



Monadnock PEER SUPPORT

THE PULSE

Thank you to January's Donors and Community Partners!

No matter if you're contributing your time, donating clothes, appliances, hygiene products, making a financial contribution, or joining us as a community partner, we truly appreciate your support! There are numerous opportunities to get involved if you're interested in serving. Feel free to contact Melissa Callender via email at Melissa@MonadnockPSA.org.

the Y, Tina Holland, Restaurant at Burdick's, Cassie Gero, Sam Spielberg, The Community Kitchen, Inc., Feeding Tiny Tummys, Silver Direct, KEENE Serenity Center, Stacy Wilbur, PJD, THE HOME DEPOT, The Toadstool Bookshops, Games2Go, Stephen Tavella, William Holderby, toto's, ROTARY INTERNATIONAL, Scan to donate online: [QR Code], 4imprint, Melissa Callender, American House, Savings Bank of Walpole, Keene STATE COLLEGE, SOUND CHOICE, Mascoma Bank, Sherriff Eli Rivera, Shaolin Studios, Love Thy Neighbor.

Monadnock Peer Support
 Floating Lanterns Festival

Thank you for your *Platinum* level Sponsorship!

DEW
CONSTRUCTION
BUILDING WHAT MATTERS MOST

We would like to extend a heartfelt thank you to DEW Construction! Not only are they our first platinum sponsor of our 3rd annual Floating Lanterns Festival, they are also the contractors handling our renovation project, which is scheduled to start next month! We truly appreciate your support as a presenting sponsor!



A note from our Executive Director



According to the National Institute on Mental Health, it is estimated that more than one in five adults live with a mental illness. That is nearly 60 million Americans, 23% of our population.[1]

More numbers:

- People with depression have a 40% higher risk of developing cardiovascular and metabolic diseases than the general population.
- 33.5% (19.4 million individuals) of U.S. adults with mental illness also experienced a substance use disorder in 2021
- The rate of unemployment is higher among U.S. adults who struggle with mental illness (7.4%) compared to those who do not (4.6%)[2]

When I read these statistics, I am struck by the sheer number of my friends, neighbors, and community members who are or may be struggling at this very moment. The numbers translate to something much more important - our friends, family, and community—people in need. Here at Monadnock Peer Support (MPS), we make personal connections that are so often missing in our oftentimes hectic, frantic lives that are led in this day and age - the age of making connections through a smartphone, a video screen and social media. It is not all bad, those "machine" connections. I think of how I can instantly connect with some of the friends I have made worldwide through my career and personal travels. But what do we also sacrifice through a too-often imbalance between how we spend our time on "devices" and those human face-to-face connections? You can answer that for yourself.

Here at MPS we are about human face-to-face connection. I don't think it is reaching too far to say that what transpires here is akin to how many traditional societies have interacted and provided a social structure for millennia that supports an interwoven fabric of connection, support, healing, and wellness. We are peers; we share life experiences. We commit to mutuality - we journey together. We are respectful - we believe in the inherent value of each individual. By striving to live with integrity, we are honest and adhere to ethical principles. We bring empathy to our relationships, believing in the ability to identify and understand other people's emotions. By embracing personal responsibility, we believe we are each responsible for our actions.

Something very special is happening here - healing through personal connection and all the values we not only espouse but also live and breathe. And yes, we still make mistakes and veer from that path because we are all human. But we forgive and are gently helped back to that special place of connection that leads to healing - healing for our residents, healing for our members, and healing for all those who work and volunteer here. Imagine our society built on that foundation.

We would love to connect again if you haven't visited in a while. Let's connect anew if you receive this newsletter and have never visited. And if you visit regularly, keep on coming!

Stephen Tavella
Executive Director

[1] <https://www.nimh.nih.gov/health/statistics/mental-illness>

[2] <https://www.nami.org/about-mental-illness/mental-health-by-the-numbers/>

ANNOUNCEMENTS

Save the Date!



Welcome!

We want to welcome Kelly, who has joined our overnight staff!

Dates to Remember



Trip to the YMCA - Friday, 2/7 - 1:30pm to 3:30pm

Cooking Matters Class - Thursday, 2/13 - 1:30pm to 2:30pm

Trip to Yankee Lanes - Tuesday, 2/11 - 12pm to 3pm

Valentine's Day Party - Friday, February 14 - 12pm to 2pm

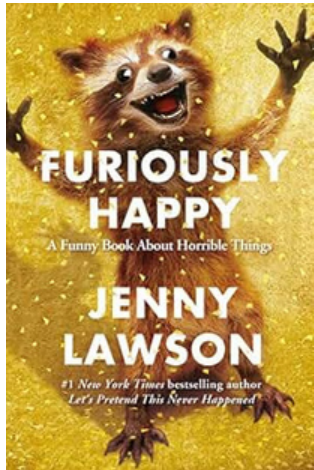
President's Day Center Closure - Monday, 2/17

Community Meeting - Tuesday, 2/18 - 12PM at MPS

MPS Board Meeting - Thursday, 2/20 - 5:30 PM at MPS

Trip to the YMCA - Friday, 2/21 - 1:30pm to 3:30pm

Cooking Matters Class - Thursday, 2/27 - 1:30pm to 2:30pm



Furiously Happy

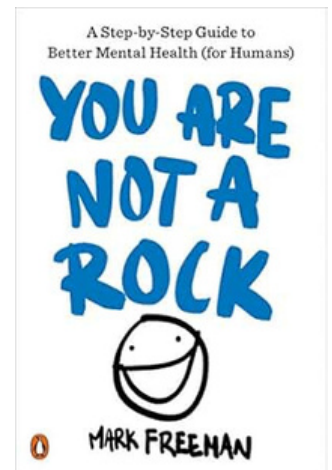
By Jenny Lawson

Furiously Happy is about "taking those moments when things are fine and making them amazing, because those moments are what make us who we are, and they're the same moments we take into battle with us when our brains declare war on our very existence. It's the difference between "surviving life" and "living life". It's the difference between "taking a shower" and "teaching your monkey butler how to shampoo your hair." It's the difference between being "sane" and being "furiously happy."

You Are Not a Rock

By Mark Freeman

Having struggled with serious mental illness for many years himself, Mark Freeman has become a dedicated mental-health advocate and coach. He makes the case that instead of trying to feel less and avoid pain and stress, we need to build emotional fitness, especially our capacity for strength, balance and focus. With wit, compassion, and depth of experience and anecdotes, he shows that we can recover from many mental disorders, from mild to very serious, at all ages and stages of life, and even if other methods have failed. Freeman's innovative approach makes use of a range of therapeutic techniques, mindfulness training, peer support, humor, and common sense.



Mental Health in the News



9 unexpected things we learned about mental health and our brains in 2024

By Kathleen Masterson and Andrea Muraskin, NPR

1. Writing by hand beats typing for learning and memory
2. Your gut microbes can affect your mood
3. Working late in young adulthood may lead to depression and poor health in middle age
4. About 40% of dementia cases could be prevented or delayed by improving daily habits
5. Talking to your "parts" can help you deal with stress, and maybe change your life
6. Weight training can help with anxiety and depression (among other things)
7. Ultra-processed foods are linked to poor mental health, too
8. Scientists are learning how the brain removes waste and what that means for Alzheimer's, headaches, depression and more
9. A high-fat, low-carb diet could help some people with mental illness

Read the Article:





Chicken Soup

Ingredients

- 1½ pounds bone-in, skin-on chicken thighs
- 1 yellow onion, peeled and sliced
- 3- inch piece of ginger, grated
- ½ cup green peas, fresh or frozen
- 8 ounces noodles of choice

Directions

Place the chicken in a large pot and season it with salt and pepper. Cover with water and bring to a boil. Add the onion and ginger. Reduce heat and simmer for 35-45 minutes. Skim the surface of the broth occasionally to remove any scum or muck. Remove the chicken from the pot and transfer it to a bowl. Once it's cool enough to handle, remove the skin, pick the meat from the bones, and shred it. Discard skin and bones or reserve them for another use. As the broth simmers, boil another pot of water and cook the noodles according to package instructions. Drain, rinse, and divide between serving bowls. Return the chicken to the pot and bring it to a boil. Add the peas. Simmer for 5 minutes until bright green. Taste and season to your preferences. To serve, ladle the broth over the noodles. Garnish to your preferences with fresh herbs, chili pepper, or sesame oil. Enjoy!



Curious About Our Residential Programs?

Respite is a trauma-informed program is designed for an individual who may be experiencing an emotional crisis. This means something different to everyone: things such as a loss of a job, a miscarriage, needing a break from family, divorce, transition of home situation, etc. The guest is able to stay with us for 6 nights and 7 days. The intention of this program is to allow the guest to rest, take a breath, regroup and recharge their batteries so that they are able to get back to the essentials of work, family, life, etc.

Step-Up Step-Down is a peer driven, voluntary 30-90 day program, whose environment serves as a landing space for gradual integration back into the individual's community, deepening connections to supportive networks and increasing chances of personal success.

Participants in either program are able to come and go as they please, enabling them to continue work, attend school, and visit with family, friends, or groups outside of the home. Both programs are free to everyone, and free transportation services are also made available.

To learn more about either program, please contact us via email: mps-susd@monadnockpsa.org or by phone by calling 603-352-5093.

January

MEMORIES



Tina's baking again!



A Trip Down Memory Lane!



Soup in the Making!



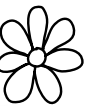
Community Lunch Prep!



Can you tell we love to cook?!



More from Memory Lane!



Healthy Cooking!



Sam and Stacy!

	3			1			6	
7	5			3			4	8
		6	9	8	4	3		
		3				8		
9	1	2				6	7	4
		4				5		
		1	6	7	5	2		
6	8			9			1	5
	9			4			3	

hello
WINTER



Winter Word Search



T Q X B J H O T C O O C A K F B T W I F T L Y P
 S N R H H I X O A W I F Y S I E C A N R U F D K
 R L U U E M V J V F O S K J R J I K S T X P L M
 U Q Y K L J R R X Q M X S Y E Z Z C I F N E H J
 T W M S C D H O T T E A Z Z P K V T Q E R Y L X
 P L Y E I G O N H Y J D G H L J O K L G T R O F
 I W L O S D E C E M B E R W A D I P Z U H A S H
 S H O K C E C I K C A L B A C L T O S A C U D E
 O L I T I S D P V H Z V Q J E D J R E Q C B W A
 C R A L O P L L A B W O N S V M X A O C H E D T
 O X E T H I W M I N E O P Q A K C E O P V F K Z
 N A O N E C I E P Y T W L B X E K B O C K R U W
 D R T M N C N U Q H G J H Y T A W R C L O U M C
 Z T D U K H T I C E I P W D B T W A E G G N O G
 P I U C L K E E T S N H X F M D I L N J W G M K
 P C S G T E R Q Y I G F F C C T R O P O X F O R
 P K F R Z S H B I Y E G F S C K L P Z K F O X U
 I I K M T U T M O K R Z E X Z V S L L I H C U O
 S E Q C F I U Q V B B C T L O T L S N O W M A N
 W P A Z B U S Q A D R A B K H S U H L I U P J F
 Z I V G I Z F K L F E O J B I W K W S R A U L I
 C D D E H B X J B L A A F Z U S F X S X O P H R
 X S C C I D I R E L D B L L F D J V K G G B Z E
 X W Y R A U N A J A U F M D R A Z Z I L B O D U

let it
snow

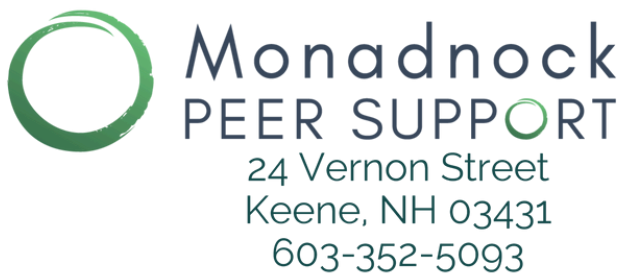


- | | | | | |
|-------------|------------|-----------|-----------|-----------|
| gingerbread | Polar Bear | Fireplace | Black Ice | Hot Cocoa |
| December | Blizzard | snowball | Icsicle | Furnace |
| February | January | Hot tea | Snowman | Eggnog |
| Chills | Winter | Polar | Artic | heat |

Employee Spotlight



Have you met our employee, Chelsea? You may have seen her out doing community outreach, facilitating a group, cooking something yummy or dancing at an MPS celebration. We wanted to take a moment to thank Chelsea for all she does for MPS and our residents, members, participants and staff! She believes in and embodies our mission and values. Not only is Chelsea an MPS champion, she has also reached a lot of personal goals in her wellness and life journey since she started working here, including finding housing and transportation. She is also working towards some health goals. If you see Chelsea be sure to say “hi” and congratulate her on all her progress!



Place
Postage
Here

The preparation of this document 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.





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Center Hours:</p> <p>Upstairs Monday-Friday 9am to 5:00pm</p> <p>Downstairs Monday - Friday 9am to 6:00pm</p> <p>24 Vernon Street Keene, NH 03431 603-352-5093</p> <p>Joining us via  zoom?</p> <p>Zoom ID: 603 352 5094</p>				
<p>3 Check-in 9:15am to 9:45am</p> <p>Eating Disorder & Body Image 10am to 11:00am</p> <p>Fit & Active 11am to 11:45am</p> <p>IPS Skills 12pm to 1pm</p> <p> Gaming  1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Divorce Support Group 5:30pm to 6:30pm</p>	<p>4 Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time  3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:15pm to 6:15pm</p>	<p>5 Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am 12:00pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5pm to 6:30pm</p>	<p>6 Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am - 1pm</p> <p> </p> <p>Journaling Group 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>7 Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10am to 11am</p> <p>Community Lunch 11am to 1pm</p> <p>Building Boundaries 11:30am - 12:30pm</p> <p>Trip to the YMCA 1:30pm to 3:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:15pm to 6:15pm</p>
<p>10 Check-in 9:15am to 9:45am</p> <p>Eating Disorder & Body Image 10am to 11:00am</p> <p>Fit & Active 11am to 11:45am</p> <p>IPS Skills 12pm to 1pm</p> <p> Gaming  1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Divorce Support Group 5:30pm to 6:30pm</p>	<p>11 Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Trip to Yankee Lanes 12pm to 3pm</p> <p></p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:15pm to 6:15pm</p>	<p>12 Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am 12:00pm</p> <p></p> <p>Van Shopping Trip* 12:30pm to 2:30pm</p> <p>Fit & Active 1pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5pm to 6:30pm</p>	<p>13 Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am to 1pm</p> <p> </p> <p>Journaling Group 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>14 Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10am to 11am</p> <p>Valentine Celebration 12pm to 2pm</p> <p></p> <p>Jammin in the Gym 2pm to 2:45pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:15pm to 6:15pm</p>
<p>17</p> <p><i>Sorry we're</i> CLOSED</p> <p>PRESIDENT'S DAY</p> <p></p>	<p>18 Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Community Meeting 12pm to 1pm</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time  3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:15pm to 6:15pm</p>	<p>19 Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am 12:00pm</p> <p></p> <p>Fit & Active 1pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5pm to 6:30pm</p>	<p>20 Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am to 1pm</p> <p> </p> <p>Journaling Group 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Monthly Board Meeting 5:30pm to 7pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>21 Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10am to 11am</p> <p>Community Lunch 11am to 1pm</p> <p>Building Boundaries 11:30am - 12:30pm</p> <p>Trip to the YMCA 1:30pm to 3:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:15pm to 6:15pm</p>
<p>24 Check-in 9:15am to 9:45am</p> <p>Eating Disorder & Body Image 10am to 11:00am</p> <p>Fit & Active 11am to 11:45am</p> <p>IPS Skills 12pm to 1pm</p> <p> Gaming  1pm to 2:30pm</p> <p>Feelings of Anger 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Divorce Support Group 5:30pm to 6:30pm</p>	<p>25 Check-in 9:15am to 9:45am</p> <p>Trauma Survivors 10am to 11am</p> <p>Women's Group 2pm to 3pm</p> <p>Tea Time  3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Veterans Group 5:15pm to 6:15pm</p>	<p>26 Check-in 9:15am to 9:45am</p> <p>Healthy Eating 10am 12:00pm</p> <p></p> <p>Fit & Active 1pm to 1:45pm</p> <p>Addiction and Recovery 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Bipolar/Depression 5pm to 6:30pm</p>	<p>27 Check-in 9:15am to 9:45am</p> <p>Life Skills 10am to 11am</p> <p>Munchies and Movies 11am - 1pm</p> <p> </p> <p>Journaling Group 2pm to 3pm</p> <p>Isolation Support 3pm to 4pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Autism Group 6:30pm to 8pm</p>	<p>28 Check-in 9:15am to 9:45am</p> <p>Anxiety and Depression 10am to 11am</p> <p>Community Lunch 11am to 1pm</p> <p>Jammin in the Gym 2pm to 2:45pm</p> <p>Building Boundaries 11:30am - 12:30pm</p> <p>Check-out 4:15pm to 4:45pm</p> <p>Domestic Violence Survivors 5:15pm to 6:15pm</p>

Group Descriptions

Addiction and Recovery

The purpose of the group is to act as a support system for each other. We talk openly and honestly about our addiction and recovery. This group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future.

Anxiety and Depression

This group offers a non-judgment arena for peers to talk openly and honestly about their anxiety, depression and mental health and how they intertwine with each other. The group will remain confidential and offer support and empathy through sharing and discussion.

Autism Group

This group is a wonderful opportunity for adults with autism to come together, socialize, and just have fun! This well-established group provides a space in which adults on the on the autism spectrum can support one another by cultivating connections through fun, group-chosen activities, and entertaining social interaction. All group members choose group activities together.

Beyond Bi-Polar/Depression

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as depression or bipolar. It is a place where we can find connection and understanding by talking about our common experiences. As peers we create an environment where it is safe to take risks and where we can get support and give support and get feedback and give feedback. This group reminds us that we are not a diagnosis. We are worthy human beings that deserve to live happy and fulfilling lives.

Building Boundaries

Setting boundaries is an important part of establishing one's identity and is a crucial aspect of mental health and wellbeing. Boundaries can be physical or emotional, and they can range from being loose to rigid, with healthy boundaries often falling somewhere in between. Learning to show compassion and kindness to yourself is crucial in setting healthy boundaries. This group is a confidential opportunity to discuss what healthy boundaries are and how to set them, why healthy boundaries are important for self-care, and how to explain boundaries to adults and children.

Check-in and Check-out

A question and quote are read at the beginning of Check-in/Check-out to reflect on if people want to. This is not a discussion group, but not more of a space for individuals to share. Often in our lives, we are not listened to, and we are told what we think. This space also allows us to practice the idea that "you are the expert on yourself"

Divorce Support Group

A support gathering for individuals experiencing divorce or those who have already divorced, where they can come together to share their journey's, emotions, and challenges related to the separation process in a safe environment. This space allows participants to receive validation and encouragement from others who truly understand their experiences. Individuals can discuss their feelings and concerns about child custody, financial matters, and the emotional toll of divorce without fear of judgment

Domestic Violence Survivors workshop group

Designed to be a safe, confidential space for domestic abuse victims, survivors, and advocates to come together and share their experiences and lean on one another, Our group offers a space to connect with other survivors and support victims cope with domestic violence while building healthy friendships and relationships and available to either men or women.

Eating Disorder & Body Image

The purpose of this group is to act as support a system for each other. We can talk openly and honestly about our relationship with food including experience with anorexia, bulimia, bingeing, purging, overeating, etc. this group provides us with a safe place to talk about these issues and aims to give us a sense of hope for the future. This group promotes an open dialogue about positive or negative body image, providing peer to peer support, creating a support network to ultimately feel better when we walk away from group.

Fiber Arts

In this group, we actively work on various kinds of fiber arts, such as knitting, crocheting, weaving, and beyond. Join us for a fun hour of conversation and crafts.

Fit & Active

Come to the gym and do a fun and exciting 45 min workout!

Feelings Of Anger

The purpose of this group is to provide us with the opportunity to talk honestly and openly about experiences often labeled as rage or anger.

Gaming Group

Board games, video games we have it all! Come game with us!

Healthy Eating Group

Come learn how to make healthy recipes and after you get to sample your healthy creations!

Isolation Support

This is a safe space designed for us to come together to address our concerns and feelings of isolation, that may bring us sadness, fear, etc. Sometimes, just being able to get together and play a game feels a lot better than being alone.

IPS Skills

Want to learn more about intentional peer support and how to apply it? This is the group for you. Learn about the 3 principles of IPS (Helping to Learning Together, Individual to relationship and Fear to Hope and Possibility) and learn about the 4 tasks of IPS (Mutuality, Moving Towards, Connection and World View).

Jammin' in the Gym

Join us in the gym as we listen to some tunes and get our bodies moving.

Journaling Group

Come Journal with us! we pick different topics each week.

Life Skills

This group is where we can lean on one another to learn life skills to be more independent. This could be anything ranging from sewing, cooking, finances, meal planning, cleaning and more. A modern-day home ec!

Survivors of Sexual Assault

Survivors of Sexual Assault is a place where individuals who have been sexually abused, past or present, to talk openly about the effects of the trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with sexual assault and who can offer support for others who have been through/are going through this trauma. It is a group where people can find understanding, hope, compassion, and to find they are not alone or damaged.

Tea Time

Come join the fun with some great tea, snacks and conversation!

Trauma Survivors

Trauma Survivors is a place where individuals affected by trauma, past, or present, can talk openly about the effects of trauma (mental or physical) without criticism or judgment. The group is facilitated by peers who have had personal experience with trauma and who can offer support for others who have been through/are going through trauma. It is a group where people can find understanding, hope, and compassion and can find that they are not alone and damaged.

Veteran's Group

This group enhances communication and fosters bonds among Veterans. We meet to find friendship and brotherhood, share resources, and most of all to give each other support.

Women's Group

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.