



CHAT

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Spring



HAPPY ST. PATRICK'S DAY!

FMHS

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



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Congratulations to Mary Ellen Eversman.

Citizen of the year! Steve Raymond of the Effingham & Teutopolis News Report writes: Caring—it means showing concern for or kindness to others. Virtually every person can think of someone in their lives they would describe that way. But, nobody exemplifies that caring and loving spirit more than Mary Ellen Eversman. (If you missed the article, there is a copy at the FMHS office.)

FMHS will participate in the Effingham County Connections Annual Resource Carnival. If you can help, give Sue Heth a call at 217-821-7737. The Resource Carnival will offer tables for Community Resources, 0-2 Developmental Screenings, The Lions Vision and Hearing Screenings, Dental Varnishes. Mark your calendar for March 21st, 3-6pm. Location: Cornerstone Church gym, 3600 S. Banker St., Effingham.

There was a good turnout for the Dementia Friendly training. Thanks to Midland Agency Area on Aging for providing this beneficial training.

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.

GERMAN CHOCOLATE BROWNIE

Ingredients: 1 fudge brownie mix, 1 can of German Chocolate Icing, $\frac{1}{4}$ cup of chopped pecans

- 1) Put $\frac{1}{2}$ of the brownie mix in a greased 8x8 pan
- 2) Using a tablespoon, put dollops of canned German Chocolate icing on top of the brownie mix.
- 3) Put $\frac{1}{4}$ cup chopped pecans over the icing.
- 4) Put the remaining brownie mix on top.

Bake at 325, 25-30 min.

Sometimes **February** feels like it will last forever...

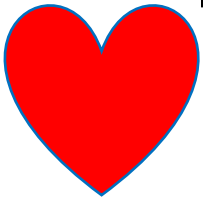
.....But time Marches on.

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. And, to Bob McWhorter for bottles of water.

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:

Effingham County Health Dept.--books

Luella Baker—donuts for the Veteran's Group

Rhonda Schonschack—Treats

Long Term Supporters:

Paul & Virginia Koboldt Trust,

United Way of Effingham County

Items needed for the office: games & puzzles



MEMORIAL DONATIONS

In memory of Harold Heth

From his friends & Family

"We remember your life, and celebrate the memories"

HOW TO BE PRODUCTIVE WHEN YOU HAVE DEPRESSION

Excerpt from Everyday Health/ Fran Kritz

If your depression is getting in the way of being productive, it's important that you have ways to cope, says Dr. Rebecca Brendel. These five strategies can help you get things done.

1. Break Tasks Into Smaller Chunks

One such strategy is breaking one large task into smaller ones. Ex: If the thought of having to wash and style your hair all in one sitting makes it hard for you to get it done, try washing your hair one day and styling it the next day. Or if you have a project at work that feels daunting, consider breaking the project down into smaller, more manageable tasks that you can complete on different days.

2. Ask Your Doctor About Adjusting Your Meds

If you take your **antidepressant** early in the day and find yourself sleepy throughout the day, talk to your doctor about whether you could try taking the drug closer to bedtime so that you're more likely to feel awake during the day when you're at work. Or, if that doesn't work, see if your doctor could adjust the dose.

3. Ask Friends and Family for Help

Asking for and accepting help is so important for people with depression. You not only get encouragement to accomplish your tasks and enjoy your life, but you can also get help with basic needs. Consider choosing a friend or relative you can reach out to when you need help finishing a task such as housecleaning, cooking, or errands.

4. Get a Head Start Whenever Possible

If the thought of getting started is a challenge for you, consider getting a head start on something you know might be difficult. Do some of the necessary steps in advance so that you're already ahead of the game when you need to get a task done. "Think through your day the night before and get as many things ready as you can. Need clothes cleaned at the dry cleaner for the weekend? Put them in a bag by the door as soon as you think of it, so you can grab them on your next trip out."

5. Take Advantage of the Sun's Energy

Natural sunlight exposure **can be energizing and mood-boosting** both in general and for people with depression, especially during the winter when there are fewer hours of daylight. Taking a walk during the day, for instance, can help energize you. In addition, seeing nature has its own benefits for lifting spirits and the exercise releases endorphins, brain chemicals [that] make us feel better. Or, **sitting by a sunny window** can still energize you and boost your mood, which in turn can help you stay productive. You could also try using a **light box, a device designed to mimic sunlight**, if you live in an area that doesn't get much natural sunlight. Light boxes have been shown to help relieve symptoms among people with depression.

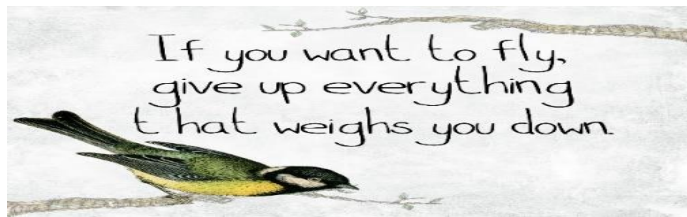


March 14 & 28th ...Veterans Support Group, 10-12pm at the FMHS office.

March 14Monthly Support Group, 5:30-7pm at the First Baptist Church located at 213 W Fayette, Effingham, IL

March 26th.....Inspiration Discussion Group, 1-2pm, FMHS office.

SEASON 4 OF THE CHOSEN to be announced soon!



INSPIRATIONAL STUDY

4th Tuesday 1-2pm

At FMHS Office

MARCH SUPPORT GROUP

March 14th, 5:30-7pm

FIRST BAPTIST CHURCH

213 W. Fayette Ave, Effingham, IL

WHY DID THE CLOCK GO TO THERAPY IN MARCH

.....It had trouble adjusting to the "spring forward"!



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: