



CHAT

Volume 2, Issue 6
May, 2022

HAPPY FATHER'S DAY

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

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A note of THANKS and appreciation to all of the fathers. One night a father overheard his son pray: "Dear God, Make me the kind of man my son wants me to be. Later that night, the Father prayed, Dear God, Make me the kind of man my son wants me to be." Author Unknown

FMHS participated in the **Effingham County Connections Resource Carnival**. We made good "connections" with other providers. Attendance was down due to being cancelled the last year with covid, but there was a nice crowd.

The drawing for the naming of the Llama Office Mascot ended May 17th. The winning name drawn was **Liam the Llama!** Congratulations to Olivia Cates of Teutopolis. Not only will she receive the honor of naming the FMHS office mascot, but she will also receive a small llama.

A YOUTH MENTAL HEALTH AID class, sponsored by FMHS is being held June 11th 9-3pm at the First Baptist Church. Cost \$15. Register by June 4th at carle.org/mhfa. (Illinois resident, then youth)

Practical Suggestions For End of Life Planning

Documenting your wishes can relieve the burden of your loved ones when the decisions are suddenly up to them. This information will empower them to do what is best for you—honoring your value and dignity.

Use a box, file, shoe box- -someplace to keep the information. Your loved one/spokesperson/important person in your life should know where to find this information.

Here are some documents and issues to consider.

- . **A personal letter** stating your wishes, in your own words, encouraging them to follow your wishes and thanking them for following your wishes. Attach the letter to your advance directive documents.
- . **Will**—executor, beneficiaries, guardians for minor children
- . **Advance Directives**-living will, durable power of attorney for health care.
- . **Insurance Information**--health, long term care, house, vehicles and life insurance.

BELIEVE IN YOURSELF
AND ALL THAT YOU ARE!

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.

Almond Croissants

THANKS TO Irene Erickson, TN—ridiculously fast and easy!

$\frac{3}{4}$ C almond flour

$\frac{1}{4}$ C sugar

1 egg

1 teaspoon almond flavoring

Mix together and spread on the inside of day-old croissants. Spread some of the left-over almond filling on the top of the croissants. Sprinkle sliced almonds over top. Optional: Brush maple syrup over the top.

Bake for 16-18 min. at 325.

INSPIRATIONAL MINUTE

Breathe,

Let go.

And remind yourself

that this very moment is the only one
you know you have for sure.

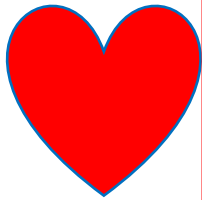
Author: Oprah Winfrey

“You can tell what was the best year of your father’s life...because they seem to freeze that clothing style and ride it out!” Jerry Seinfeld

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:

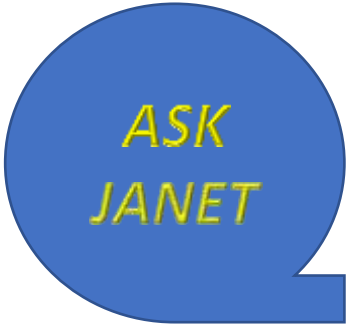
Long Term Supporters:

Paul & Virginia Koboldt Trust,
100 + Women Who Care
United Way

MEMORIAL DONATIONS

Janet Strange

"We remember your life, and celebrate the memories"



ASK JANET, at this time, will be dedicated to the memory of Janet Strange.
Send questions to:
info@familymentalhealthsupport.com

Q: Why is there a stigma surrounding mental health issues?

A: I think it is just the feeling of shame—being viewed as weak. We need to redefine what strength is. Strength is about valuing yourself over what people think of you. It’s about perception. We all have these feelings. Just know there’s no shame. Your mental health should be valued. Don’t worry about what other people think. You have to take care of yourself, before you can take care of other people.

Source: Modern Woodmen, Spring 2022



**FMHS Support Group
Dementia Friendly Community Presentation**

Midland Area on Aging representatives, Judy Kleine and Nancy Hinton will be giving a 30-min. presentation at the June 9th FMHS Support Group meeting. As usual, the meeting will start at 5:30 and is located at the First Baptist Church, Effingham, IL.

A Dementia Friendly Community is one where businesses, service agencies, organizations, faith communities and others have knowledge of what dementia is, how to recognize a person living with dementia, and understand that family members and caregivers need support while caring for their loved one.

Effingham is on the Illinois Dementia Friendly registry thanks to the work of Midland Area on Aging and Effingham Area Alzheimer’s Awareness.

INSPIRATIONAL STUDY
An Inspirational Study Group is being formed at the FMHS office. Watch the calendar and newsletter for more information. The first Study is May 31st, 1-2pm. A date and time for future meetings will be determined at that time. Call or text Sue at, 217-821-7737

YOUTH MENTAL HEALTH FIRST AID

Registration is due by June 4th, so get signed up for this important training asap. The format is a blended on-line format combined with an in-person component.

Cost: \$15

Location: First Baptist Church, Effingham, IL

Time: 9-1:30pm on June 11th

On-line training is 2 hrs (self paced)

Youth Mental Health First Aid teaches you how to identify, understand and respond to signs of mental health and substance use challenges among adolescents ages 12-18. You'll build skills and confidence that you need to reach out and provide initial support to young people who are struggling. You'll also learn how to help connect them to appropriate support.

REGISTER AT: [CARLE.ORG/MHFA](https://carle.org/mhfa) (CLICK ON Illinois resident, then on youth)



***IN LOVING MEMORY OF BOARD MEMBER,
JANET STRANGE
MAY 30, 2022***

I am saddened to announce the passing of Janet Strange, Board Member, Volunteer, Advocate for persons with mental health challenges. As you mourn Janet's passing, let her light shine through you. (More next month)

