



CHAT

Vol 4, Issue 9
September, 2023



FMHS

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

September Greetings! As the lazy days of summer are dwindling down, it feels like time to get in gear.

Mark your calendars for the FMHS Annual Picnic on September 7th at 5:30pm at the Red Topped Pavilion located at: 1110 Pelican St., Effingham, IL. Bring a dish to share and come have a fun time!

INSPIRATION GROUP will meet on September 26th...Come share in discussion about the topic of Forgiveness.

Check out the last page of this newsletter for information regarding dates for Season 3 of THE CHOSEN! It's a great group welcome to all.

September is Suicide Prevention Month. Support The Team of Mercy **Color Run**, "**Surviving the Color**" on Sept. 16th 9AM at the Olney City Park. You can register at: <https://runsignup.com/Race/Events/IL/OlneySurvivingtheColorNewton>.

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Team of Mercy
Color Run 9/16

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DRAWN TOGETHER

"A Class Act"

By: **Mary Ellen Eversman**

DRAWN TOGETHER has been released when children's mental health has been at a serious level. It is written for elementary age students, and has questions at the back that can be used by teachers or counselors. The book cost of \$8.50 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.



Thanks to Ann Pittman

- 1 (14.1-oz.) package refrigerated pie crusts
- 5 cups sliced peeled peaches (7 or 8 medium peaches)
- 1/2 cup granulated sugar
- 1/4 cup cornstarch
- 1/4 cup packed brown sugar
- 1 Tbsp. fresh lemon juice
- 3/4 tsp. vanilla extract
- 1/4 tsp. table salt
- 2 Tbsp. unsalted butter, cut into small pieces
- 1 large egg, lightly beaten
- 2 Tbsp. turbinado sugar

Prepare pie crusts: As the oven preheats, make sure to set out the pie crusts per the package directions. If you try to work with them straight from the fridge, they'll likely tear.

Make peach pie filling: Next, simply stir together sliced peeled peaches, granulated and brown sugar, cornstarch, lemon juice, vanilla, and salt. This mixture will very quickly become very juicy (the cornstarch will thicken the juices). **Fit pie crust to pan:** Unroll a pie crust, roll it a little thinner with a rolling pin, and fit it into a 9-inch pie plate.

Add pie filling and second crust: Add the filling, top it with little butter pieces, and fit the top crust over the filling. Fold the edges under, press to seal top and bottom crust together, and crimp the edges. Brush the top crust with egg wash, sprinkle with sugar, cut slits to vent the steam.

Bake pie: Pop the pie in a 375°F oven. Bake the pie for 55 to 60 minutes, shielding the crust after 40 minutes if needed.

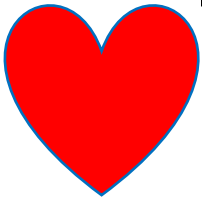
A HEARTFELT THANKS

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, Bob McWhorter, Carol Johnson & Chuck Suttle, & Patty Winn.

A special thanks to Janice Garry for donating on behalf of FMHS to the Color Run/Team of Mercy

A special thanks to Donnie Dorn for leading the Veteran's Group!...and to Karen Dorn for her help!



In Kind Contribution: Phone Service & Ad in DAR booklet /Sue Heth. Bibles donated by Gideons International.

Donations: DAVA Ch. 7-- \$ for Veteran's Group.
Susan Elke/Donation

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, coffee**

MEMORIAL DONATIONS

Evan (Butch) Kelly
Candy Fowler

"We remember your life, and celebrate the memories"



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

info@familymentalhealthsupport.com

(excerpts from)

WHEN TO SEEK A MENTAL HEALTH PROFESSIONAL?

By: Nuna Alberts, LCSW

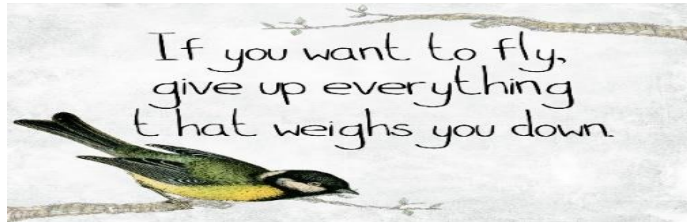
You're not coping or functioning as well as you once did.

- You worry excessively or feel anxious a lot of the time.
- Your mood changes rapidly.
- You feel sad, down, or hopeless most of the time.
- You cannot stop thinking about past or recent upsetting events.
- You're turning to alcohol, street drugs, or other substances to cope.
- You're frequently irritable, hostile, or prone to anger outbursts.
- You have extreme fears that prevent you from doing things you'd like to do.
- You have serious thoughts of suicide. If you're in distress now, you can receive free and confidential support by dialing 988 for the [National Suicide Prevention Lifeline](#). (It's available 24 hours a day, seven days a week.) If you're in crisis and need urgent help, call 911 or go to the emergency room.



... **MENTALHEALTH FIRST AID CLASS**: To register call Lyndsey at 217-708-5709 September 20, 8:30-4:30 at the Effingham Event Center. (Lunch is provided)

... **Veteran's Guide** is an advocacy center whose mission is to assist veterans with the array of issues they may face, including obtaining proper disability compensation. The new veteransguide.org/va-disability-calculator helps veterans calculate how much their VA rating should be, especially when it comes to combining ratings and complicated VA math.



INSPIRATIONAL STUDY

An Inspirational Study Group is being held monthly at the FMHS office on the fourth Tuesday of the month, 1-2pm. Everyone is welcome. Hope to see you there!

**SEPTEMBER SUPPORT GROUP
CANCELED DUE TO THE
ANNUAL PICNIC**

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.)

NEW MEMBER:

ROBERT McWHORTER

“Two antennas meet on a roof, fall in love and get married.... The ceremony wasn’t much, but the reception was excellent!”

The CHOSEN

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“The Chosen” Discussion Group
Family Mental Health Support office
202 N. Banker St.
Effingham, IL

+Tuesdays, 4 p.m. – 5:30 at / center

+Sept. 19th & Sept. 26

+Oct. 17th & Oct. 24

+Nov. 21st & Nov. 28

+Dec. 5th & Dec. 19

-Use **of Season 3 -DVD** and discussion guides; **8 episodes**

-This historical drama introduces a very authentic Jesus and the calling of his initial disciples, who develop in character and reveal their own authenticity!

-Class is free, but signing up is encouraged, to help us accommodate seating and materials!
(217-240-2330) FMHS

-Discussions Sessions led by Rev. Carol Johnson

FAMILY TO FAMILY CLASS

This will be a virtual class sponsored by NAMI of Illinois 8/24-10/12 6-8:30pm. Contact Training Director, Lachell Aroneaux at lachell@namiillinois.org to register.