

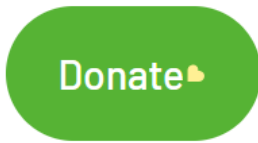


Monadnock PEER SUPPORT

THE PULSE

We love our Donors and Community Partners!

Whether you're donating time, clothes, appliances, hygiene items, making a monetary donation, or coming along side us as a community partner, we appreciate you more than you know! There are a lot of ways to serve if you're looking to get involved! Please reach out to Karen via email: Karen@MonadnockPSA.org



Tim Sampson Architects



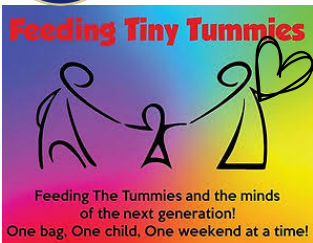
Kevin Tighe



Stacy Wilbur



Sam Spielberg



The Richis



Gretchen Wittenborg

Eli Rivera

Devan Blake



Jennifer Friedman

The Community Kitchen, Inc



Diane Croteau



Melissa Callender

Billy Holderby

Our Mission & Values

Providing mental health support for individuals seeking wellness through a mutually supportive peer community.

RESPECT • INTEGRITY • EMPATHY • MUTUALITY • RESPONSIBILITY

ANNOUNCEMENTS

Last Month's Trip



The Cheshire Fair
Swanzey, NH

This Month's Trip



Hampton Beach
Date: Tuesday September 3
Time: 10 AM to 6 PM

Sign up is required!

Coming Up Soon



Trip to Hampton Beach - 9/3 @ 10 AM

Community Meeting - 9/10 and 9/24 @ 12noon

Ice Cream Social - 9/13 @ 11 AM

Recovery Day Celebration - 9/19 @ 10 AM

Board of Directors Meeting - 9/26 @ 5:30 PM

Keene International Festival - 9/28 @ 11 AM



Monadnock Peer Support was founded in 1995 as an alternative that compliments and supplements the traditional mental health system. We are a member-driven organization that provides opportunities for people who experience mental health to support one another in moving towards what we want in life as opposed to away from what we don't want.

We also establish a culture in which our members and participants feel more empowered to make their own decisions and live a fulfilling life. We are free, confidential, and you do not need a diagnosis or insurance.

Location: 24 Vernon St, Keene, NH

Phone: 603-352-5093 and 603-352-5094

Website: www.monadnockpsa.org

Support Groups

Each month, we offer many free support groups on weekdays both in person and via Zoom using the personal meeting ID 603-352-5094. We use peer support to help members grow in relation to each other. You can find our current calendar of events and group offerings on our website and social media.

Monthly Education and Trips

Each month, we invite guest speakers to present information about their agency. Once a month, members participate in outings or tours. We offer other activities such as fitness training, mindfulness and meditation, art, music, community meals, shopping trips, and more!

Member Submissions

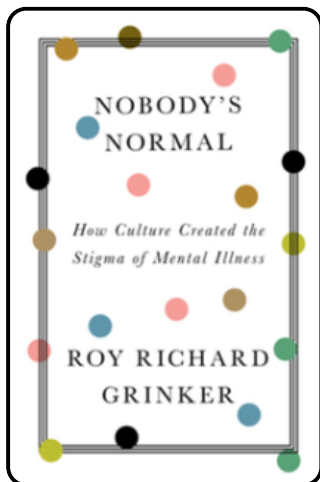
Would you like to share your masterpiece with the community here at Monadnock Peer Support? Please reach out! Email karen@monadnockpsa.org or send us a Facebook message.

Member Testimony

On spending time in Peer Respite; "I was able to sit around and think out loud about a lot of critical things I've been going through. I was able to get a sense of peace of mind and I realize that there's more of a community than I'm realizing. I got away from the drugs that are out there, it just is what it is."

--Caleb A.





Nobody's Normal: How Culture Created the Stigma of Mental Illness

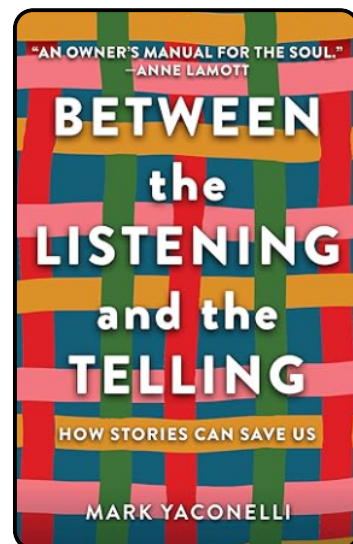
by Roy Richard Grinker

Nobody's Normal argues that stigma is a social process that can be explained through cultural history, a process that began the moment we defined mental illness, that we learn from within our communities, and that we ultimately have the power to change. Though the legacies of shame and secrecy are still with us today, Grinker writes that we are at the cusp of ending the marginalization of the mentally ill. In the twenty-first century, mental illnesses are fast becoming a more accepted and visible part of human diversity.

Between the Listening and the Telling: How Stories Can Save Us

By Mark Yaconelli

Stories tether us to what matters most: our families, our friends, our hearts, our planet, the wondrous mystery of life itself. Yet the stories we've been telling ourselves as a civilization are killing us: Fear is wisdom. Vanity is virtuous. Violence is peace. In the pages of *Between the Listening and the Telling*, storyteller, author, and activist Mark Yaconelli leads readers into an enchanting meditation on the power of storytelling in our individual and collective lives. We tell stories to remember who we are. We tell stories to savor the pleasure of living. Stories can be medicine, and they can transform entire communities.



Group Highlight

Women's Group

Tuesdays @ 2PM

Women's Group is a place where women can talk openly and not feel inhibited to build community among themselves. The group will foster good conversation, a feeling of validity, improvement in self-esteem, and confidence. It will also provide a space for women to learn something about themselves.

Check Out Our Resources



Scan the QR code to visit our LinkTree and see the other resources that we offer!

Lemon Magic Cake

5
RECIPE FEATURED
INGREDIENT



Ingredients

- 4 large eggs whites and yolks separated
- 3/4 cup (96 g) all purpose flour
- 3/4 cup (148 g) granulated white sugar
- 2 cups (16 fl oz/473 ml) low fat milk (1% or 2%) divided
- 5 tsp (10 g) lemon zest about 2 large lemons

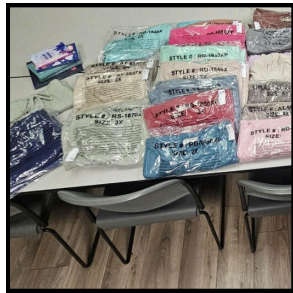
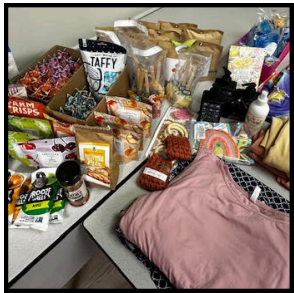
- Preheat oven to 325°F (163°C). It's important that your oven is preheated to the right temperature before your cake batter is done because the cake needs to go in the oven immediately after it is prepared. Line an 8 x 8 inch baking pan with parchment paper leaving some overhang for easy lifting later.
- In a larger mixing bowl, add egg yolks, flour, sugar and 1/2 cup (4 fl oz) of milk. It's important to add some of the milk before you start beating. If you try to beat without any milk, your flour will become a paste and you won't be able to mix out the lumps later. Also make sure to only add 1/2 cup right now. If you add all of the milk you will not be able to mix your batter because it will be too liquidy. Beat on high speed until batter is smooth and no flour lumps remain. Once batter is smooth, add in remaining milk (1 1/2 cups). Reduce speed to medium low on mixer and mix until the milk is incorporated into the batter. Your batter will be very thin.
- In a separate clean mixing bowl, add egg whites. Beat egg whites on medium high speed (I did mine at speed 8 out of 10) until stiff peaks form. Your mixing bowl and mixer must be completely clean before adding and beating the egg whites, otherwise the egg whites will not form stiff peaks.
- Gently stir and fold in 1/3 of the egg whites into the cake batter with a spatula. Because the cake batter is so thin, you do need to swirl and fold to make sure the egg whites are fully incorporated. Make sure to fold all the way from the bottom of the bowl, otherwise the liquid batter at the bottom won't get fully mixed with the egg whites. You do not need to fold until no egg white streaks remain. There should be lumps of egg whites. Just fold until the egg whites are incorporated into the batter. Repeat with the next 1/3 and then final 1/3. For the final 1/3, it's okay if you have larger lumps of egg white remaining. When you add the lemon zest, it will immediately start breaking down the egg white lumps and make them smaller so it is better if they are a little bigger. Your batter should look light, airy and be very liquidy.
- Finally, add in the lemon zest and gently stir it in. Make sure to add the lemon zest last because it will start to curdle your batter and break down the egg whites immediately. Your batter should look slightly curdled.
- Pour batter into the prepared cake pan. Bake for about 60-65 minutes, or until cake is done and is evenly browned on top. If you are unsure if your cake is done, it is better to bake a little longer (5 minutes or so) to make sure it is done so that your cake does not deflate. Turn off the oven but don't remove the cake yet. Let it sit in the oven for 5 minutes with the oven off. During this time, the cake will deflate a little. After 5 minutes, remove the cake from the oven and let it cool. The cake should be slightly wobbly. As the cake cools it will deflate even more.
- Once cooled, put the cake in the fridge for a few hours or overnight. Doing so will help the cake flavors develop, firm up the layers and also reduce any eggy smell that is normal with just baked souffle type desserts. Before serving cake, you can dust cake with powdered sugar. Cut cake with a large sharp knife. See notes for the difference of the cake texture if you eat it the same day versus the next day. Store any leftovers in the fridge.

Find this recipe:

<https://kirbiecravings.com/5-ingredient-lemon-magic-cake/#recipe>

*Thank You,
Gracefully Made Boutique!*

Monadnock Peer Support would like to express our deep gratitude to Gracefully Made Boutique LLC for their incredibly generous blessing box. It contained a diverse and thoughtful array of items, including a variety of high-quality clothing suitable for different occasions, nutritious and delicious food items, engaging and uplifting books, comforting fidget toys, fashionable purses, and durable, comfortable shoes. With these items, we are excited to create a resident closet where our residents can freely select the items they need, empowering them to make choices that will enhance their well-being.



Peer Respite and Step Up/Step Down

The Respite Program at MPS is for anyone who is experiencing distress and at risk for potential hospitalization due to mental health challenges and feels they would benefit from being in a short-term, 24-hour, peer-to-peer, supported environment with others who have 'been there.'

Step-Up Step-Down is a peer driven voluntary 30-90 day mental health residential program, whose mission is to create an environment that will facilitate hope-based recovery, and increase mental, physical and emotional well-being for those who participate.



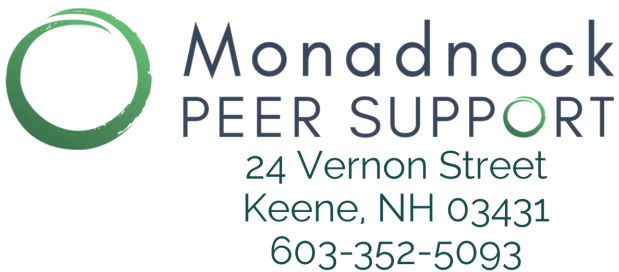
To learn more, go to our website or contact Shay Carroll by email at shay@monadnockpsa.org

August 2024 Memories





If Monadnock Peer Support has made a difference in your life, we ask that you kindly consider supporting us by checking out our giving portal and ensuring that MPS will be here for years to come!



Place
Postage
Here

"The preparation of this (report, document etc.) was financed under a Contract with the State of New Hampshire, Department of Health and Human Services, with funds provided in part by the State of New Hampshire and/or such other funding sources as were available or required, e.g., the United States Department of Health and Human Services."

