



CHAT

Vol 3, Issue 5
May, 2023



FMHS

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



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PLEASE PASS THE WORD!!

The **Veteran's Support Group** led by Vietnam Vet, Donnie Dorn, meets on the 2nd and 4th Thursday of each month, 10:00-12pm, at the FMHS office.

Volunteers are still needed to help man the FMHS office. We are hoping to have office hours 10-2 on Thursdays soon. If you have time to volunteer, please contact Sue Heth at 217-821-7737.

MAY IS MENTAL HEALTH AWARENESS MONTH designated by Congress 1949.

DRAWN TOGETHER

“A Class Act”

By: **Mary Ellen Eversman**

“Drawn Together—A Class Act” was written for elementary age students, It also has questions at the back that can be used by teachers or counselors to stimulate conversation regarding accepting differences. Thanks to Mary Ellen, all of the cost of the book, \$8.50, at this time, goes as a donation/fundraiser for FMHS. It is available at the FMHS office located at 202 N Banker, Effingham, IL or for \$10, the book can be mailed by calling Sue Heth at 217-821-7737.

DEVEILED EGGS

THANKS TO – Bon Appetit

Yield: 8

12 large eggs hard boiled

$\frac{3}{4}$ cup vegetable oil, 1 large shallot or green onion, Salt to taste

**$\frac{1}{2}$ cup mayonnaise, 2 tsp Dijon mustard, 1 T lemon juice, 2 T chopped chives
2 T parsley, 1 tsp lemon zest grated**

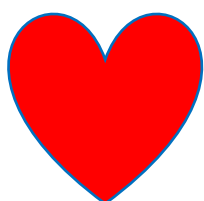
- . Heat oil in saucepan over medium high. Add shallots and cook, stir occasionally until golden brown and crisp—about 5 min. Remove and drain on paper towel: season with salt and let cool.**
- . Peel eggs in half lengthwise. Pop out yolks and put in medium bowl reserving the white. Use fork to smash yolks.**
- . Add mayonnaise, mustard, and lemon juice to yolks and stir with a fork. Season with salt and more lemon juice if desired.**
- . Toss chives, parsley, lemon zest, reserve shallots/onion in small bowl. Season with salt.**
- . Using a spoon put the egg yolk mixture into the whites and top with shallot mixture.**

Q: What season is it when you are on a trampoline in May?

A: SPRING-TIME !

A HEARTFELT THANKS

To FMHS Volunteers, who have been helping man the office, providing articles for the CHAT, bringing treats to share, watering plants, dusting, mail pick up, and repairs!
Janice Garry, Sue Yarnell, Maria Soutar, Susan Elke, Amy & Brad Hibdon, Carol Johnson & Chuck Suttle, Patty Winn, Donnie Dorn, & Sue Heth



In Kind Contribution: Phone Service/S. Heth

Donations:

Long Term Supporters:

DAV Auxiliary

Paul & Virginia Koboldt Trust,

100 + Women Who Care

United Way of Effingham County

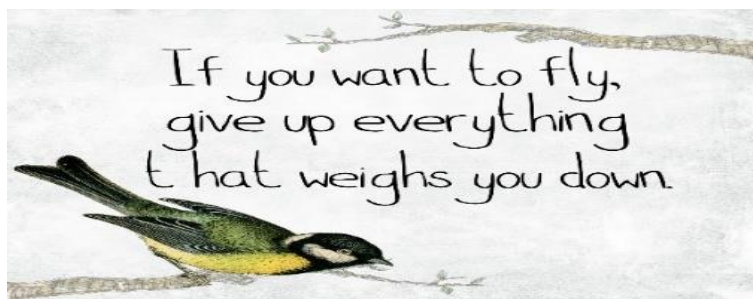
**Items needed for the office: paper for copier,
file folders, inspirational books, games**

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"

MARY WEAVER

The **Veteran's Support Group** led by Vietnam Vet, Donnie Dorn, meets on the 2nd and 4th Thursday of each month, 10:00-12pm, at the FMHS office.



INSPIRATIONAL STUDY

An Inspirational Study Group is held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The March meeting will be May 23rd. Hope to see you there!

"THE CHOSEN" Season 2 Discussion Group

The FMHS Office is hosting a bi-monthly discussion group on the series, "The Chosen", led by Rev. Carol Johnson. Each session uses a segment of the DVD series for Season 2, 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: May 16, 30. To sign up, please leave a message for Carol Johnson at 270-217-1422 or just come!



MAY SUPPORT GROUP

The FMHS next support group will meet on May 11th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL. All are welcome!

2023 Membership

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. A \$10 membership is a way to provide support toward our efforts to help families struggling with mental health issues. (All services are free, there is no paid staff. FMHS is an all-volunteer program.)



This is the first column of a series regarding GRIEF

BY: Alan Wolfelt PhD

In all my years as a grief counselor, the most common question mourners have asked, is, "Am I going crazy?" The second most common question, "Am I normal?". The journey through grief is foreign and disorienting. You feel like you are going crazy, but rest assured you are not.

. In future CHATS will be a number of common thoughts and feelings when in grief. They may or may not be a part of your personal experience.



FYI

DAV and Golden Corral Benefits Veterans and Their Families

Golden Corral Corp. was determined to raise money to help veterans and their families. By 2001, Golden Corral Corp. partnered with DAV to raise awareness and funds for Military Appreciation nationwide. Since then, Golden Corral has donated more than 6 million complimentary meals to veterans and helped raise more than \$18 million to support DAV in assisting veterans and their families.



THE office is a nice space to relax, enjoy the company of others, work a puzzle, play a game, check out our library, and review resources. We look forward to seeing you soon.



THIS MEMORIAL DAY, WE REMEMBER THOSE WHO SACRIFICED SO WE COULD LIVE IN FREEDOM!

May was designated National Mental Health Awareness month in 1949 by the United States Congress due to the increased number of veterans suffering from mental illnesses after returning from WWII.



All Veterans are invited to attend the Veteran Support Group on the second and fourth Thursdays of each month. Donnie Dorn, Vietnam Vet, is leading the group. Although this is not a counseling group, much healing comes through the sharing of memories and concerns.

“The willingness of America’s veterans to sacrifice for our country has earned them our lasting gratitude. “Jeff Miller