



CHAT

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FMHS

Susan Elke, President
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Summer is here! I hope everyone takes time to enjoy the special times July has to offer—picnics with family and friends, reunions, fireworks, and festivals. July 4th marks the day that we gained our independence from England. If you are unable to get out to celebrate, remember that there are some great coverages on TV. ***Boston is famous for the annual "Boston Pops Fireworks Spectacular"***. I love watching fireworks accompanied by patriotic music....and I love kettle corn!
July is also National Ice Cream Month!

The FMHS brochure is now available, and we are anxious to get the word out to our community. If you know of an organization in need of a speaker, please have them call the office at 217-240-2330.

A memorial celebration for our past FMHS Board Member, Janet Strange, will be held July 10th, 1-3pm, at Brookstone Estates, 1101 N. Maple St., Effingham, IL. All are welcome to attend.

ATTITUDE

By: Charles Swindoll

The longer I live, the more I realize the impact of attitude on life. Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do.

It is more important than appearances, giftedness or skill. It will make or break a company...a church...a home. The remarkable thing is that we have a choice every day regarding the attitude we will embrace for that day. We cannot change our past...we cannot change the fact that people will act in a certain way. We cannot change the inevitable.

The only thing we can do is play on the one string we have and that is our attitude. I am convinced that life is 10% what happens to me and 90% how I react to it. And, so it is with you. **We are in charge of our attitudes.**

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.

EASY PEANUT BUTTER COOKIES (Gluten Free)

1. Preheat the oven to **350** degrees. In a large mixing bowl, stir together **1 cup creamy peanut butter, 1 cup sugar, 1 teaspoon vanilla and 1 egg until smooth.**
2. Line a cookie sheet with parchment paper. (**Roll dough into 1" balls** with your hands, if you do not have a scoop.)
3. **Press down with the back of a fork** and then press again from the opposite direction, to form the criss-cross pattern on top.
4. **Bake for 12 minutes** and then let cool on the tray for 1-2 minutes before removing to a wire rack to finish cooling. Store in an airtight container.

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INSPIRATIONAL MINUTE

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Difficult roads often lead to beautiful destinations!

Author: Unknown

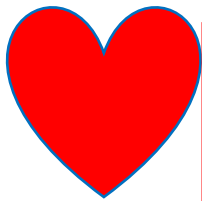
I don't trust
stairs...

"They are always up to
something!"

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, Sue Yarnell, Maria Soutar,
Susan Elke, Paulina Romero,
Lois McKelvey & Dani Frey



In Kind Contribution:

Phone Service and computer update/S. Heth

Donations: Puzzle/Maria Soutar; Library donation/Lois McKelvey;

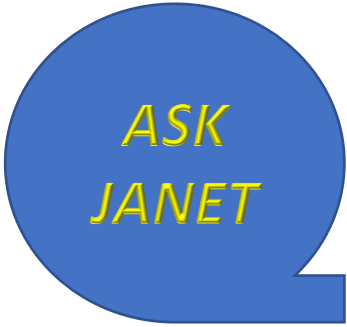
Supporters: United Way

MEMORIAL DONATIONS ARE
IN MEMORY OF



Janet Strange
Judith Addis (Sister to Janice Garry)

"We remember your life, and celebrate the memories"

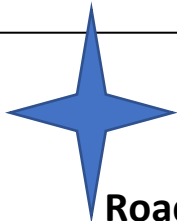


Send questions to:
info@familymentalhealthsupport.com

“WHAT CAUSES MENTAL HEALTH ISSUES?”

Many people have mental health concerns from time to time. A mental health concern becomes a mental illness when ongoing signs and symptoms cause frequent stress and affect your ability to function.

Stressful life events include such situations as financial problems, a loved one’s death or a divorce, an ongoing (chronic) medical condition, such as diabetes, brain damage as a result of a serious injury (traumatic brain injury such as a violent blow to head), traumatic experiences, such as military combat or assault.



Effingham Road Home Program

Road Home provides a wide range of mental health care and support services to veterans, active-duty service members, members of the National guard, reservist and family members. They serve Central Illinois including rural veterans, housebound veterans and veterans with limited transportation resources through Video Visits.

Services are free, but insurance is accepted if you are covered.

The clinic accepts referrals from a wide variety of sources. Self-referrals and referrals by family members and friends are always welcome.

**Road Home is located at 1200 N Fourth Street, Suite 104, Effingham, IL
Call: 312-942-8387**

YOUTH MENTAL HEALTH FIRST AID

THANKS TO SUE YARNELL

Bev Drake and Sue Yarnell attended the **Youth Mental Health First Aid** training on Saturday, June 11th. There were six other participants. Three worked in the medical field. One is an educator. They all received CEU's. Bev and I just wanted to continue to learn. There were some other attendees, also. We had to complete a two-hour on-line training at least four days before the in-person class. However, sometimes this program is taught in person—the full 6 1/2 hours. The purpose of YMHFA is to teach the steps used to approach a young person that may be suffering from a mental health struggle or substance abuse. The acronym that is used is ALGEE. (**Assess** for the risk of suicide, **Listen** non-judgmentally, **Give** reassurance and information, **Encourage** professional help, **Encourage** self-help). These steps do not have to be used in order. They may not all be done at the same time. These five steps are used in the other two MHFA classes as well. Our instructor, Leslie Shan, works for Carle, Richland Memorial Hospital in Olney. She was passionate and competent. We received a certificate saying we should return in three years to renew the training. Leslie has taught many teachers in the Olney area. After teachers receive the YMHFA class, then students can take the 6-session Teen MHFA to learn to watch for signs and symptoms that friends and family are having mental health struggles.

There is also an Adult Mental Health First Aid program. This teaches the same basic steps of ALGEE, but points out some differences when speaking to an adult vs a child or teenager. The class cost ranges from \$15-\$30. A completion certificate is received following the post-test and teacher evaluation. More information can be received from the National Council for Mental Wellbeing.

INSPIRATIONAL STUDY

The newly formed Inspirational Study will meet on July 26th at the FMHS office located at 202 N. Banker, Effingham, IL from 1-2pm. For the summer, we will continue to meet once a month on the fourth Tuesday of each month. For more information, text or call Sue at: 217-821-7737.