- Caregiver Approach – The caregiver did something to set the Individual off

## FMHS Office

The FMHS 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", play a game, visit, relax, or look at our books for loan.

Office hours are Tuesdays 10-2pm and some Thursdays. We are in need of volunteers to help increase our office hours to three days a week. If this is an issue dear to your heart, please call Sue at 217-821-7737.

## ARIZONA SUNSHINE PIE

**THANKS TO JANICE GARRY**—she says this is a delicious, easy to make pie for your summer get togethers!

1 whole lemon, washed and seeds removed

4 eggs

1 1/2 C sugar

1/2 c melted butter

1 t vanilla optional

Put above ingredients into blender or food processor and blend until runny and creamy. Put in pie crust. Put on cookie sheet in case it runs over. BAKE 40 min. at 350. Whipped cream/cool whip is good on it.

## ANTI-STRESS STRATEGIES THAT WORK

### Create self-care speed bumps....

We often hear the phrase, “Take care of yourself,” but that doesn’t have to be all about big time commitments. Think of self-care as little pauses during the day when you slow down and just look around or do something enjoyable. That could be watching a two-minute funny video, taking a 10-min. walk, or simply changing a work video meeting to a phone call so you don’t have to feel “on” throughout the day.

Thanks to BH&G Jan/Feb 2022

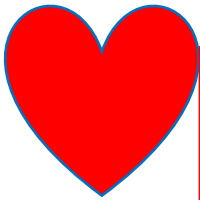
Q: Why don't pirates take a shower before they walk the plank?

A: They just wash up on shore.

## A HEARTFELT THANKS

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

Janice Garry, Janet Strange, Sue Yarnell  
Maria Soutar, Susan Elke, Jean Bonhoff,  
Paulina Romero



In Kind Contribution: Phone Service/S. Heth  
Donations:

Long Term Supporters:

Paul & Virginia Koboldt Trust,  
100 + Women Who Care

## MEMORIAL DONATIONS

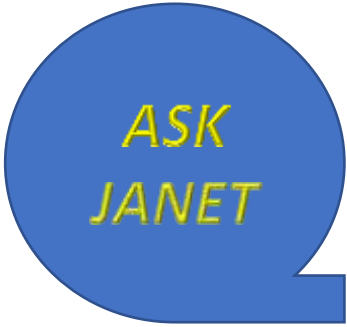
DUKE LANCE

RHEA HARTMAN

KATHY KING

LARRY WATTELET

*"We remember your life, and celebrate the memories"*

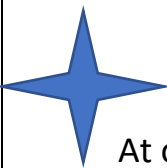


If you have questions for Janet, forward them to:  
[info@familymentalhealthsupport.com](mailto:info@familymentalhealthsupport.com)  
“WHEN TO SEEK HELP?”

If you are in a prolonged state of sadness or anxiety, it may be time to seek help. Other signs include excessive anger or hostility, violent behavior, suicide ideation, prolonged changes to sleep and eating patterns, loss of interest in activities you enjoy, substance abuse, compulsive shopping/spending, poor job performance, and an inability to cope with daily problems.

Discuss your mental health with your primary health provider. Avoid turning to, “Dr. Google” for solutions. Give yourself the gift of proper mental health care, whether that’s through a counselor, psychologist, or a psychiatrist.

Source: National Institutes of Health, April 2021



## FMHS Speaker of the Month

### Overview

At our FMHS meeting on April 21<sup>st</sup>, the Executive Director of Heartland Human Services, Afthan Reents, LCSW spoke with us. She has been with Heartland since 2017 and in her current position for the last six months. Her main point was to let us know that she wants to perfect the process and programs of Heartland before adding new ones. She is needing more behavioral health technicians to supervise clients in the residential program. A person must have a high school diploma and can be trained at Heartland by mental health therapists or interns. Three shifts are required. Employees are paid by the hour, but less than \$15. Heartland offers benefits. Training may include certification through the state to work with those being treated for alcohol and drug abuse.

There are 15 seriously mentally ill (SMI) residents at this time. There are 22 beds available. There is another home available when there is sufficient staff.

The facility is funded by state grants, Medicaid, and client insurance. There are therapists and one Social Worker available. One therapist is also a Peer Specialist. Some support groups are offered. The goal is to work toward psycho-social rehabilitation. If a psychiatrist is needed, HSHS has two available on line via tele-health and one from Clay County. These psychiatrists are contracted by Heartland. There is an individual placement service program in the building. (IPS) The hope is that some clients can find appropriate work in the community. There is also a children’s advocacy group in the building which addresses sexual abuse issues.

**By: Sue Yarnell**

