



CHAT

Vol 5, Issue 1
January, 2024



Approach the New Year with resolve to find the opportunities hidden in each new day—Michael Josephson

Happy New Year 2024!

Kissing 2023 goodbye isn't always easy, but it brings the opportunity for change and HOPE for our future as well as mankind. My **WISH** for you is to "Accept what IS, let go of what WAS, and have faith in what WILL BE."

The "**Book of Poems**" fundraiser sponsored by Carol Johnson is going well. Books are available at the FMHS office.

A big shout out and Thank You to Dr. Navi Arora for highlighting FMHS on WXEF. It was greatly appreciated...and a lot of fun. Thanks to Bev Drake for helping out, too.

The Support Group Christmas Party was a lot of fun with music, pizzas, and gifts. Thanks to all for your contributions.

The CHOSEN Discussion Group will not be meeting until Season 4 DVD's become available.

FMHS

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

INSIDE THIS ISSUE

- **Happy New Year**
- **Feta Cheese Foldovers**
- **Peace Cookie Recipe**
- **Recovery Alive Handbook "Review"**
- **Memberships**
- **INSPIRATION GROUP**
January 16th

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.



**FETA CHEESE
FOLDOVERS**

From: Maria Soutar

- 8oz feta cheese, crumbled
- 3 t finely chopped green onions
- 1 egg
- 1 (17.5 oz) package frozen puff pastry, thawed
- 1 egg yolk, beaten with 1 tsp water
-
- Preheat oven to 375 degrees.
- In a small bowl, blend feta cheese, green onions and egg.
- Cut pastry into 12 (3”) squares
- Place a mounded tablespoon of feta mixture in the center of each square. Moisten edges with water, and fold pastry over filling to form a triangle. Press edges together firmly with a fork to seal. Lightly brush pastries with the egg yolk mixture.
- Bake 20 min in a preheated oven or golden brown.

Thanks to Mary Ellen Eversman for the following recipe that I have “renamed”

2024 PEACE COOKIE RECIPE

4 cups of LOVE

2 cups of SWEETNESS

Pinch of HOPE & FAITH

2 cups of KINDNESS

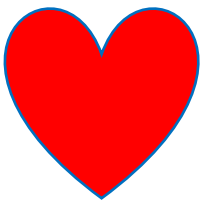
Mix all ingredients in large bowl. Distribute to all you know.

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, Membership cards

Donations: \$275 from Trinity Lutheran Youth

Maria Soutar & Sue Heth for window art.

Effingham County Health Dept.--books

Luella Baker—donuts for the Veteran's Group

Lyndsey Reed—stamps

Bob McWhorter—cookies for group meetings

Long Term Supporters:

Paul & Virginia Koboldt Trust,

United Way of Effingham County

Items needed for the office: games, coffee, & puzzles.

MEMORIAL DONATIONS

"We remember your life, and celebrate the memories"

RECOVERY ALIVE HANDBOOK

Author: John Eklund, M.S.W.

The United States is in the midst of the most devastating addiction crisis in history. Opioids, including fentanyl, heroin, and emerging synthetic opioids are fueling a deadly drug crisis. According to the Centers for Disease Control and Prevention (CDC), the highest number of overdose deaths ever recorded was for the 12-month period ending in March 2022. Provisional data estimated that there were more than 210,000 deaths in that period. Fentanyl, a synthetic opioid that is 50-100 times stronger than morphine, when mixed with other illicit drugs like cocaine, methamphetamine, and heroin, drastically increases its potency and with often deadly results.

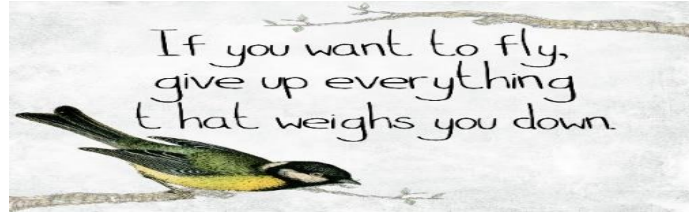
The “Recovery Alive Handbook” provides a practical and proven pathway to lasting life-change! Individuals are experiencing healing from past abuse, addiction, grief, anxiety, depression, eating disorders, anger, bitterness and codependency through this informative and inspiring resource. It isn’t just about addiction, but also for people suffering from soul wounds like shame or abandonment that often lead to other mental health disorders. This book is chocked full of clear, directive, nuts and bolts solutions...a book of hope.



January 11th & 25th ...Veterans Support Group, 10-12pm at the FMHS office.

**January 11th...Monthly Support Group, 5:30-7pm at the First Baptist Church
located at 213 W Fayette, Effingham, IL**

January 16th...Inspiration Discussion Group, 1-2pm, FMHS office.



INSPIRATIONAL STUDY

The January Inspirational Study Group will be held Tuesday, Jan. 16th. 1-2 pm. Everyone is welcome. Hope to see you there! (Discussing "Shattered")

JANUARY SUPPORT GROUP

JANUARY 11TH

FIRST BAPTIST CHURCH

213 W. Fayette Ave, Effingham, IL



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 excellent!"

2024 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 MEMBERS:

**Lisa Strullmyer
Robyn Duckwitz
Maria Soutar
Sue Heth
Katie Wernsing
Nicole Nuermberger
Jon Greider
Joseph Heth**