



CHAT

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A SHOUT OUT TO NATIONAL WATERMELON DAY!

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

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Okay!....I confess. I do love watermelon—actually any kind of melon makes me happy! I never craved anything during my numerous (😊) pregnancies, but during chemo, watermelon was my best friend. (Just an FYI—worthless information!lol)

In addition to celebrating August 3rd for watermelon day, August 10th is National S'mores Day, and August 30th National Marshmallow Toasting Day.

Reminder: It's time to register for the Team of Mercy 5K Color Run! Team of Mercy increases suicide awareness by focusing on prevention and education. Surviving the Color will start on Saturday, September 3rd at 9am. Location: Olney City Park. Register by email at: Survivingthecolornewton.itsyourrace.com FMHS will have a sponsorship table—stop by and say, “hello”!

Mary Ellen Eversman has written a children's book for FMHS as a fundraiser. It is nearing completion, so look for more info in the near future.

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.

CHOCOLATE MUFFINS

THANKS TO Lois McKelvey—

350 for 18 min.

2 Eggs

$\frac{3}{4}$ C sugar

1 C buttermilk (can add 1T vinegar or lemon juice to a cup of milk to make a buttermilk substitute.)

$\frac{1}{3}$ C olive oil, 1 tsp vanilla, 2 C flour, $\frac{1}{2}$ C cocoa, $\frac{1}{2}$ salt, $\frac{1}{2}$ C chips, $\frac{3}{4}$ C nuts.

Sift flour, cocoa, salt and baking powder together. In a large bowl combine eggs, sugar and beat well. Add buttermilk, and vanilla. Then add dry ingredients. (Can use a beater). Fold in nuts and chips with a spoon.

EXCITING NEWS!

The FMHS brochures are printed and ready to go! If you know of any organization needing speakers, please contact:

Sue Heth

217-821-7737

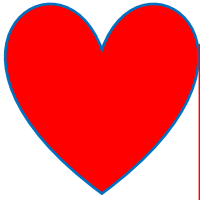
Q: Why don't pirates take a shower before they walk the plank?

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, Sue Yarnell, Lois McKelvey,
Maria Soutar, Susan Elke, Jean Bonhoff,
Paulina Romero



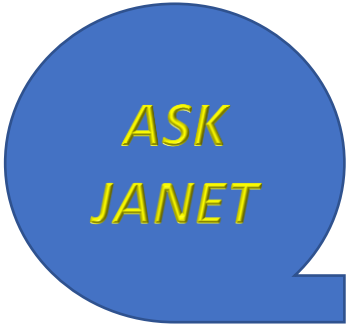
In Kind Contribution: Phone Service/S. Heth
Donations:

Long Term Supporters:

Paul & Virginia Koboldt Trust,
100 + Women Who Care

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"

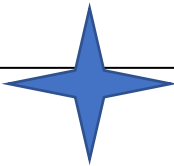


If you have questions for Janet, forward them to:
info@familymentalhealthsupport.com
“WHEN TO SEEK HELP?”

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



**July--FMHS Support Group
Overview By: Sue Yarnell**

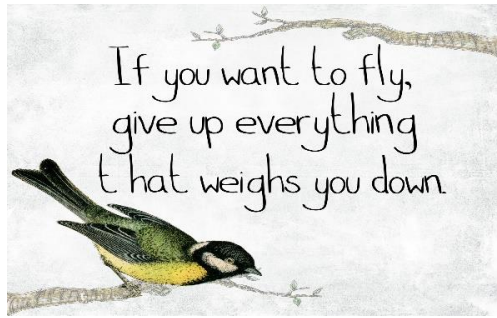
We had a small, but informative meeting! I shared the new pamphlet, “Clergy Reference Guide”, created especially for clergy to help their church families. Pastor Carol Johnson (Board member) developed the pamphlet, which was printed by FMHS. Our new logo, office address, and phone number are prominent.

I also shared information from the virtual NAMI National Convention including discussion on the new 988 Suicide and Crisis Lifeline available 24 hrs. It is available nation wide for anyone in suicidal crisis or emotional distress.

Team of Mercy is sponsoring a COLOR RUN on September 3rd at Olney City Park, Olney, Illinois. Everyone is encouraged to pass out fliers and spread the word about this event! Our own Bev Drake is President of Team of Mercy. FMHS will have a table at this event to share our brochures and information.

During sharing time, electric shock therapy (ECT) was discussed as a treatment for a serious mental illness (SMI). It was pointed out that shock treatments are now more humane and successful. One side effect is loss of short term memory.

Maria (ML) shared about her trip to Europe with Sue Heth. In part, they experienced the Munich Gay Pride 2022 parade and the beautiful black forest area of Germany with cuckoo clock and glass blowing demonstrations.



INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. August 22nd will start a new study on “The Four Agreements” Wisdom book by Don Miguel Ruiz. Handouts are provided for most group sessions, and it is not necessary to purchase a book.

For more information, call or text Sue at, 217-821-7737. Water is available, but feel free to bring your own drink. This is a Christian based discussion group that welcomes all.



HELPING SURVIVORS

Is an advocacy center with a mission of assisting anyone who has been victimized by sexual assault or abuse. The website is a compilation of information around different types of sexual violence. They offer resources to assist survivors and their families.

Website: www.helping survivors.org

Needed Donations: file folders, Scotch tape, First Aid kit, 500 piece puzzles—new or used, pencil sharpener.