

***WELCOME September with heartfelt greetings that embrace the beauty of change and the promise of new beginnings!***

**BIG TOP COMES TO FMHS!**

**OUR PICNIC IS SCHEDULED FOR SEPTEMBER 11TH 5pm-7**. (REMINDER THERE IS NO MONTHLY SUPPORT GROUP—JUST THE PICNIC.)

**THE PICNIC WILL BE AT THE RED ROOFED BUILDING AT THE EVERGREEN LOCATION. BRING A SIDE TO SHARE. CIRCUS THEME games and food!!**

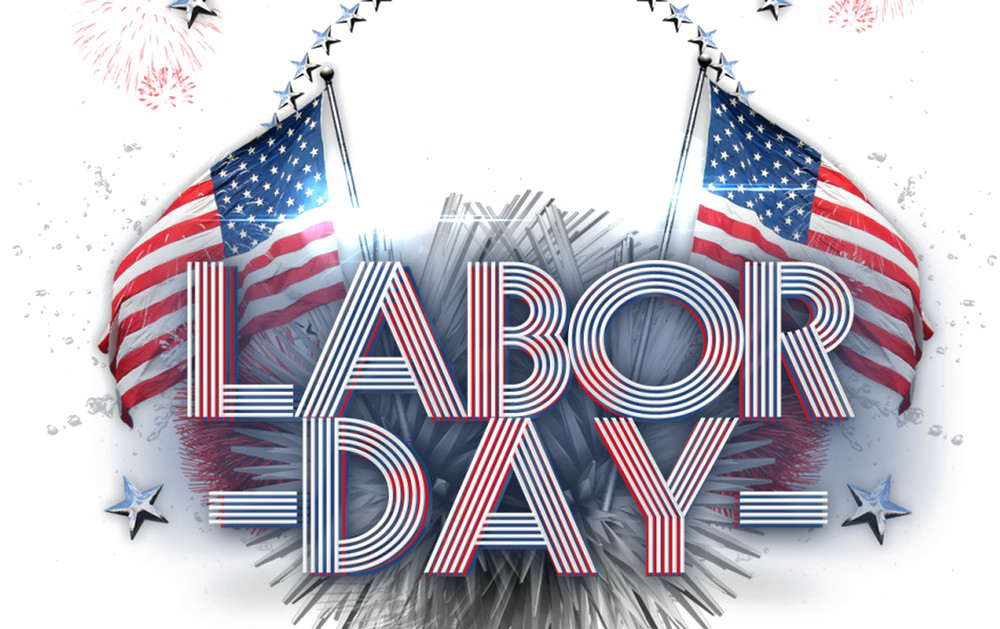
**Thanks to Chief Deputy Tom Webb for his informative presentation at the Aug. mtg.**

**Be sure to register for the Dementia friendly training that includes info re. Senior Medicare Fraud. Sept. 18th 1-3pm. There is no fee, but please call Sue at 217-821-7737 to register.**

**CHOSEN, season 5 begins Sept. 2, 4-5:30pm. No fee, but please register at 217-821-7737 text or call.**

FMHS office is now open:

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



Volume 6, Issue 9

Sept 2025

**CHAT**

**FMHS**

**Susan Elke, President**

**Sue Heth, V.P.**

**Maria Soutar, Secretary**

**Karen Dorn, Treasurer**

**INSIDE THIS ISSUE**

* **Picnic Sept. 11th**

**Red Roofed pavilion**

* **Carol’s Corner**

**PEACE**

* **Listen to Your Heart**

**Aug 28th 5:30-6:30**

* **Recipe:**

**Zucchini Cheezy Casserole**

* **CHOSEN dates**
* **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!

**Zucchini Cheezy Casserole**

**Thanks to Rhonda Schonshack**

In 4 T butter**, sauté** 12 cups peeled and sliced zucchini and one large onion. Let cool.

**Beat** 8 eggs and stir into the zucchini mixture.

**Sprinkle** a 9x13 pan with crushed Ritz crackers.

Put in 1/3rd of Zucchini mixture and **add a layer** of thinly sliced Velveeta Cheese.

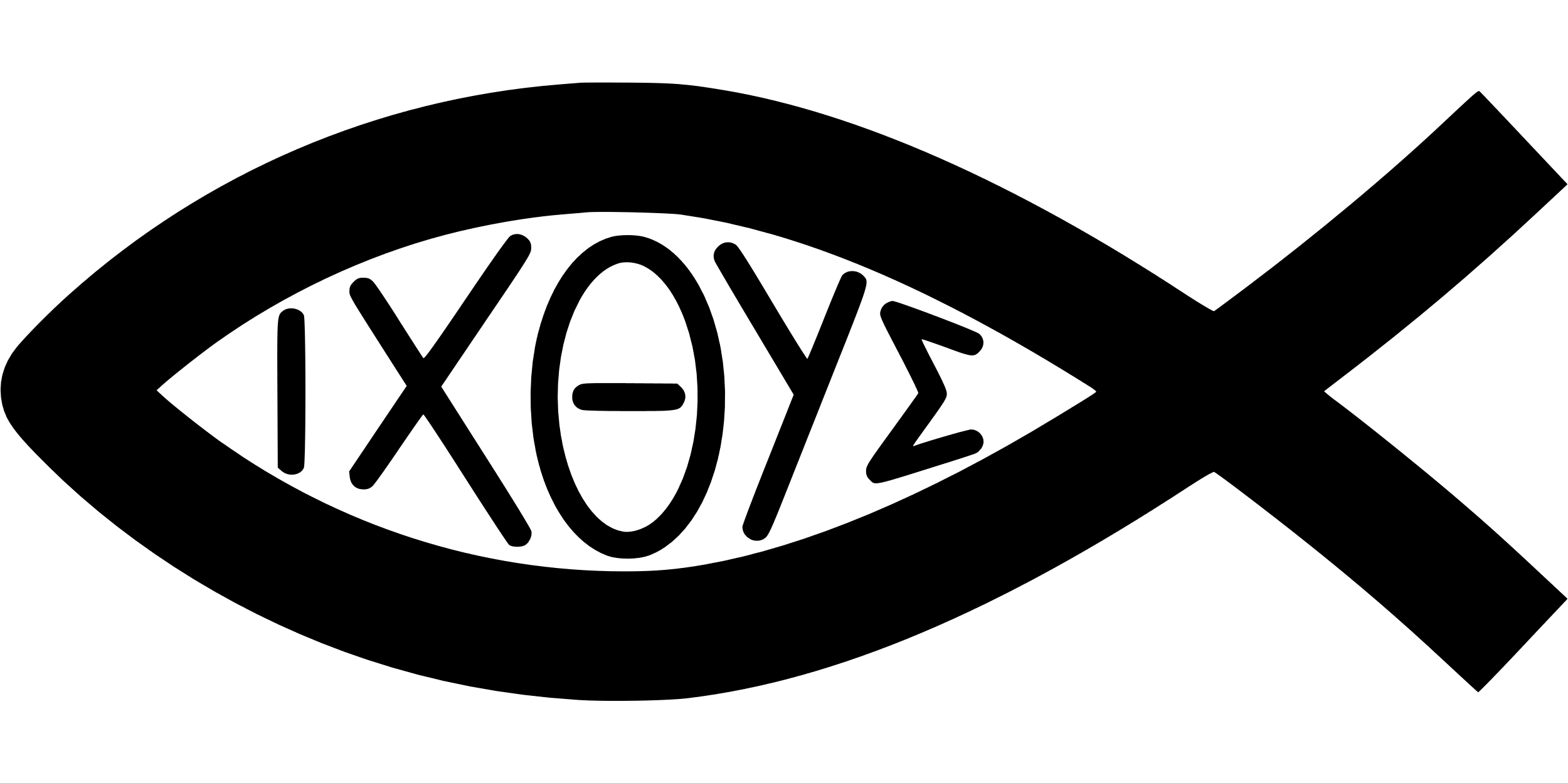
Add layer of Ritz, Zucchini mixture ad Cheese 2 more times.

**Sprinkle** more Ritz on top to finish off.

**Cover and bake** at 350 for 45 min. **UNCOVER** and bake 15 min or until brown.

(You will need about two sleeves of Ritz cracker crushed.)

**…………………CAROL’S CORNER………………….**



Carol Johnson, Rev.

*"May the Lord bless and protect you; may the Lord's face radiate with joy because of you; may He be gracious to you, show you His favor, and give you His peace." Numbers 6: 24-26*

Peace is a precious gift. Life often brings us trouble and tragedy and tempts us to give in to despair, anxiety, and fear. Yet Jesus promised us peace. God's peace is a supernatural ability to remain calm and confident in any situation. One aspect of this peace is a strong belief in God…and how we do that can vary greatly! This Higher Being, Creative Force, Eternal Light can provide, protect, and guide us through the trials of life. But we get to **choose to accept and invite the opportunity for His grace to pour upon us, which always brings a measure of peace!**

Living in the present is an important step toward peace. The **past and future,** our memories and plans, have a place in our lives. But the **present** is where we are urged to spend most of our attention. We review the past for honest reflection on what has placed us on the path we are currently walking, and to see clearly what needs to be avoided in the future! We desire a peek into our future because we often do not trust that placing our future in God's hands will result in a good outcome!

Because we humans are prone to avoid pain like the plague, we have a hard time believing that painful experiences in this life actually build up our spiritual muscles and emotional character! We become more entuned to the needs of others, compassionate, forgiving, and aware of the impact that our own behavior has on others, as a direct result of our painful experiences!

In James 4: 14-15, we read: "...*you do not know what your life will be like tomorrow. You are just a vapor that appears for a little while and then vanishes away. Instead, you ought to say 'If the Lord wills, we shall live and also do this or that.'* " Our hearts can be at peace because of Jesus' promise to be with us always.

We are entering a season of harvest, and the world around us begins to slow down and prepare for a season of rest. The earth is giving up its "fruit" and farmers are not really "at peace" until the work is done and the equipment packed away till needed again! God is continually calling us to prepare to rest, to celebrate the gifts He is giving every day, providing and healing, forgiving and renewing!

Each day, we can reach a deeper level of peace by saying to ourselves:

-Just for today, I will not worry.

-Just for today, I will not be angry.

-Just for today, I will do my work honestly.

-Just for today, I will be thankful for my many blessings.

-Just for today, I will show kindness to others around me, and to all living things.

These principles add much to our prayer time and get us off to a good start in our relationship with God and others. Whatever our future holds, we choose to be available for His instruction and guidance...or we live without peace and joy! Who wants that? 😊

**FMHS WEBSITE**

**QR CODE**



* QR is short for quick response. QR gives you an instant link to a specific webpage.
* Use the QR Code to easily access the CHAT, monthly newsletter.
* It’s easy to pass on to others.

challenges are what make life interesting

…..And, overcoming them is what makes life meaningful!

Joshua Marina

**Senior Medicare Patrol:**

**Learn how to prevent Medicare Fraud from happening to you!**

**September 18th, 1pm Family Mental Health Support Group, 202 N Banker, Effingham, IL 62401**

**The Illinois Senior Medicare Patrol (SMP) Program at AgeOptions empowers consumers to prevent healthcare fruad. with voluteers and program staff, we help people with Medicare and Medicaid fruad, waste and abuse. The Administration for Community living (ACL) provides funding to SMP programs in all 50 states, Washingtoon, D.c., Puerto rico, guam, and the virgin islands.**

**Report Medicare Fraud! 1-800-699-9043**

[**www.illinoisSMp.org**](http://www.illinoisSMp.org)

**or call Midland Area Agency on Aging; 1-618-532-1853**

This project was supported, in part by grant number 90MPPG0036, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy

**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, Rhonda & Dail Schonshack.**

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

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

**Donations:**

**Culvers –for ice cream for the picnic!**

Luella Baker—donuts for the Veteran’s Group

Bob McWhorter--supplies

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”***

CHOSEN

Thanks to: Pastor Carol Johnson

**“The Chosen” Discussion Group continues in September, for Season 5**

Beginning in September, The Family Mental Health Support (FMHS) Center, serving Effingham County and surrounding area, will host a bi-monthly discussion group on the series “The Chosen”, Season 5, led by Carol Johnson. Each session will include the viewing of an episode (there are 8 in season 5) on DVD, and use of a sheet of questions to guide discussion. Sessions will be held **4 p.m. to 5:30** at the center **(202 N. Banker St.) Tuesdays, beginning September 2.**

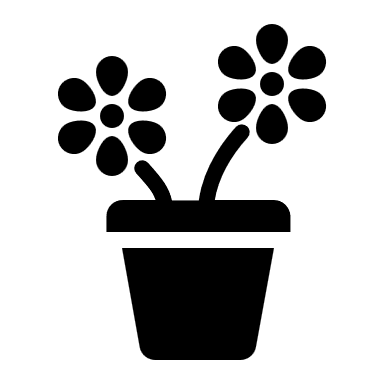
All are invited to join, at no cost. Carol will provide study guides for participants. Though this is not a Bible Study, participants may bring Bibles if desired, to assist in the use of the biblical narrative involved. All are encouraged to bring a writing tool for use on the study guides that are provided. We also share snacks, occasionally!

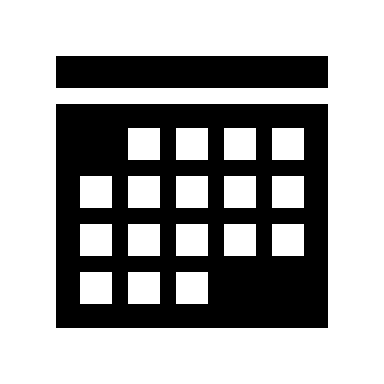
**Save these dates:**

1. “Entry”—September 2
2. “House of Cards” –September 16
3. “Woes” – October 7
4. “The Same Coin”—October 21
5. “Because of Me” – November 4
6. “Reunions” – November 18
7. “The Upper Room: Part 1” –December 2
8. “The Upper Room: Part 2” –December 16

This historical drama introduces Jesus and the calling and preparation of his initial disciples. You will encounter a very authentic Jesus and will find the flawed crew He gathers, very believable and relatable! We have already seen and discussed the powerful development of each disciple He calls to be a part of the ministry, as shown in Seasons 1, 2, 3, and 4.

To help us prepare for materials and to accommodate you in the office space, consider signing up by contacting the office (217-500-7489), or telling Sue Heth or Carol Johnson. We hope to see you there! We have great discussions!

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** DATES TO REMEMBER!**

**September 2,3,9,10,16,17,23,24,30……..10-2 FMHS Office Hours**

**September 4,11,18,25…….,.…. 5-7pm FMHS Office Hours**

**September 11, 25.........10-12pm Veterans Support Group ,FMHS Office**

**September 11 …….……… 5:00-7pm Monthly Support Group, ANNUAL PICNIC! CIRCUS THEME….COME JOIN THE FUN! Evergreen Park, Red Roof Pavillion**

**September 25th…………. Listen to your Heart Group, 5:30-6:30pm, FMHS Office**

**September 23rd.………… Inspiration Discussion Group, 1-2pm, FMHS Office.**

**DO YOU KNOW HOW YOU CAN TELL WHEN**

**YOU ARE GETTING OLD?**

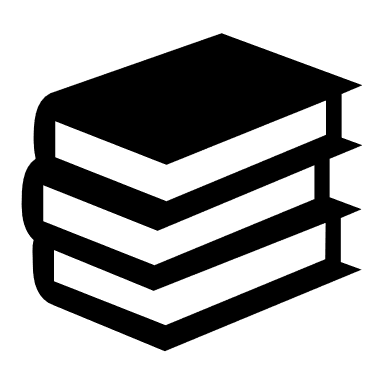
**When you and Your teeth ….**

**don’t sleep Together!!!**

***THANKS TO BOB McWHORTER***

**“”**

**E**

**NEWS FROM SUE**

**September is here!!! I know I’m old, because TIME REALLY DOES FLY! It’s an exciting time, however—school starting, two of my granddaughters going off to college and my third being a successful pitcher on her ball team! Thankfully, I am able to catch a game or two on YouTube since she lives in South Carolina.**

**Sign up asap for the Dementia Friendly and Senior Medicare Fraud workshop of September 18th, 1-2 at the FMHS office. I need a head count, but the workshop is free. It is being put on by Midland Area Agency on Aging. If you participated in the Dementia Friendly course prior, no worries! It’s always good to have a refresher and new info re. Senior Medicare Fraud.**

**PUT ON YOUR CIRCUS CLOTHES AND COME ENJOY OUR ANNUAL PICNIC---SEPTEMBER 11TH, 5-7PM. (maybe a little later).**

**Check the Save the Dates for our monthly groups offered. Don’t forget that The Chosen Discussion Group is starting up again –Season 5. See the schedule in this newsletter!**

**Enjoy the month and I Look Forward to Seeing You Soon!**

**Sue Heth**