

**Autumn shows us how beautiful it is to LET THINGS GO**

**…AND to have a needed break between the fast-paced summer and the Thanksgiving and Christmas Holidays!**

**The FMHS picnic was a lot of fun with clowns Donnie and Karen Dorn!! Many thanks to all who made the fun time possible including—Culvers for the ice cream, Rural King for the popcorn, everyone who provided food. Donnie for being our grill extraordinaire! Carol and Chuck for organizing the games—Ruthie Welty, Donnie Dorn, Chuck Suttle for the fun games. Thanks to Patty Winn for making sure we had lemonade and tea. Carol for providing decorations and the bubble machine! The Llama Leaders for bringing Hope & Dolly!**

**Having some extra time on your hands? Consider volunteering at our office! Call Sue at:217-821-7737.**



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**CHAT**

**FMHS**

**Susan Elke, President**

**Sue Heth, V.P.**

**Maria Soutar, Secretary**

**Karen Dorn, Treasurer**

**INSIDE THIS ISSUE**

* **Carnival themed Picnic a fun success!**
* **Listen to Your Heart**

**Oct 23rd 5:30-6:30**

* **Recipe: Ranch BBQ Pork Nachos**
* **10 Happy Hacks**
* **Chosen Dates**
* **News From Sue**
* **QR Code for the Website!!!!**
* **HELP A BRUISE HEAL**

**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!

**SLOW COOKER**

**RANCH BBQ PORK NACHOS**

**Hidden Valley Ranch**

Slow cooker low setting

4# pork shoulder, 2 T ranch seasoning dressing and dip mix, 1 Cup KC masterpiece BBQ sauce, 2 T Dijon mustard, 1 bag tortilla chips, 1 cup shredded cheddar cheese, 1 avocado, ¼ Cup sour cream, ½ cup Pico de Gallo,

Place pork in slow cooker and rub with the ranch seasoning, stir BBQ sauce with the Dijon mustard and pour on top of the pork. Cover pot and cook on low for six hours.

Remove pork from slow cooker and pour the sauce into a sauce pan. Simmer for 10-15 min until the sauce has reduced slightly. While sauce is simmering, shred the meat with two forks. Stir back into the reduced sauce.

Make a single layer of tortilla chips on an oven safe platter, top with pulled pork and cheddar cheese. Build one more layer of same on top. Place in oven until cheese is melted. Scatter with avocado, sour cream, and Pico de Gallo and serve immediately.



 **THANKS TO Illinois Extension**

 **We are wired to notice the negative and need to retrain our brain to be more positive. Happiness is 50% genetic, 10% circumstances ie. Money, home, marriage, children, etc. And, 40% through intentional activity –your thoughts and actions. Things that you have control over.**

**10 HAPPY HACKS**

1. **Give Thanks and practice gratitude—think of 3 things you are grateful for when you start your day!**
2. **Smile More – Smiling is contagious and makes you feel good. Studies show your brain is rewarded more through a smile than chocolate.**
3. **Get Moving—Proper exercise, diet and sleep is good for us and teaches our brains that behavior matters and can decrease stress and anxiety by 20%. It is a fast happiness booster**
4. **Use your Strengths—Identify and focus on the character strengths you feel you align with –ie: honesty, fairness, forgiveness, humor, perseverance, hope, creativity, gratitude, spirituality, etc. (You can go to** [**www.viacharacter.org**](http://www.viacharacter.org) **and take a free quiz that helps identify your strengths.**
5. **Start your day positively and record it. A positive mindset first thing in the morning will stay with you all day. Ex: journaling, exercise, reading, praying, listening to music. Create a record to hold on to the good in your life.**
6. **Find your flow – the moment when creativity and productivity collide. What were you doing when you found your flow? –reading, doing a puzzle, doing a physical activity like dancing hiking, skiing swimming.**
7. **Pay Attention—Studies show that people are less happy when their minds wander than when the person is more focused. Meditation and Mindfulness causes an increase in gray matter. Mindfulness can bring you back to the present moment and helps to fucus on what you are doing. It is a great stress reliever.**
8. **Practice Kindness – Several studies show that pursuing happiness for others brings more personal happiness than pursuing happiness for yourself. A “Thinking of you” text to a friend can mean a lot to you and your friend.**
9. **Drop grudges—Holding on to a grudge is not healthy and is a big obstacle to happiness. Forgiveness is an act of choosing to et go of the pain and hurt and is a way to happiness.**

**10.Cherish your friends. Socialization is vital for long life. Emotional**

**isolation is a more dangerous health risk than smoking or high blood pressure. Make a point to stay in touch with family and friends.**

**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.

**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**

**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!**

 **Robert McWhorter, Maria Soutar, Susan Elke, Carol Johnson & Chuck Suttle, Patty Winn, Donnie & Karen Dorn, Rhonda & Dail Schonshack, and Luella Baker.**

 **Thanks for the puzzles! They provide hours of entertainment for everyone and the misc. office supplies!**

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

 **Donations:**

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

**Rural King—for popcorn donation!**

 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

United Way of Effingham County

**OFFICE WISH LIST:**  Napkins, Folgers coffee, Multi-colored Bic Markers for posters.

MEMORIAL DONATIONS

Ervin Starwalt

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

**Save these dates for the CHOSEN:**

1. “Woes” – October 7
2. “The Same Coin”—October 21
3. “Because of Me” – November 4
4. “Reunions” – November 18
5. “The Upper Room: Part 1” –December 2
6. “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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***NOTHING IS IMPOSSIBLE, THE WORD ITSELF SAYS:***

***“I’M POSSIBLE”***

 ** DATES TO REMEMBER!**

**October 7, 14, 21, 28………10-2pm**

**October 9 & 23rd..........10-12pm Veterans Support Group ,FMHS Office**

**October 11th …….……… 5:00-7pm Monthly Support Group, Kaitlyn Eades**

 **speaker re. overcoming trauma**

**October 23rd…………….. Listen to your Heart Group, 5:30-6:30pm, FMHS Office**

**HELP A BRUISE HEAL FAST!**

* **Place a cool, damp black tea bag on the area for 15 min.**
* **(THE HIGH TANNIN CONTENT IN THE TEA REDUCES INFLAMMATION AND FADES DISCOLORATION!)**

**YOU KNOW IT’S FALL…**

 **WHEN THE MOSQUITOES ARE WEARING FLANNEL SHIRTS**

 **THANKS TO READERS DIGEST**

**“”**

 **E**

 **NEWS FROM SUE**

 **Have a spooky fall everyone! Fall is a time of change and renewal. The Inspirational group is finishing the study of: *A Tree Full of Angels*. The author, Macina Wiederkehr, writes, “What can I say to a winter tree when I am able to see the shape of its soul, because it has finally let go of its protective leaves? Standing before an empty tree is like seeing it for the first time.”….and I’ll add, with regard to our lives, what possibilities!**

 **Unfortunately, I have to inform you that the FMHS office will be open only on Tuesdays 10-2pm except for trainings, groups, etc. We are still experiencing a volunteer shortage. If you know of anyone that might have 4 hours once a month to volunteer, please have them contact me!**

 **FMHS will be participating in the Volunteer Fair at the library on October 14, 3-5pm. Stop by and say, “hello”!**

 **The “WHERE THE WILD THINGS ARE” Trick or Treat night is at the Thelma Keller Convention Center, October 30th 3-6pm. We are planning to have a booth to help connect to the community.**

 **THE MONTHLY INSPIRATION GROUP WILL NOT MEET AGAIN UNTIL JANUARY 27TH 1-2PM. WE WILL START A NEW STUDY AT THAT TIME!**

 **Sue Heth**