



CHAT

Volume 2, Issue 9
September, 2022

“The miracle is not that we do the work, but that we are happy to do it.”
Mother Teresa

FMHS

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

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Wishing you a Happy Labor Day—it’s your day to relax and enjoy time with family and friends!

The Color Run is coming up soon. I will be going, and will be happy to take a few people along. And, NO—I won’t be running, but I’ll be supporting everyone’s efforts and sitting at the FMHS table!!

Don’t miss the fun! There is still 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

September is also our annual picnic. Bring a side dish or dessert to share and come join us on September 8th, 5:30pm at the red-roofed pavilion at Evergreen Hollow Park, 1110 Pelican St., Effingham, IL 62401.

Rev. Carol Johnson is leading a discussion group on the historical drama series, “The Chosen”. See page 6 for further information.

Trauma and Adolescents

Thanks to Dave Kellerhals, LCPC

Nation wide, half of all children experience one adverse experience. Twenty million children suffer PTSD. One in ten have had three or more adverse experiences and are considered high risk. In a 2016 study, 65-85% of attacks went unreported.

Traumatic events can change brain development and effect how the body responds to stress. The more adverse experiences a child has, the more likely they will have mental health issues or substance abuse issues. It can lead to early disease and an early death.

Events, in part, are when a child lives with a divorced or separated parent, a parent's death, a parent in jail, suicide, in situation where there is violence toward others, sexual abuse, or economic hardship.

Common responses to adverse experiences by adolescents are: anger, anxiety, disruptions, sleep disruption, nightmares, negative outlook, distrusting others. Acting out behaviors help make it easier to identify issues, where internalized issues may fly under the radar of others.

There has been an additional impact from Co-vid for children that were already in crises. School provides a safety net for some children. The isolation from peers, food insecurity, and constant negative news all have had an additional negative impact on many children.

Children need resilience to bounce back. Safe connections are the single most important thing for increasing resilience. Turning to others that have a positive attitude, give hope, love, and help them find value in themselves helps. Giving children options such as art, music, friends, activities, mentors, hobbies, dance, sports, walking all help them connect to themselves.

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.



PINEAPPLE ANGEL FOOD CAKE

THANKS TO Jean Wiyatt—

350 for 35 min.

1 Box angel food cake (one step)

1 can crushed pineapple (do not drain)

Dump into bowl. Mix.

Pour into ungreased 9x13 pan


Bake until good and brown.

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



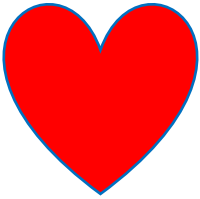
DON'T RUIN A GOOD TODAY BY
THINKING ABOUT A BAD
YESTERDAY....LET IT GO!

(Motivational Life)

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, Jean Bonhoff, Paulina Romero



In Kind Contribution: Phone Service/S. Heth

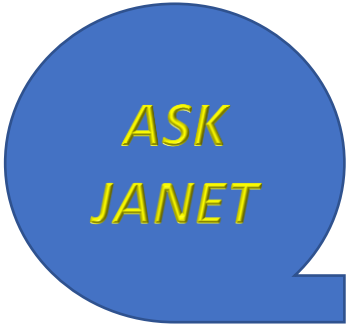
Donations: Hidalgo Baptist Church,
Puzzles/Janice Garry

Long Term Supporters:
Paul & Virginia Koboldt Trust,
100 + Women Who Care

MEMORIAL DONATIONS

GARY BECK (Sue Heth)

"We remember your life, and celebrate the memories"



If you have questions for Janet, forward them to:
info@familymentalhealthsupport.com
“HOW CAN I BE MORE SPIRITUAL?”

Applying what we know. We grow in grace, in knowledge, in understanding of spiritual laws, as we apply gentleness, kindness, patience, long-suffering, to those we meet day by day. Not with a long face, but in the JOY of God. Happiness from within our life. Seek that satisfaction of self-being at an at-oneness with that beauty of the creative energies for the benefit of others, and not of self.

These attitudes and applications require choice and regular affirmation until they become part of us. It can't be imitated, it must be chosen and brought to fruition.

Source: Venture Inward. Summer 2022

August--FMHS Support Group
Overview By: Sue Heth

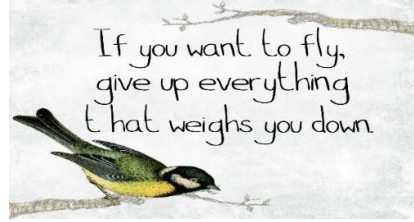
(This can be watched on Facebook Live, by going to the FMHS facebook page.)

Our next meeting is Thursday, September 8th , 5:30pm at the Red-roofed pavilion at Evergreen Park. Bring a side dish or dessert to share, and come join us for a fun evening.

Many thanks to Rev. Carol Johnson for her presentation on “Forgiveness”. She states we are all a part of a society that is full of brokenness, and we all need forgiveness in our lives. We need to forgive ourselves and be able to forgive others. Also, it is important to know that we are forgiven. Receiving forgiveness is a powerful healer.

Psalm 51 speaks of compassion...”restore me to the joys of salvation”. The passage reference to sin speaks to the brokenness of humanity and how we are prone to being selfish. Discussion included....inability to heal if it is not acknowledged. Being willing to rely on Grace. Pastor Carol said it is important to be concious of the moment. If you live in the future all of the time, you are not absorbing the moment of appreciating what Christ has already given to us. We are intended to likewise give grace to others. The law of nature is that if you give, you will receive. Forgiveness blesses you.

Use the gift of forgiveness –remember to be kinder, more responsible, more generous, and more forgiving. It helps you become more empowered.



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

“THE CHOSEN” Discussion Group

Beginning September 1, the FMHS Office will host a bi-monthly discussion group on the series, “The Chosen”, led by Carol Johnson, Rev. Each session will use a segment of the DVD series for Season 1, followed by a guided set of reflection questions. Sessions will be 4 to 5:30pm at the FMHS office located at 202 N. Banker St., Effingham, IL. There is no cost, and study guides will be provided. This is not a Bible Study, but participants may bring Bibles to assist in the biblical narrative on the life of Jesus. DATES are: Sept. 1, Sept 15; Oct. 6, Oct 27; Nov. 10, Nov.17; Dec.1, Dec.15. To sign up, please leave a message for Sue Heth at 217-240-2330 or Carol Johnson at 270-217-1422.

