

***CELEBRATE AMERICA!***

It’s World CHOCOLATE Day, July 7th, National ICE CREAM month, and National FRIED CHICKEN DAY, July 6th. WHAT IS THERE NOT TO LIKE ABOUT JULY! Have a safe and fun July with family and friends.

 It is with regret—but good wishes that we say goodbye to Sue Yarnell, Board Member of FMHS. Sue and her late husband, Roger, were in the first Family to Family training class. She has been a wonderful support to FMHS.

Congratulations to Jeff Poston, raffle winner of the coffee tables and side tables. Thanks, again to Donnie Dorn for donating the beautiful tables.

The ”Listen To Your Heart” group is a great time to calm your mind and heal. Come join us July 24th at FMHS.

FMHS office is now open:

Tues. 10-2, Wed. 10-2, Thurs. 5-7pm



Volume 6, Issue 7

July 2025

**CHAT**

**FMHS**

**Susan Elke, President**

**Sue Heth, V.P.**

**Maria Soutar, Secretary**

**Karen Dorn, Treasurer**

**INSIDE THIS ISSUE**

* **Best Wishes to Sue Yarnell**
* **Jeff Poston wins raffle**
* **Listen to Your Heart**

**July 24th 5:30-6:30**

* **Recipe:**

**Friendly Casserole**

* **Equine Therapy**
* **News From Sue**
* **QR Code for the Website!!!!**

**FMHS BOOK FUNDRAISERS**

**WRITTEN BY LOCAL AUTHORS**

**Mary Ellen Eversman & Carol Johnson**

*DRAWN TOGETHER was written by Mary Ellen Eversman. This book recognizes the struggle and need to address children’s mental health issues.*

THE HEALING POWER OF WORDS IN RHYME was written by Rev. Carol Johnson. It represents years of “penned” life experiences….a full range of joys and sorrows, ups and downs, challenges and respite points! Hopefully the reader will find comfort and encouragement through the shared life experiences.

 The books are available in the FMHS office located at 202 N Banker, Effingham, IL. Drawn Together $8.50, and The Healing Power of Words in Rhyme $20.00. All proceeds go to continuing to provide information, guidance, and resources to our area’s citizens in their time of need!

**FRIENDLY CASSEROLE**

**Janey Summers**

Grease 9x13 pan

* 1# hamburger or Italian sausage—brown & drain
* Add 24oz spaghetti sauce to meat with 12oz water. Simmer
* Add 2 T sugar
* Cook 8oz noodles (your choice). Add to noodles ¼ C oleo, ¼ t onion powder or fresh onion, ¼ t garlic, ¼ C parmesan cheese.
* Top with shredded mozzarella cheese
* LAYER in 9x13 pan
	+ ½ of sauce in bottom of pan
	+ ½ of noodles in pan
	+ Sauce
	+ Top with cheese

Cover with foil. Bake 30-45 min at 350.

\*In memory of Janey Summers, Beecher City. Submitted by Rhonda Schonschack.

***ENJOY!***

**A HEARTFELT THANKS**

**To FMHS Volunteers, who have been helping man the office, bringing treats and water to share, dusting, watering plants, mail pick up, and repairs! ...Your contributions keep us going!**

**Ashley Dryden, Kaitlyn Eskew, Libby Kidd, Robert McWhorter, Maria Soutar, Susan Elke, Carol Johnson & Chuck Suttle, Patty Winn, Donnie and Karen Dorn.**

 **Thanks for the puzzles! They provide hours of entertainment for everyone!**

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

 **Donations:**

 Luella Baker—donuts for the Veteran’s Group

 Susan Elke –brownies for the Veteran’s Group

 Rhonda Schonschack—toilet paper, snacks

 DAVA—funding for pizza for Veterans.

 Charity Foundation of America

 **Long Term Supporters**:

 100+ Women Who Care

Paul & Virginia Koboldt Trust,

United Way of Effingham County

**OFFICE WISH LIST:**  All OK for now! Thanks

MEMORIAL DONATIONS

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

EQUINE THERAPY

 Thanks to: BBC

 Thanks to: Pastor Carol Johnson

**The**[**Veterans Accessing Lifelong Opportunities for Rehabilitation**](https://www.valortx.com/)**(VALOR) program, established in 2018, currently works with roughly 40 veterans from across Texas. It provides a range of services including mental health counselling and group counselling for anger management as well as support groups for veterans with combat-related Post-Traumatic Stress Disorder (PTSD). Struggling veterans can find themselves in difficult situations. Some turn to drugs or alcohol to cope, adds Jim Skinner who runs the VALOR program.**

**A growing body of research on the efficacy of these programs suggests that equine therapy offers a host of**[**psychological and behavioral benefits for veterans**](https://pearl.plymouth.ac.uk/cgi/viewcontent.cgi?article=2089&context=psy-research)**, including increased self-esteem and compassion, improved emotional regulation and reduced stress. Skinner states,**[**equine therapy**](https://link.springer.com/chapter/10.1007/978-3-031-74426-6_7)**is "perfect" for veterans because it also appears to be effective at**[**reducing anxiety**](https://onlinelibrary.wiley.com/doi/abs/10.1002/jts.21990)**and**[**PTSD**](https://academic.oup.com/milmed/article-abstract/184/9-10/394/5370040)**. "It's that unbelievable level of anxiety that so many of the veterans carry with them on a daily basis," he says.**

 **The idea is to recognize that horses, much like**[**dogs**](https://www.science.org/doi/10.1126/science.1243650)**and**[**cats**](https://www.nature.com/articles/s41437-022-00568-4)**, have**[**lived alongside humans for thousands of years**](https://www.nature.com/articles/s41586-021-04018-9)**and are capable of understanding and executing a task without the need for force, or the threat of force. To the untrained eye, mastering cooperative control of a horse can appear almost mystical. The human manages to convey barely perceptible commands while the horse, seemingly innately, responds on cue.**

**For this to work, the human must remain calm and self-regulated at all times. This can be extraordinarily difficult for anyone struggling with a**[**dysregulated nervous system caused by the effects of trauma**](https://www.sciencedirect.com/science/article/abs/pii/S0889159119307032)**, says Pat Puckett, horse trainer.**

**One who has benefited from equine therapy, Ashley Davis, states, "Working with the horses has helped me recognize when I'm starting to struggle and it's helping me understand that I have to regroup. I’ve got to breathe, I’ve got to center myself," she says. "It's giving me some tools in my toolbox that I can take with me to apply later so that I don't sabotage my life again."**

**\*FYI: Hope for Horses is a new non-profit agency in the Effingham, IL area that provides rehab for the horses and assistance to veterans. I’m looking forward to having a speaker from Hope for Horses at an upcoming monthly support group.**

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 ***WELCOME TO OUR NEW Wednesday 10-2 volunteers!***

 **Libby Kidd**

 **Robert McWhorter**

 **AND**, **TO OUR NEW Thursday 5-7pm volunteers!**

 **Ashley Dryden**

 **Kaitlyn Eskew**

 ** DATES TO REMEMBER!**

**July 3,10,17, 24, 31.… 5-7pm FMHS Office will be open every Thursday**

**July 10th, 24th............ Veterans Support Group, 10-12pm, FMHS Office**

**July 10th…….…………… Monthly Support Group 5:30-7pm, First Baptist Church**

 **Speaker: Samantha Hicks, ROSC re. NARCAN**

**July 24th………………… Listen to your Heart Group, 5:30-6:30pm, FMHS Office**

**July 22nd.………………… Inspiration Discussion Group, 1-2pm, FMHS Office.**

**The Chosen Support Group will be back soon!**

**JULY –“Summertime & the Livin’ Is Easy!”**

 **Ella Fitzgerald**

 **NEWS FROM SUE**

**The success of FMHS is a true community effort. Although there are many unsung heroes, I want to give a special thanks to Samantha Hicks, ROSC, for taking time out of her busy schedule to help develop the QR Code for our newsletter. Many have indicated they had difficulty finding the CHAT, and this will be a big help!**

**Samantha will also be our speaker July 10th for the monthly support group at the First Baptist Church, Effingham. She will speak and train on the use of NARCAN. It will be important information, so mark your calendars to attend.**

**Our CHOSEN leader, Carol Johnson, indicates she is still waiting for the DVD’s….Dates will be announced in the near future! It is a good time for us to practice patience!**

**Rhonda Schonschack donated some books for FMHS. *The Runaway Jury,* by John Greisham; *Dance Me Outside* by W.P. Kinsella; *The Winter of Wolves,* by Ralph Compton; *Andy & Don,* by Daniel De Vise; *On the Wrong Track,* by Steve Hockensmith; and *The World’s Greatest Short Stories,* edited by James Daley. Thanks, Rhonda for the summer reading!**

**Please feel free to make submissions or ideas for the newsletter. I am always looking for interesting ideas!**

**Enjoy the sunshine!**

**Sue**

**WEBSITE**



**QR CODE**