



# CHAT

Vol 2, Issue 10  
October, 2022

**“THE EMOTION THAT CAN BREAK  
YOUR HEART IS SOMETIMES THE  
VERY ONE THAT HEALS IT ....”**

.....*Nicholos Sparks*

## FMHS

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

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Atty. Scott Ealy

Emotional Wellness Month has been observed in October since 2004. It is a good time to take a look at our stress levels and causes....but most importantly, a time to make some needed changes. Friends and family play a huge role in our emotional health. We all thrive on social interactions. Without them, we feel isolated. A well balanced, healthy, social community provides satisfying spiritual, emotional, recreational and educational benefits. It is our friends and family that we can rely on for support when a crisis strikes.

(Excerpts from: [nationaldaycalendar.com](http://nationaldaycalendar.com))

**The Color Run for Team of Mercy/Newton was fun—Maria says, “There were color monsters running all around”. I posted a few pictures on our facebook page. Thanks to Maria and Janice for helping man the FMHS table.**

**Our picnic was well attended—with good food enjoyed by everyone!**

**Have a festive and fun October, and remember to take time for YOU!**

## Helping Those Who Can't Help Themselves

Irene Erickson, Tennessee

My sister had a stroke in early May. We all rushed to the hospital in Springfield, Illinois where she had been lifeflighted by helicopter. Sadly, the brain injury was not survivable. After two weeks, the difficult decision was made to take her off life-support. We prayed and spoke words of comfort over her. We hoped her father and brother would welcome her when she passed.

I became the Executor of my sister's estate. Oh, if we could have found a will, a house and car title, anything written to know her wishes. We felt comforted and inspired at her Celebration of Life, with everyone expressing how giving and caring she was, the perfect social worker, who never thought of herself.

Depression and ill health had struck my sister, and she was unable to get out of her deep chasm. She isolated herself and pretended that all was well. Oh, if we could have only known what we could have done to help her. I'm reminded that October is Emotional Wellness Month. We need to be vigilant with those who have problems.

God has helped me get over some of my grief. The Lord's Prayer helps me every day. Ecclesiastes 3:4 helps me remember, "There's a time to weep, a time to laugh, a time to mourn, and a time to dance." Telling funny stories about my sister helps us smile through our tears. As I move forward, I receive love and support from friends and family. I walk, I swim, I dance, and I spread love.

If you have not updated your will or trust, do it now. You want no regrets. Make sure your Executor knows where your important papers are, and live each day as though it is your last.

C.S. Lewis wrote, "Humility is not thinking less of yourself, it's thinking of yourself less". By focusing our attention, our actions, and our activities on others, we exercise the spiritual act of humility.

### **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.

## HARVEST PUNCH

**THANKS TO ---SORRY, I FORGET!**

(Makes 4 quarts)

1 (14 oz) Eagle Brand Sweetened Condensed Milk

1 (46 oz) Pineapple juice, chilled

1 (2 liter) bottle orange soda, chilled

Orange sherbet

Stir together ingredients. Top with sherbet and serve over ice.

Refrigerate leftovers

### EXCITING NEWS!

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

Sue Heth

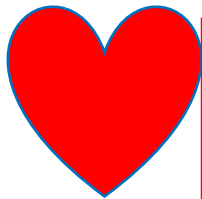
217-821-7737

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: TV & DVD player/Carol Johnson  
and Chuck Suttle  
Puzzle/Janice Garry

Long Term Supporters:

Paul & Virginia Koboldt Trust,  
100 + Women Who Care

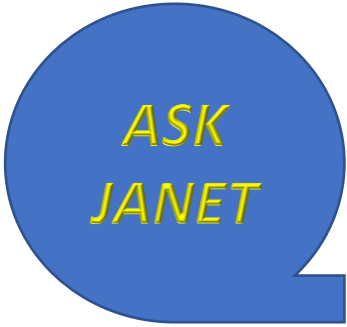
**Items needed for the office:**

**File folders, inspirational books, games**

## MEMORIAL DONATIONS

Flo Barker (Sue Heth)

*"We remember your life, and celebrate the memories"*



If you have questions for Janet, forward them to:  
[info@familymentalhealthsupport.com](mailto:info@familymentalhealthsupport.com)  
"HOW CAN I BE MORE SPIRITUAL?"

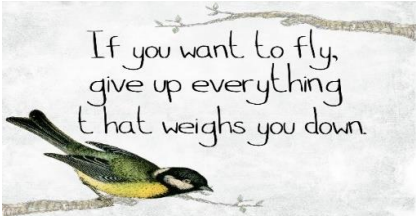
Applying what we know. We grow in grace, in knowledge, in understanding of spiritual laws, as we apply gentleness, kindness, patience, long-suffering, to those we meet day by day. Not with a long face, but in the JOY of God. Happiness from within our life. Seek that satisfaction of self-being at an at-oneness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



**LISTENING TO 5-10 SONGS A DAY CAN IMPROVE MEMORY,  
STRENGTHEN THE IMMUNE SYSTEM, AND REDUCE  
DEPRESSION RISK BY 80%.**



**INSPIRATIONAL STUDY**

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The next meeting will be October 25<sup>th</sup> and will continue "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](http://www.helping survivors.org)

## **“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: 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

## **OCTOBER SUPPORT GROUP**

The FMHS next support group will meet on October 13<sup>th</sup>, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL.

Attorney Scott Ealy will be our guest speaker. A sharing time, as well as refreshments, will follow. The FMHS meetings are open to all. Professionals are encouraged to attend, also.

# **HAPPY AUTUMN!**