



# CHAT

Vol 4, Issue 10  
October, 2023



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

**Hello Fall! October is a busy month of ball games, raking leaves, roasting marshmallows and hot dogs. But, in the midst of all of the busyness, remember to take time out for your self-care! In addition to “Homemade Cookie Day” on October 2, it is also the month to recognize “World Mental Health Day”, “ADHD Awareness Day”, and “Depression Screening Day”.**

**The Annual Picnic was a lot of fun and well attended. Thanks to EVERYONE that helped make it a huge success!!**

**A Big THANK YOU to Maria Soutar and Janice Garry for manning the FMHS table at the Team of Mercy Color Run at Olney. Also, a Thank you to Janice Garry for having FMHS put on the Color Run Tee Shirts.**

**If anyone is interested in helping with booths in the future, just let me know—Call: Sue at 217-821-7737.**

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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.



### **PUMPKIN SNICKERDOODLE COOKIES**

***Thanks to Maria Soutar***

***½ C melted butter, ½ C sugar, 1/3 C light brown sugar***

***¼ C pumpkin puree, 1 lge egg yolk, ¾ t vanilla, 1 ½ C flour***

***1 ½ t pumpkin pie spice, ½ t baking soda, ¼ t cream of tartar***

***½ t salt***

***COMBINE: butter, sugar, and brown sugar***

***ADD: Pumpkin puree and stir***

***STIR: Stir in egg yolk and vanilla***

***IN SEPARATE BOWL: Whisk flour, spices, baking soda, cream of tartar, and salt. Mix well.***

***ADD: Dry ingredients to wet ingredients, and stir.***

***COVER cookie dough in plastic wrap and chill 45 min.***

***PREHEAT oven 350, LINE cookie sheet,***

***WHISK sugar and cinnamon in a small bowl***

***SCOOP dough into 1 ½ T balls. Roll in sugar/cinnamon mixture and put on the cookie sheet.***

***BAKE at 350 for 10-12 min.***

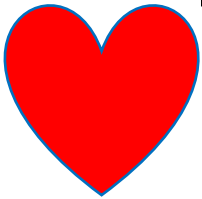
## A HEARTFELT THANKS

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 Chuck Suttle for leading the games at the FMHS picnic!

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:** Effingham Cty Coalition—gun locks, Veteran Group IGA cards. Paper products for the office from Donnie Dorn/American Legion.

Susan Elke/Donation

**Long Term Supporters:**

Paul & Virginia Koboldt Trust,

100 + Women Who Care

United Way of Effingham County

## MEMORIAL DONATIONS

John Latta

Virginia Wendt

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

# *"5 EASY TIPS TO RELEASING STRESS AND OVERWHELM"*

*Joni Carlson*

Moving away from the carefree days of summer, into the busy days/nights of fall can be a bumpy transition. Fall is a busy time of year for most of us. You may have slacked off a little this summer to take advantage of those warm, beautiful, sunny days....and now you're playing catch-up on that summer to-do list. Am I right?

The list of adjustments, changes, and responsibilities as we move from the summer YOU to fall YOU goes on and on. Some of us breeze through these changes, and some of us do not. I'd like to share with you my five easy tips on how to stop the hecticness and steer that overwhelm train, so you don't derail as you make these changes and get back on track. The next time you are feeling stressed, crabby, overwhelmed, overworked, crazy busy, etc. .... give this a try!

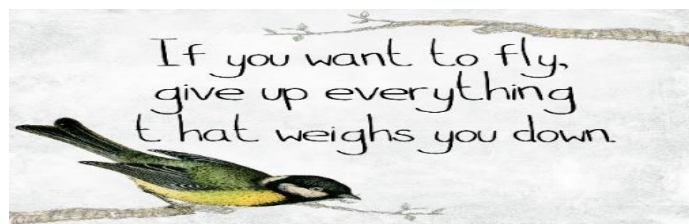
- 1) RECOGNIZE IT.... The only way you can stop the overwhelm spiral is to understand you're in it. See that you are overwhelmed, stressed, upset, etc. .... then STOP!
- 2) STOP .... Stop overthinking. Stop over-analyzing. Stop Worrying. Stop assuming. Stop making up scenarios in your head. Stop playing that "What if" game. Stop your thoughts from spinning into a tizzy. Stop your negative thoughts. Just STOP.
- 3) CHOOSE .... Choose a new, good thought and SMILE. Watch as the tension melts away. You cannot be happy and mad at the same time. You cannot feel "content" and "overwhelm" at the same time. Choose any happy thought and feel the stress and overwhelm fall away.
- 4) BREATHE ... Stop moving, put your hand on your heart, close your eyes, and pay close attention to your breathing for 90 seconds. Breathe in love, exhale out the stress and worry. Think about your happy thoughts. This is an easy practice to implement to calm those feelings and clear your mind.

- 5) APPRECIATION ... Practice appreciation. While your hand is still on your heart, begin to make a list of all of the people, places, things you have to be thankful for. Begin with, "I appreciate" (and fill in the blank). Speak out loud 5-10 things you appreciate. It could be as simple as, "I appreciate the sunshine." Watch how quickly your energy changes and you feel better.
- 6) Repeat these 5 steps anytime you feel stress and overwhelm. The more you practice this, the more it will become part of your daily routine and watch how much better you feel. Try it today!!



...**OUT OF DARKNESS Walk** with us to Prevent Suicide **OCTOBER 7<sup>th</sup>** at the **Workman's Sport Center**. Register: [AFSP.org/eastcentralil](http://AFSP.org/eastcentralil)

... **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](http://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

The October Inspirational Study Group will be held October 31<sup>st</sup> this month. 1-2 pm. (The change is due to Sue's travel plans.) Normally we meet at the FMHS office on the fourth Tuesday of the month, 1-2pm. Everyone is welcome. Hope to see you there!

**OCTOBER SUPPORT GROUP**  
**OCTOBER 12<sup>TH</sup>**  
**FIRST BAPTIST CHURCH**  
213 W. Fayette Ave, Effingham, IL

## **2023 Membership Drive**

Family Mental Health Support is financially supported by grants, memberships, and fundraisers. Donations are always welcome and greatly appreciated. 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**



### **NEWS FROM SUE**

I attended the American Association for Christian Counselors World Conference in September. Elias and Denise Moitinho (both PHD's) spoke regarding Marital Intimacy. They gave a great presentation and said that churches were using their book as "a study" as well as individual couples. It might be a good wedding gift, as well!

**Book Recommendation: The Dream Home: Essential Techniques for Helping Couples Increase Marital Intimacy**

**"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 202 N. Banker, Effingham (FMHS Office)

+Oct. 17<sup>th</sup> & Oct. 24

+Nov. 21<sup>st</sup> & Nov. 28

+Dec. 5<sup>th</sup> & Dec. 19

-**Season 3 -DVD** and discussion guides; **6 remaining 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