



# CHAT

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June, 2024



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

Wishing all of the Fathers a special day of love and happiness. **“For every dream that has taken flight, there’s a father who believed.”**



## INSIDE THIS ISSUE

- **Happy Father’s Day**
- **FMHS office open Tuesday and Wednesdays 10-2**
- **Thanks to FMHS speakers Donnie Dorn and Lisa Strullmyer!**
- **ABOUT LAZINESS**

We are excited that the **FMHS office will be open now on Tuesdays and Wednesdays from 10-2pm.** Please feel free to stop in and say, “Hello”.

The Tails and Trails Event for Mental Health Awareness month had a nice turnout. Thanks to ROSC for making this possible and to all who made “Rice Krispie dog-bone treats” (for humans)...and to Lisa Strullmyer for making the logo tags.

Effingham has many fun activities in June –Get outside and enjoy the sunshine and smiles!

Keep a watch for information on new programs for the youth as well as creative activities for adults.

## **DRAWN TOGETHER**

### **“A Class Act”**

By: **Mary Ellen Eversman**

*DRAWN TOGETHER* was released when children’s mental health was at a serious level. The struggle to address children’s mental health issues continue today! Drawn Together 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.



2 Servings..... STEP 1: Preheat oven to 400. In a small bowl whisk together 2 T Maple syrup, 2 T brown sugar, pinch cayenne  
STEP 2: Line a rimmed baking sheet with foil and set a wire rack on top. Lay 1# thick cut bacon in a single layer on the rack. Bake until bacon is golden, about 30 min.  
STEP 3: remove tray from oven and brush bacon with maple syrup mixture. Turn oven to broil and return bacon to oven until glaze is thickened and bacon is crisp. WATCH CAREFULLY—it will cook fast, about 3 more min. Transfer to a plate to cool.  
STEP 4: Whisk ¼ c mayonnaise, 1 t chili powder, ¼ t sweet paprika, salt, pepper.  
STEP 5: Spread mayonnaise on 2 slices of bread. Top each slice of bread with lettuce, tomato, and bacon. ENJOY!

Nah, Nah, Nah, Nah...nah nah. Nah nah nah.

.....”Hey June”

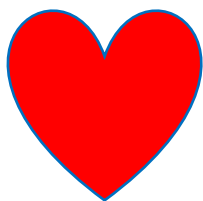
(for my oldies out there!...I know who you are!)

## 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 Strullmyer for FB help. And, to Bob McWhorter for bottles of water.

A special thanks to Donnie Dorn for leading the VET group!



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

### **Donations:**

Effingham County Health Dept.—Inspiration books  
Luella Baker—donuts for the Veteran’s Group  
Karen & Donnie Dorn—Lunch for the Veterans  
Radio Spot for Mental Health Awareness Month—  
by Compass Advisory Group

### **Long Term Supporters:**

Paul & Virginia Koboldt Trust,  
United Way of Effingham County

**Items needed for the office:** stamps, file folders,  
coffee, bottled water, inspirational books

## MEMORIAL DONATIONS

PATTY NUERMBERGER/ BY Sue Heth

*“We remember your life, and celebrate the memories”*

## ABOUT LAZINESS

Excerpt from Everyday Health/by: Markham Heid

American society prizes hard work and diligence. Calling someone “lazy” is a big insult. And yet a lot of us are willing to slap this label on ourselves and, even more so, on other people.

According to [Pew Research Center survey data](#), about half of Americans in 2015 — and 63 percent of Millennials — believe that the typical U.S. citizen is lazy. [Another 2019 Pew survey](#) found that a majority of Americans think people are lazier now than they used to be.

It is Price’s view — one he lays out in his recent book, *Laziness Does Not Exist* — that laziness as people understand it is a misconception. “When people appear to lack motivation, it is because they are exhausted, traumatized, in need of support, or do not see any logical incentive to taking part in a task,” he says.

Other experts are less dismissive of laziness. Some say it is related to procrastination — a phenomenon that psychology has clearly defined and studied. That research reveals how, when, and why people may engage in apparent acts of laziness, and what you can do about it if you think it’s a problem.

Laziness, in other words, is always subjective.



**OUR SPEAKERS HAVE BEEN BUSY! DONNIE DORN SPOKE AT THE DIETERICH MEMORIAL SERVICE & OLD UNION CHURCH.**

**LISA STRULLMYER PRESENTED AT UNITED WAY, 100+ WOMEN WHO CARE, AND THE NOON ROTARY CLUB.**



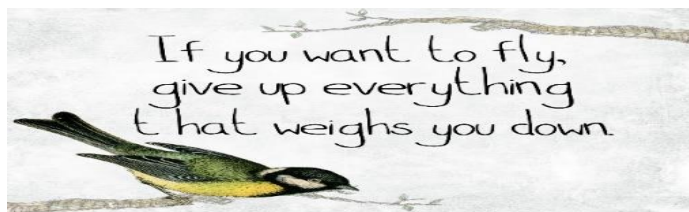
## **DATES TO REMEMBER!**

June 13th, June 27th ...Veterans Support Group, 10-12pm at the FMHS office.

June 13th .....Monthly Support Group, 5:30-7pm at the First Baptist Church located at 213 W Fayette, Effingham, IL

June 25th..... Inspiration Discussion Group, 1-2pm, FMHS office.

***SEASON 4 OF THE CHOSEN to be announced soon!***



### **INSPIRATIONAL STUDY**

**Month of June 25<sup>th</sup>, Tuesday 1-2pm**

**At FMHS Office**

### **JUNE SUPPORT GROUP**

**JUNE 13th, 5:30-7pm**

### **FIRST BAPTIST CHURCH**

**213 W. Fayette Ave, Effingham, IL**

**WORRY DOES NOT EMPTY TOMORROW OF  
ITS SORROWS. IT EMPTIES TODAY OF ITS  
STRENGTH!**



## NEWS FROM SUE

### Just a Reminder:

Lisa Strullmyer will be having our office open on Wednesdays starting June 1. 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 Sue 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: