

GFWC Woman's Club

March 5, 2018

Agenda

- 1) Pledge to the Flag
- 2) Collect/Conservation Pledge
- 3) Thought for the Day - Dee Delloro
- 4) Introductions of Guests & New Members
- 5) Ice Breaker
- 6) Secretary's Report
- 7) Correspondence Report
- 8) Treasurer's Report
- 9) Areas of Interest News (See Packet)

Business

Club Calendar Year Change
Volunteers for Superhero Run
TOPS

911 Signs--Order Form; sell 10 then order 50 signs at \$8 each; \$4 for Midwest to make numbers; sell for \$25.

Program

"Mental Health in Grundy County"

Dates to Remember

Tuesday, March 13--GFWC IL B.O.D. Meeting
Wednesday, March 21--Narvick House @ 6:30 pm
Wednesday, March 21 --Book Club at 11:30 am
Saturday, March 24 at 8 am--District 12 Spring Mtg
Monday, April 2--"Genealogy: We All Immigrated from Somewhere"
Sunday, April 8--Blue Ribbon Fashion Show (PCA)
Saturday, April 14--Superhero FunD Run
Monday, April 16 at 6 pm--By-Law Meeting

Thank You's

Narvick House Volunteers

Adjournment

**GFWC Illinois Morris Woman's Club Exec Meeting Minutes
February 12, 2018**

Vice President Julie Erickson called the meeting to order at 6:20pm. Exec members Julie Erickson, Kaileen Cummings, Vivi Sarget, Rose Grossi and Cailey Walker were in attendance.

Executive minutes were read and approved as amended.

Julie asked for exec members to streamline their reports and try to keep the business meetings to 30 minutes.

Rose Grossi, Treasurer, reported there was an ending balance of \$3221.31. There was a \$200 difference in last week's ending balance as checks were cashed for t-shirt sales of \$200. Rose asked about Race Roster and how money would come in from Race Roster. The money should come in as people register for the race. Cailey volunteered to research if needed.

Education- Kaileen Cummings reported 11 teens came to our program "Love Yourself First." 19 teens were signed up to come, but due to the weather cancelled. \$330 will be donated to the beneficiary, Redskin Helping Hands.

A calendar year change was proposed by Julie Erickson and suggested we meet throughout the summer (June, July and August) versus taking time off. We will discuss further at next month's meeting.

The exec meeting was adjourned at 6:53pm

Respectfully submitted,
Cailey Walker, Secretary Pro Tem

**GFWC Illinois Morris Woman's Club Meeting Minutes
February 12, 2018**

Vice President Julie Erickson called the meeting to order at 7:05pm with the Pledge of Allegiance. It was followed by the Collect and the Conservation Pledge. 20 members were in attendance. 3 guests were in attendance.

Special guest Sue Day (Park Pointe) was introduced by Julie Erickson.

Minutes were read and approved as amended.

Rose Grossi, Treasurer, reported there was an ending balance of \$3221.31. There was a \$200 difference in last week's ending balance as checks were cashed for t-shirt sales of \$200.

Arts- Narvick House is 2/21 at 6:30pm. Volunteers and snacks are needed. Donna Cockcream is going to lead the craft in February and March. We are collecting Pennies for Art. Also, please save toilet paper rolls for a LAF craft.

Conservation- Vivi Sargent reminded members to save larger value stamps as well.

Education- Kaileen Cummings reported 11 teens came to our program "Love Yourself First." 19 teens were signed up to come, but due to the weather cancelled. \$330 will be donated to the beneficiary, Redskin Helping Hands.

International - Cailey Walker asked members to contribute money, Ziploc bags, and/or quilt grade cotton or flannel to our charity, Days For Girls.

Public Relations - Rose Grossi (Midwest Sign Works) reported the 911 reflective signs are \$10 each or \$8 for 50 with no shipping. A decision will be made by next month to go forward with the project or not.

District Meeting - Barb Hoffman reminded members about the district meeting on March 24, 2018. Sign ups are available to make a salad for our salad bar lunch. We will charge district members \$7 per person for lunch and the proceeds will benefit our club. We also need members to form a decorating committee. Our colors are blue and silver and our theme is hot air balloons.

New Business:

A sign up was available to join the bylaws committee. The committee will be February 26th at 7pm at PMI.

A calendar year change was proposed by Juile Erickson and suggested we meet throughout the summer (June, July and August) versus taking time off. We will discuss further at next month's meeting.

Members were reminded:

Art at the Narvick House: February 21st at 6:30pm

Book Club: February 21st at 11:30am

St. Vincent's Table: February 22nd at 5:30pm

Montage Wine and Whiskey: January 26th at 7pm (ExFAC)

Bylaws Committee: February 26th at 7pm at PMI

March Meeting: March 5th at 7pm

The meeting was adjourned at 7:35pm

Respectfully submitted,

Cailey Walker, Secretary Pro Tem

ART:

Art Night at the Narvick House is Wednesday, 3/21 at 6:30pm. Donna C is going to run the craft (THANK YOU!). We need volunteers and someone to bring the snack and water. Please volunteer! We always have a fun night and we're usually out of there by 7:45 (so it doesn't take up your entire evening).

Don't forget to save your "Pennies for Art!"

Also, we're still collecting toilet paper rolls for our craft at the Liberty Art Festival. Please save and give to Mary Lee Howard.

EDUCATION:

February--A second teen health retreat was established for 2018: "Love Yourself First." The focus of this retreat was on nutrition and emotional balance. MWC partnered with a local business, The Fitness Bar, to educate up to 20 female teens on issues important for their lives. The business donated the facility, instructor time and food. The event ran from 10-1 pm and ended with a cooking lesson. All funds after expenses were given to the Redskin Helping Hands club at Morris High School. Due to a snowstorm there were only 11 teens in attendance because six had a rescheduled school event. Their favorite part was the cooking component.

Members: 3 Hours: 15 Cost: \$0 In-Kind Contributions: \$150 Funds Raised: \$320

GFWC Scholarships information was handed out to different high school instructors. Several students did take applications.

INTERNATIONAL:

Same as February Report

MARCH 2018 CONSERVATION UPDATE

Chapin Park and Firehouse: Nilsa took down the snowman decorations as the windy conditions kept blowing them over. Later this month, we will be adding spring decorations.

Humane Society: Thank-you to all who donated items or money. Nilsa and I went shopping for items with the money donated. We then delivered dog food, cat food, Kitten Chow, litter and cat toys to the Grundy County Animal Shelter. We also delivered Kitten Chow, cat food, litter and cat toys to Just Animals in Mazon. Both shelters were very happy to receive the items.

Stamps: Please keep saving the U.S. Postal Stamps (not flags), Stamps.Com and the higher value USPS stamps that are usually found on bigger envelopes. Don't forget about picture postcards you have received from family/friends.

Reminders: save plastic lids; fronts of greeting cards (no personal messages on back of the fronts please); prescription bottles (labels and sticky residue removed), please keep recycling to save our environment; refrain from running water when brushing your teeth and feed the birds.

**HOME LIFE
OVERVIEW OF FEBRUARY 2018**

- Birthday cards were sent to Park Pointe, The Gardens of Park Pointe, Regency Healthcare Centers and Club Members. Thank you Vivi Sargent and Donna Weaver for keeping up on this project.
- Weighted Comfort for Kids Sewing Party was on February 24th with 2 club members and 5 guests attending. Members and guest completed a total of 9 blankets. One guest was a high school student, who came to learn to sew and liked it so well she plans to come again and bring friends. The next sewing day will be April 7th pending church session approval. Thank you Mary Lee for leading this and to all the members that attended.
- February 8th we served dinner to approximately 35 guest at St. Vincent Table. Michelle made homemade chicken and noodle soup, gondolas, and fruit cocktail. The guest were very appreciative. Thank you to Chris and Dave Perry for coming to help serve.

March 28th we will be having a bingo party at IVI. Please sign up to help with the event.

SUPERHERO RUN

The run is progressing nicely. The committee is working hard and staying on schedule with getting everything lined up. As of February 27 we had 38 runners and \$1450.00 in cash sponsorships and \$900.00 in-kind sponsorships. That is almost double the runners we had at this time last year. March will be when most of the runners and sponsorships come in. The run committee is reaching out to all the local businesses for their support. Last year's final totals were 159 runners and 25 sponsors. We will need many hands on desk the day of the race to help with registration and traffic control. We have a lot of fun that day, so com out and join us. Please sign up so we know who to expect.

Upcoming Events

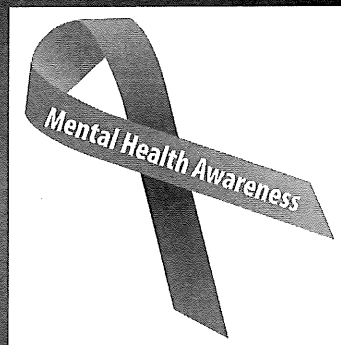
- ❖ March 28th at 1pm IVI BINGO
- ❖ May 1st - 15th MOBIL MEALS
- ❖ GREETING CARD TO NURSING HOMES AND CLUB MEMBERS
 - ❖ 3R's MAGAZINES (Recycle, Remember, Reinvigorate)
 - ❖ GRUNDY AREA PADS
 - ❖ RHYTHM OF OUR YOUTH

Blessings,
Michelle Mitchell
815-341-8640
Mitchells1998@yahoo.com

Mental Health Awareness

Introduction

- ▶ Awareness
- ▶ Prevention
- ▶ Resources



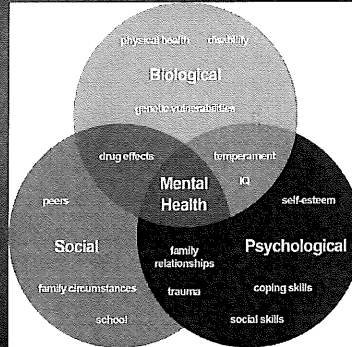
Awareness

▶ Contributing factors

- ▶ Psychological
 - ▶ Trauma/Abuse
 - ▶ Stress
 - ▶ Grief
- ▶ Biological
 - ▶ Genetic
 - ▶ Medications
 - ▶ Substance abuse
 - ▶ Chronic illness/Injury

▶ Sociological

- ▶ Finance
- ▶ Family or origin



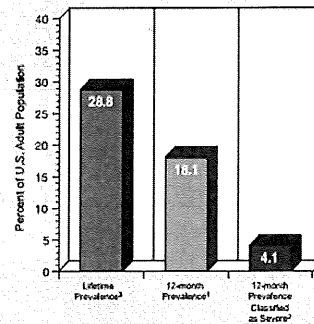
Awareness

▶ Anxiety

- ▶ Most common
- ▶ Few get help

Prevalence

- 12-month Prevalence: 18.1% of U.S. adult population¹
- Severe: 22.8% of these cases (e.g., 4.1% of U.S. adult population) are classified as "severe"²



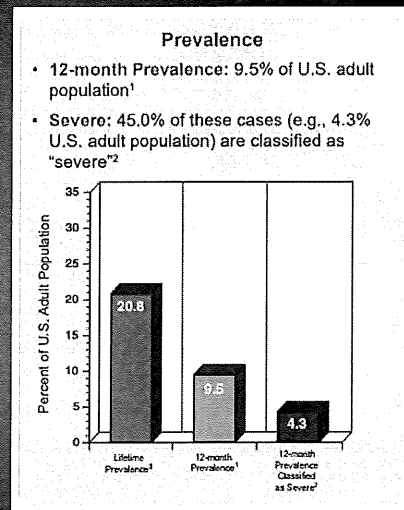
Awareness

Anxiety Signs & Symptoms

- ▶ Feeling nervous, restless or tense
- ▶ Having a sense of impending danger, panic or doom
- ▶ Having an increased heart rate
- ▶ Breathing rapidly (hyperventilation)
- ▶ Sweating
- ▶ Trembling
- ▶ Feeling weak or tired
- ▶ Trouble concentrating or thinking about anything other than the present worry
- ▶ Having trouble sleeping
- ▶ Experiencing gastrointestinal (GI) problems
- ▶ Having difficulty controlling worry
- ▶ Having the urge to avoid things that trigger anxiety

Awareness

- ▶ Depression
 - ▶ Associated with anxiety



Awareness

Depression Signs & Symptoms

- ▶ **Mood:** anxiety, apathy, general discontent, guilt, hopelessness, loss of interest, loss of interest or pleasure in activities, mood swings, or sadness
- ▶ **Behavioral:** agitation, excessive crying, irritability, restlessness, or social isolation
- ▶ **Sleep:** early awakening, excess sleepiness, insomnia, or restless sleep
- ▶ **Whole body:** excessive hunger, fatigue, or loss of appetite
- ▶ **Cognitive:** lack of concentration, slowness in activity, or thoughts of suicide
- ▶ **Weight:** weight gain or weight loss
- ▶ **Also common:** poor appetite or repeatedly going over thoughts

Awareness

Suicide Statistics

- ▶ Suicide
 - ▶ Second leading cause of death ages 15-24
 - ▶ Average 13 per 100,000
 - ▶ Twice as many suicides as homicides
 - ▶ Men higher likelihood of committing suicide
 - ▶ Women higher likelihood of attempting suicide

Number of deaths for leading causes of death:

- Heart disease: 633,842
- Cancer: 595,930
- Chronic lower respiratory diseases: 155,041
- Accidents (unintentional injuries): 146,571
- Stroke (cerebrovascular diseases): 140,323
- Alzheimer's disease: 110,561
- Diabetes: 79,535
- Influenza and Pneumonia: 57,062
- Nephritis, nephrotic syndrome and nephrosis: 49,959
- Intentional self-harm (suicide): 44,193

90% of all people who have committed suicide have experienced mental illness

Awareness

Suicide Warning Signs

- ▶ Threats or comments about killing themselves, also known as suicidal ideation, can begin with seemingly harmless thoughts like "I wish I wasn't here" but can become more overt and dangerous
- ▶ Increased alcohol and drug use
- ▶ Aggressive behavior
- ▶ Social withdrawal from friends, family and the community
- ▶ Dramatic mood swings
- ▶ Talking, writing or thinking about death
- ▶ Impulsive or reckless behavior

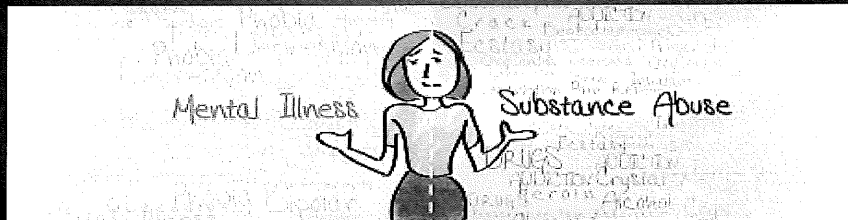
Mental Health and Substance Abuse



Substance Abuse

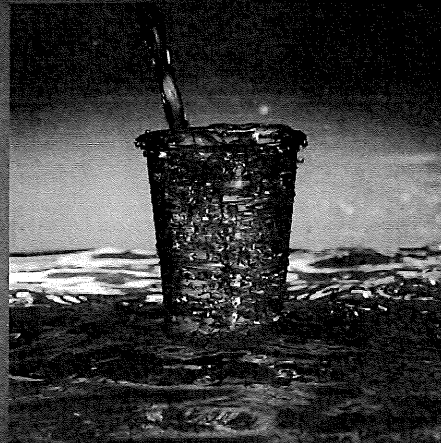
Signs

- ▶ Increased consumption over past year
- ▶ Difficulty cutting down on consumption
- ▶ Lying about drug and alcohol use
- ▶ Legal/professional/academic problems
- ▶ Relationship problems as the result of consumption



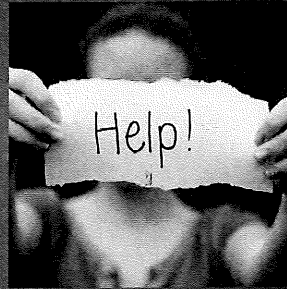
Prevention

- ▶ Awareness
- ▶ Coping skills
 - ▶ Meditation
 - ▶ Prayer
 - ▶ Stress relief
 - ▶ Social support
- ▶ Balance
- ▶ Self-care
 - ▶ Exercise
 - ▶ Diet
 - ▶ Sleep



When to get help

- ▶ Crisis
- ▶ Thoughts of suicide
- ▶ Feeling overwhelmed
- ▶ Depressed mood



Calling All Adults!

FREE Training!

Youth Mental Health First Aid Course

Be a Super Hero To A Young Person



A young person you know could be struggling with a mental health illness or going through a crisis situation.

Learn an action plan to help!

Class Date: Saturday, April 14th from 8:00am-5:00pm

Location: Grundy County Administration Building 1320 Union Street, Morris IL 60450

Learn Warning Signs

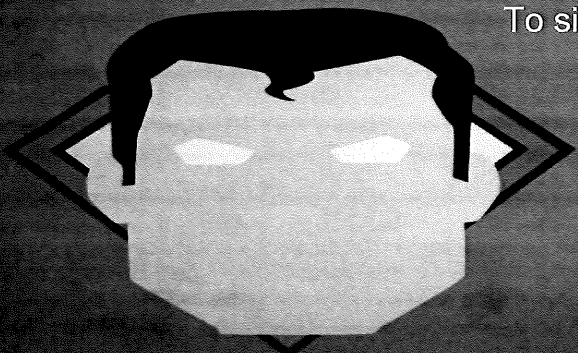
Learn How to Respond

CEUs available for counselors (LPC/LCPC), social workers (LSW/LCSW), and nurses!

To sign up for this class or to learn about future dates:

Contact: Kelly Hitt
(815) 941-6818
khitt@grundyhealth.com

Topics Covered
in This 
Course....



Find your local NAMI *Family Support Group*

JOLIET

**Presence St. Joseph's Hospital
Classroom - Joliet, IL**

333 N. Madison St. 2nd Floor LDRP

6:00-7:30pm, 1st and 3rd Sundays

MORRIS

Morris Hospital

150 High Street,

Room FSB

Morris, IL

7:00 - 8:30 pm, 2nd Tuesday of the Month

Bolingbrook

AMITA - Adventist Hospital

"MACE" ROOM

500 Remington Blvd.

Bolngbrook, IL60440

6:00 pm - 7:30 pm

Find your local NAMI *Connections Recovery*

JOLIET

**Presence St. Joseph's Hospital
Classroom - Joliet, IL**

333 N. Madison Street, 2nd Floor LDRP

6:00-7:30pm, 1st and 3rd Sundays and 2nd and 4th Mondays

March 4 & 18 and 12 & 26

April 1 & 15 and 9 & 23

NEW CONNECTION GROUP in Bolingbrook!

AMITA Adventist Bolingbrook Hospital, 500 Remington - MACE Room-Bolingbrook

6:00 - 7:30 p.m. - 4th Sunday of the Month

March 25th

April 29th

HERO- HEROIN EPIDEMIC RELIEF ORGANIZATION

WHO IS THIS FOR? Family Support is an open meeting. It is open to anyone with a family member currently struggling with addiction, suspected addiction or currently in recovery.

WHAT DO WE DO? In our group, we discuss topics carefully selected by HERO to give families the information and tools they need to better help their loved one reach recovery. We have open discussions about anything that may be on any group members mind. Occasionally, HERO will have a guest speaker from our community, treatment center, or specialists related to addictions.

WHY SHOULD I ATTEND? Coming to Family Support will give you helpful tools and information that will allow you to be better equipped to help your loved one through their struggle. In addition you'll be in a supportive environment with others who have had similar experiences and an opportunity to meet and network with others for support outside of the group.

HOW MUCH DOES IT COST? Family support is completely free to attend for as long as you'd like. Donations are always appreciated but never required.

Email: info@theherofoundation.org Online: www.theherofoundation.org Phone:
708-557-8394

Terrie Stoeckley

815-735-4710 tstoeckley@lincolnway.org



Spread the movement in your community

Mental Health First Aid teaches you how to identify, understand and respond to signs of mental illness and substance use disorders in your community.

For further information or to schedule a training:

John Moss, Behavioral Health Therapist Grundy County Health Department

815-941-3142