



CHAT

Vol 5, Issue 2
February, 2024



New month, new intentions, new goals, new beginnings!

FMHS

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

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2024 Citizen of the
Year—Mary Ellen
Eversman

The “**Book of Poems**” fundraiser written and sponsored by Pastor Carol Johnson is going well. Books are available at the FMHS office or by mail request. Cost \$20-all proceeds go to FMHS.

Volunteers are needed to man the office Wed. and Thursdays. If you have a few hours available, give Sue Heth a call at 217-821-7737.

The Inspiration Group is currently discussing the book, “Shattered”—dealing with losses in life. All are invited. Feb. 27th 1-2pm at the FMHS office (202 N. Banker.)

DEMENTIA FRIENDLY TNG 2/13/24
Free—Register with Sue 217-821-7737

FMHS Veterans group meets the 2nd and 4th Thursdays of each month. Donnie Dorn, Vietnam Vet leads the group. ALL veterans are invited to attend at FMHS office 10-12pm.

Resource Carnival—3-21-24
Cornerstone Church 3-6pm. Effingham
County Connections.

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.

HEART SHAPED PIZZA

DIY



- . Purchase a boughten pizza crust. Cut a triangle shape from the top, which should shape the crust like a valentine.
- . Add toppings as preferred, and bake at 375, 25-30 min.
- . This is a fun way to celebrate Valentine's Day. If you have children, let them be involved!

DEMENTIA FRIENDLY TRAINING

Judy Kleine and Nancy Hinton from the Midland Area Agency on Aging will be providing a 60-minute Dementia Friends training. In this training, you will learn the difference between Normal Aging and Alzheimer's, along with the 5-Key messages, and how to better communicate with someone living with Dementia. Please come and join us.

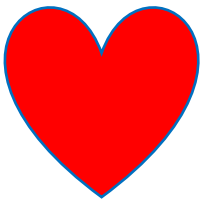
DATE: 2/13/24 2-4pm Register with Sue at 217-821-7737.

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. Thanks to Lisa Strullmeyer for FB help.

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:

Effingham County Health Dept.--books

Luella Baker—donuts for the Veteran's Group

Rhonda Schonschack—ink pens & treats

Karen Dorn—Llama rope basket and llama glasses.

Long Term Supporters:

Paul & Virginia Koboldt Trust,

United Way of Effingham County

MEMORIAL DONATIONS

ROBERT TRUEBLOOD

"We remember your life, and celebrate the memories"

Effingham Public Library Offers Telehealth

The Effingham Public Library received a grant for this option through the National Library of Medicine last year. The purpose is to allow access for individuals in rural communities that may not have access to good internet, or a private space for their appointment. This is completely free to the public!

If you are unfamiliar with telehealth, let's break it down a bit. Telehealth appointments are a fast growing option for many, and can be used for healthcare or behavioral healthcare (i.e. therapist, psychiatry, mental health, etc.), specialist appointments, follow up appointments, chronic disease management, diabetes education, etc. The Effingham Public Library offers a free, safe environment with stable internet access to the public for such appointments. The Luttrell room set up for telehealth appointments is extremely private, on the lower level, and is a quiet environment ideal for access. The library also includes a mobile cart filled with basic self monitoring medical equipment if needed for the appointment: glucose monitor, blood pressure cuff, thermometer, pulse oximeter, scale, and noise cancelling machine.

If interested in booking, a participant can go to effinghamlibrary.org, and click on the Library Services tab, selecting Meeting Rooms. The participant will click on the online booking systems link & choose telehealth for the booking type, then choose the date and time for the Luttrell room. One does not need to have a library card to book an appointment, this is not a required field.

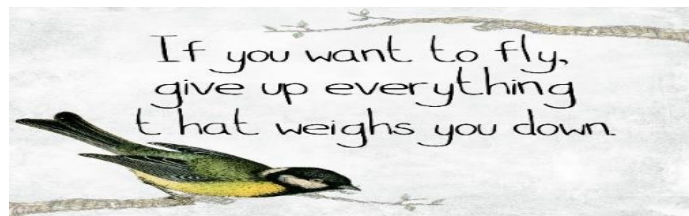
The direct link is <https://effinghamlibrary.libnet.info/reserve>



Congratulations to Mary Ellen Eversman for her award as the Effingham Daily News 2024 Citizen of the year!!!



February 8 & 22nd ...Veterans Support Group, 10-12pm at the FMHS office.
February 8th...Monthly Support Group, 5:30-7pm at the First Baptist Church
located at 213 W Fayette, Effingham, IL
February 13th DEMENTIA FRIENDLY TNG 2-4pm, FMHS office.
February 27th...Inspiration Discussion Group, 1-2pm, FMHS office.



INSPIRATIONAL STUDY

FEBRUARY SUPPORT GROUP

February 8th 5:30-7pm

FIRST BAPTIST CHURCH

213 W. Fayette Ave, Effingham, IL

WHAT IS A FROGS FAVORITE MONTH?

February....it has a LEAP year



NEWS FROM SUE

Just a Reminder:

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 10-2 Tuesday, Wednesday, Thursday. If you have a few hours to volunteer, please contact me at 217-821-7737.

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 Strullmeyer
Robyn Duckwitz
Maria Soutar
Sue Heth
Katie Wernsing
Nicole Nuermberger
Jon Greider
Joseph Heth