



CHAT

Vol 2, Issue 11
November, 2022

*"GIVE THANKS FOR
UNKNOWN BLESSINGS
ALREADY ON THEIR WAY"
.....Native American Saying*

FMHS

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

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November is a time for remembrance, for being thankful, and to take a deep breath before the rush of the Holiday season. The For-Get-Me-Not campaign, in remembrance of Veterans who have passed, is a time also to be thankful for our freedoms that Veterans have helped secure.

FOR-GET-ME-NOTS: They represent the immortal love we have for those who go before us.

The FMHS "Inspiration Group" and "The Chosen Discussion Group" have been well attended. Tuesdays are going well, and we are still looking for enough volunteers to have the office open on Wednesdays and Thursdays 10-2pm.

Mark your calendars for the Monthly Support Group Christmas party on December 8th, 5:30-7pm, at the First Christian Church basement. It promises to be a lot of fun! Llama Leaders 4-H group will be bringing their llamas

If you do not have plans for Thanksgiving, remember to register for the FISH Thanksgiving meal that is delivered to your home. FISH: 217-342-2200

Book Review: YOU ARE NOT ALONE

Review By: Sue Yarnell

You Are Not Alone—The NAMI guide to Navigating Mental Health

by Ken Duckworth, MD

The author, Dr. Ken Duckworth, is the Chief Medical Officer for NAMI, National alliance on Mental Illness. He is an experienced psychiatrist. His father had bi-polar disorder.

The book is set up into four parts: Mental Health and Mental Health Conditions, the Recovery Journey: Evidence from Living Experience, Family Matters and Best Practices.

In the second part, 130 people had been interviewed. They have an average of 20 years of lived experience to share.

In Family Matters, communication and family support is encouraged. The legal system is discussed. There is a section entitled, “Making Meaning of Loss by Suicide”.

In the Best Practices part, “Experts Answer the Most Frequently Asked Questions” and up to date information on care and research is given.

DRAWN TOGETHER

“A Class Act”

By: **Mary Ellen Eversman**

A friend of FMHS, Mary Ellen Eversman, has written a children’s book highlighting mental health issues that may be experienced in a Resource classroom. It shows how the 5th grade class mates, while working on an art assignment, become more understanding and accepting of one another. Their teacher, whose patience is obviously tried at times, gently guides the class through their behaviors encouraging the children to be less judgmental of others.

Mary Ellen has written Drawn Together, “A Class Act”, as an ongoing fundraiser for FMHS. Look forward to a special time to “Meet the Author,” at a later date.

Drawn Together is expected to be available in time for Christmas at a cost of \$8.50.

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. Volunteers are needed 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.

CHEESY POTATO CASSEROLE

**THANKS TO –Maria Soutar
From The Pioneer Woman**

**Oven: 375
Serves: 10**


Ingredients:

1 stick salted butter, (1) yellow chopped onion, (2) chopped cloves garlic, 16 oz sour cream, (2) 10.5 oz condensed cream of chicken soup, (1)30-oz bag frozen shredded hash brown potatoes, thawed, 8 oz shredded cheddar, 1 c breadcrumbs, 1 T chopped parsley

Directions: Sauté onion in 2 T butter, then add garlic. Cook 2 min. and transfer to a plate to cool. In large bowl, combine, sour cream, soup, cheese, hash brown potatoes and the onion mixture. Put in greased casserole dish, cover and bake 45 min. MELT 6 T butter and mix with breadcrumbs and parsley. Top casserole with the breadcrumb mixture and bake another 25-30 min. until casserole is bubbly all over.

EXCITING NEWS!

The FMHS brochures are printed and ready to go! If you know of any organization needing speakers, please contact: Sue Heth at 217-821-7737

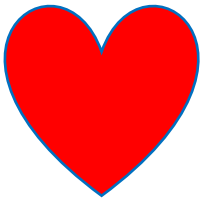


Kindness is contagious,
but the spark has to start
somewhere!

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: Book for FMHS library/S. Yarnell

Long Term Supporters:

**Paul & Virginia Koboldt Trust,
100 + Women Who Care**

Items needed for the office:

File folders, inspirational books, games

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"

**ASK
JANET**

If you have questions for Janet, forward them to:

info@familymentalhealthsupport.com

**"HOW CAN WE BE THANKFUL IN
CHALLENGING TIMES"**

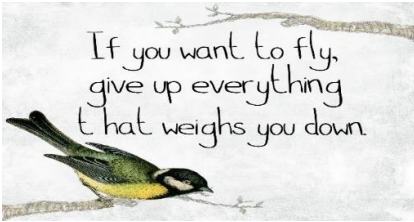
The National DAV Chaplain, Debra Varner, writes that there are times when it seems as if everything is falling apart. These moments can make leave us feeling hopeless and alone. When life is hard and there seems to be no light at the end of the tunnel, the question becomes, "Where do I turn? How can I be thankful during tough times?"

Lean on your faith, whatever it is, trust in it and depend on it to carry you through. If you do not believe in a higher power, draw from wherever you have placed your confidence and the strength that lies within you.

We must recognize that we all have a purpose in this world. You have the emotional and intellectual fortitude to weather the storm. People may fail you, but don't place all your confidence in others. Look up. Then buckle up for the ride, because nothing that comes into your life will last forever. Remember, "this, too, shall pass". These words can encourage us. They can remind us of faith as we use them to bolster our inner strength. As everything in our lives change, faith tends to only get stronger. That is how we can face challenges with confidence and courage to move forward.

How can we be thankful during challenging times? Only when we recognize that there is a source of strength and refuge—our only security in this life, and the one to come.

Source: Excerpts from DAV Magazine. Sept/Oct 2022



INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The November meetings will be Nov. 22nd. We will continue discussing “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.

“THE CHOSEN” Discussion Group

The FMHS Office is hosting a bi-monthly discussion group on the series, “The Chosen”, led by Carol Johnson, Rev. Each session uses 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. UPCOMING DATES are: 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

NOVEMBER SUPPORT GROUP

The FMHS next support group will meet on November 10th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL.

A sharing time, as well as refreshments, will follow. The FMHS meetings are open to all. Professionals are encouraged to attend, also.

HAPPY AUTUMN!