



CHAT

Vol 5, Issue 3
April, 2024



HAPPY EASTER !

FMHS

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

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Wishing you and your family a Happy Easter filled with hope, growth, and lots of happiness.

Remember to wear protective glasses to watch the eclipse on April 8th!

FMHS is making plans to help ROSC celebrate Mental Health Month in May. If you are able to help out by making a pan of Rice Krispie treats, let Sue know at 217-821-7737. Further info on Tails and Trails included in this CHAT.

Sue Yarnell, Janice Garry, Maria Soutar, and Sue Heth helped man the booth at the Resource Carnival sponsored by Effingham County Connections. Congratulations to the llama winners: Zoey Bone, Oshea Young, Cassandra Parker, and Hadley Hagler.

A big thank you to LuElla Baker for remembering the Veteran's Group members with yummy donuts each meeting!

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.

DEVILED EGGS

Using 6 hard-boiled eggs will make 12 deviled eggs.

- **Prepare the yolk filling.** Slice the hard-boiled eggs in half lengthwise and scoop the yolks into a small bowl. Mash them thoroughly with a fork. Stir in 1/3 C mayonnaise (or Greek yogurt), 1 T lemon juice, ½ t mustard, ½ t garlic powder, salt and pepper, dash of Worcestershire until combined. (or to preferred taste)
- **Fill the egg whites:** Using a spoon, fill the egg whites with the yolk mixture.
- **Sprinkle and serve:** Top each of the deviled eggs with your desired topping ie: paprika, small pickle sliver, cheese, green onion, dill, parsley, etc.

ON APRIL FOOLS DAY...

BELIEVE NOTHING, TRUST NO ONE

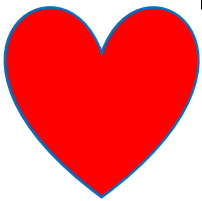
.....JUST LIKE ANY OTHER DAY.

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.—Inspiration books

Luella Baker—donuts for the Veteran's Group

Rhonda Schonschack—Treats

Chuck Suttle—Bird house for raffle

Long Term Supporters:

Paul & Virginia Koboldt Trust,

United Way of Effingham County

Items needed for the office: games & puzzles



MEMORIAL DONATIONS

Larry Peterson /Sue Heth

"We remember your life, and celebrate the memories"

Seven Habits to Cultivate Happiness

Thanks to...pursuit-of-happiness.org

Experiencing happiness begins with the understanding that happiness is not a gift you receive; rather, it is an emotion you create and cultivate in your life. The Pursuit of Happiness organization has identified Seven Habits of Happy People that will cultivate greater well-being in your everyday life. In order to cultivate happiness, you can:

1. [Build close relationships](#) in which you can share your personal feelings and reveal your authentic self,
2. Volunteer or care for others on a consistent basis,
3. [Engage in a healthy, active lifestyle](#) that promotes physical vitality,
4. [Find spiritual engagement and meaning](#) through meditation, prayer, organized religion, professional calling, or spiritual exploration,
5. Practice mindfulness and positive thinking like [optimism and gratitude in your daily life](#),
6. Find an activity or hobby that you can become deeply involved in on a regular basis, and
7. Identify your unique strengths and use them for a purpose that is greater than yourself.

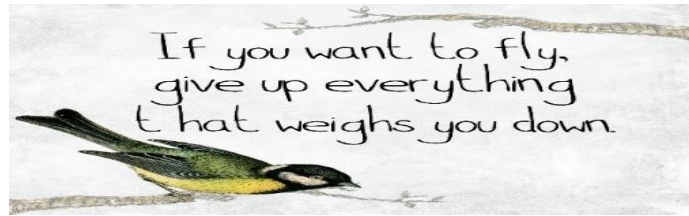


April 11 & 25th ...Veterans Support Group, 10-12pm at the FMHS office.

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

April 23rd.....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

APRIL SUPPORT GROUP

APRIL 11th, 5:30-7pm

FIRST BAPTIST CHURCH

213 W. Fayette Ave, Effingham, IL

I don't suffer from stress....

I'm a carrier...



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:

Carol Johnson
Chuck Suttle

(Mark your calendar!)

TAILS & TRAILS

Mental Health Awareness Walk

Family Mental Health Support and ROSC invite you and your DOGGO to come walk with us in support of Mental Health Awareness month. Group walk starts at 12:30pm

MAY 31st @ noon

Ballard Nature Center

5253 E Hwy 40, Altamont

Water and sweet treats for humans provided! Dianna's Bakery and More will be selling animal treats! Contact 217-663-0823 for any questions and to register to get your pup's free bandana at the gathering while supplies last.

Furry friends must be leashed and adhere to Ballard Nature Center's rules of conduct.