



CHAT

Vol 4, Issue 7
July, 2023

"I Believe in America because we have great dreams, and because we have the opportunity to make those dreams come true."

4TH OF JULY



Wendell L. Wilkie

FMHS

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

INSIDE THIS ISSUE

- Happy July 4th!
- **Veteran's Group**
July 6 & 20
- **Recipe: Triple Berry Sparkler Drink**
- Heartfelt Thanks
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- FMHS....2023 Membership Drive
- Ask Janet—
"I'm Scared to Tell People I have Bipolar Disorder"
- "Chosen" to restart in the fall—watch for dates.
- Inspiration Group cancelled for July. See you in August!

Wishing you and yours a "Happy Family Reunion month"! (I must admit that I didn't know it was a thing....but I guess I have honored it for many years just the same!) Family time can be a stressful time, so plan ahead and make sure you are rested.

FMHS name was drawn at 100+ Women Who Care in June, but we weren't awarded the money. I'll keep trying!

We could use a couple of volunteers to help make up Anti-Depression Kits to be given out at various events. We will be working on them July 11th at 10:30.

FMHS is receiving funding by United Way which is greatly appreciated. We still need to get the word out about FMHS. Remember we have speakers!

DRAWN TOGETHER

“A Class Act”

By: Mary Ellen Eversman

With children’s mental health being highlighted after the Co-vid pandemic, it is an important time for Mary Ellen’s book to be released. It is written for elementary age students, and has questions at the back that can be used by teachers or counselors. All of the \$8.50, at this time, goes to help support 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.

TRIPLE BERRY SPARKLERS SUMMER DRINK

Thanks to Delish

Ingredients: 1/3 C blueberries, 1/3 C raspberries, 1/3 C chopped strawberries, 1/4 C coconut water.

. In an ice cube tray place a mix of the berries as desired. Then, fill the tray with the coconut water. Freeze (approximately 4 hr)

Directions: In a pitcher--Mix 2 T honey until dissolved, 2 T fresh lime juice, 2 T fresh lemon juice ADD 3 (12 oz) cans of seltzer and stir to combine.

**FILL YOUR SERVING GLASS WITH THE ICE
ADD THE LEMON-LIME MIXTURE AND ENJOY!
(This is a very pretty drink!)....and refreshing.**

**IF YOU CAN DREAM IT,
YOU CAN DO IT!**

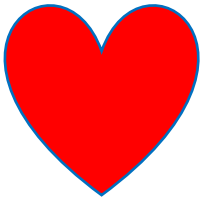
Walt Disney

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, Amy & Brad Hibdon, Carol Johnson & Chuck Suttle, & Patty Winn.

A special thanks to Carol Johnson for making a presentation board for FMHS!



In Kind Contribution: Phone Service/S. Heth, File Folders/Carol Johnson, Kleenex/Bob McWhorter

Donations: DAVA Ch. 7-- \$ for Veteran's Group. \$ for Pizza/Veteran Bob Peach

Long Term Supporters:

Paul & Virginia Koboldt Trust,
100 + Women Who Care
United Way of Effingham County

Items needed for the office: roll of stamps, inspirational books, games

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"



If you have questions for Ask Janet, forward them to:

info@familymentalhealthsupport.com

(excerpts from)

“I’m Scared to Tell People I Have Bipolar Disorder”

By: Julie A Fast

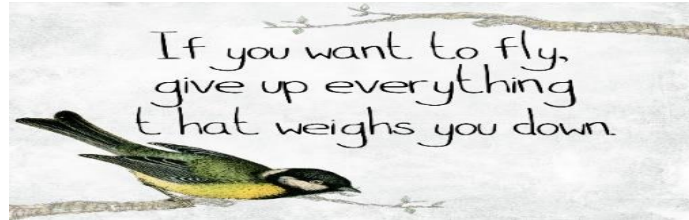
ANTICIPATING HOW FRIENDS AND FAMILY WILL REACT TO OUR DIAGNOSIS CAN BE DETRIMENTAL TOWARD OUR MENTAL WELL-BEING. REGARDLESS, REMAIN PROUD—THERE IS NOTHING “WRONG” WITH US!

The decision to tell people you have bipolar disorder is a personal decision that can include many mixed emotions and questions.what if the person runs from me screaming?....what if I am judged harshly by this person?...will anyone want to be in a relationship with me?

Here is my advice on the topic: Moderate your disclosure as needed, depending on your circumstance. **#1 BE PROUD**---It’s just a rotten illness and when untreated, it makes us do some pretty scary and dumb things, but when managed, we are pretty darn regular people who simply need help just like a person with insulin-dependent diabetes. **#2 REMOVE YOURSELF FROM THE REACTION OF THE OTHER PERSON**—If you are proud of who you are—if you can see yourself as a strong and resilient person, then the way people respond to your having bipolar in a negative way will sting you, but it won’t strike you down. You will bounce back. **#3 UNDERSTAND THAT FAMILY AND FRIENDS DO NOT KNOW WHAT TO DO**—They simply don’t...unless they have gone through a similar struggle. Every other person will do or say something dumb! Ie: “Buck up and value your life instead of taking medication.” Go easy on the people who don’t know what to say. **#4 CHOOSE PEOPLE WHO DO UNDERSTAND**—When my former partner was in the hospital three months in a manic and psychotic episode, not one person in my life knew what to do. A friend of a friend took me out to dinner and said, “No one understands. Don’t be so hard on them.” (She told of her struggles with diabetes.) Despite it all, she gave me the hope I needed when my partner almost died. **#5 PLAN WHAT TO SAY AND PRACTICE IT LIKE A SCRIPT**—Here is an example of what you can say when you decide to go public. “Hi Guys. As you may know, there is an illness shared by millions and millions of people around the world called bipolar disorder. It’s a genetic illness that affects a person’s ability to regulate moods. I have bipolar disorder and would love to talk with you more about the illness if you are interested. If you find this is too much for you, just let me know and we can find other topics to talk about. If you would like to know how you can help, just let me know.” **#6 MOST IMPORTANTLY....START NOW IN LEARNING HOW TO SEPARATE YOURSELF FROM THE RESPONSE OF OTHERS AND STILL STAY IN A RELATIONSHIP, ESPECIALLY IF IT IS A FAMILY MEMBER.** We live in a world of well-meaning, but unthinking people. They are not

trying to harm you, they are simply ignorant...as I was when I was younger. A superb resource is: High Tide, Low Tide: A Caring Friend's Guide to Bipolar Disorder by Martin Baker and Fran Houston.

ACCEPTING A BIPOLAR DIAGNOSIS: There is nothing wrong with you. Who wants to tell people about an illness that is rough to treat and difficult for the outside world to understand? Being scared is normal. Let's be nice to ourselves. I'm all for telling people. We can't control the outcome, but we can know that we are good people with a rough condition who wants love and respect just like everyone else!



JULY INSPIRATIONAL STUDY IS CANCELLED

INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. The August 22nd meeting discussion will be on "Dealing With Grief". Everyone is welcome. Hope to see you there!

JULY SUPPORT GROUP

The FMHS next support group will meet on July 13th, 5:30-7pm at the First Baptist Church, 213 W. Fayette, Effingham, IL. All ARE WELCOME!

2023 Membership Drive

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. A \$10 membership is a way individuals can 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.)

**WHAT DID POLLY THE PARROT
WANT FOR THE FOURTH OF JULY?
A FIRE-CRACKER!!!**