



# CHAT

Vol 4, Issue 11  
November, 2023



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

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And,  
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Nov. 28th

*Some of the days in November carry the whole memory of summer as a fire opal carries the color of moonrise. ~Gladys Taber*

**Wishing you all a Happy Thanksgiving! I hope, too, that the holiday will be a time to share memories and good food with loved ones.** Holidays like [National Cinnamon Day](#), National Doughnut Day, National Spicy Hermit Cookie, National Gingerbread Cookie Day, National Red Mitten Day and National Homemade Bread Day make November quite cozy.

Veterans Day, November 11<sup>th</sup>, is a time to honor those who have served in the military. Take time to show appreciation to a Veteran. It will bless you, too!

The Inspiration Group is studying, “Shattered—Finding Hope and Healing through the Losses of Life”. Come join us!

## **NEED A CHRISTMAS GIFT????**

### ***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.

## **BROWNIE BOMB**

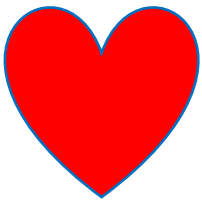
- **1 (19.8 ounce) package brownie mix**
- **1 (10.5 ounce) package miniature marshmallows**
- **2 cups semisweet chocolate chips**
- **1 ½ cups crispy rice cerea**
- 
- Preheat oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.
- Mix brownie mix, oil, water, and eggs in a large bowl until smooth; spread into prepared baking dish.
- Bake in the preheated oven until a toothpick inserted into the center comes out clean, 28 to 30 minutes. Sprinkle marshmallows over brownie and continue baking until slightly melted, about 3 minutes more. Remove from oven and cool completely.
- Heat chocolate chips, peanut butter, and butter in a saucepan over low heat; cook and stir until smooth. Remove from heat and stir in rice cereal. Spread over cooled brownies. Refrigerate until firm; slice brownies to serve.

## 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, Carol Johnson & Chuck Suttle, & Patty Winn.

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



**In Kind Contribution:** Phone/Sue Heth

**Donations:** 10 Books/"Shattered"

by the Effingham County Health Dept.

\$100/ Disabled American Veteran's Auxiliary

\$275/Trinity Lutheran Youth Group

**Long Term Supporters:**

Paul & Virginia Koboldt Trust,

United Way of Effingham County

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

## MEMORIAL DONATIONS

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

# PDA

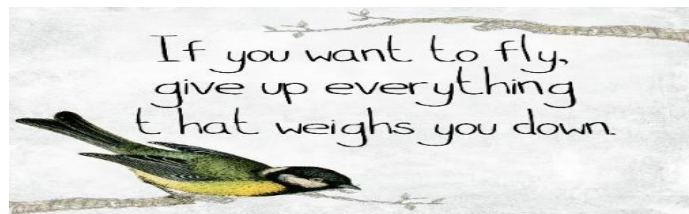
*Thanks to: Neurodivergent  
Insiaht*

Pathological Demand Avoidance (PDA), also known as Pervasive Drive for Autonomy, is a term used to describe a profile of autism. People with PDA can experience a fight, flight or freeze response when faced with demands that threaten their autonomy, which can trigger intense emotional reactions. Understanding the core characteristics of PDA can help caregivers and healthcare professionals respond with more empathy and attunement, which is crucial for effectively supporting individuals with PDA.

PDA is characterized by an intense, pervasive drive for autonomy and a heightened sensitivity to demands that threaten that autonomy. For individuals with PDA, simple, everyday demands like putting on shoes or eating breakfast can trigger big emotional reactions that can be difficult for caregivers and loved ones to understand.



**November 9<sup>th</sup> & 30<sup>th</sup> ...Veterans Support Group, 10-12pm at the FMHS office.**  
**November 9<sup>th</sup>...Monthly Support Group, 5:30-7pm at the First Baptist Church**  
**located at 213 W Fayette, Effingham, IL**  
**November 21<sup>st</sup> & 28<sup>th</sup> ...CHOSEN Group, 4-5:30pm at the FMHS office**  
**November 28<sup>th</sup> ...INSPIRATION GROUP, 1-pm at the FMHS office**



## **INSPIRATIONAL STUDY**

**The November Inspirational Study Group will be held Tuesday, Nov. 28th. 1-2 pm. Everyone is welcome. Hope to see you there! (Discussing "Shattered")**

**NOVEMBER SUPPORT GROUP**  
**NOVEMBER 9<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:**



### NEWS FROM SUE

I want to thank the Trinity Lutheran Youth Group for sponsoring a Teen Event at the Cross with profits from the food being donated to Family Mental Health Support.

We are in need of volunteers to help increase the hours that the FMHS office is open. The goal is to have the office open three days from 10-2pm Tuesday, Wednesday, Thursday. If you have a few hours to volunteer, please contact me at 217-821-7737.

“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)

+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

## **TURKEY DROP FOR VETERANS**

**HEARTLAND HUMAN SERVICES** is providing a **free Thanksgiving meal** for **4**. The meals are to be picked up **November 18<sup>th</sup>**. For more information and to register, call **Patricia McDaniel** at **217-347-2591**.

