



Monadnock PEER SUPPORT

THE PULSE

Thank you to October's 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! There are a lot of ways to serve, if you're looking to get involved! Please reach out to Stacy Wilbur via email: Stacy@MonadnockPSA.org

*Stacy
Wilbur*

*Tara
Abbott*

*Keene
BBSS*



*Devan
Blake*



*Kevin
Tighe*

*Melissa
Callender*

*Shelley
Woodson*



*Jennifer
Friedman*

*Billy
Holderby*



*Kenneth
Chamberlin*

*Sherriff
Eli Rivera*

Who We Are



OUR MISSION

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

OUR DESIRED IMPACT


Mental health differences are universally accepted and understood and the communities where we work collaborate to reduce stigma, with the result that no one feels alone, ashamed or judged for their mental health struggles



- We believe in the inherent value of each individual
- We are honest and show a consistent and uncompromising adherence to ethical principals
- We believe in the ability to identify and understand other people's emotions
- We believe in journeying together
- We believe that we are each accountable for our actions

ANNOUNCEMENTS

Last Month's Trip

 VERMONT INSTITUTE
OF NATURAL SCIENCE



This Month's Trip

YANKEE &
CANDLE®

Magic Wings 

Greenfield, MA

Sign up is required!

Dates to Remember



Veteran's Day (Center Closed) - Monday, November 11, 2024

Trip to Magic Wings & Yankee Candle - Tuesday, 11/19 - 10am to 5pm

Community Meeting - Tuesday, 11/12 & 11/26 - 12PM at MPS

MPS Board Meeting - Thursday, 11/21 - 5:30 PM at MPS

Thanksgiving Celebration - Friday, 11/22 PM @ 12pm to 2pm

Thanksgiving Center Closures - Thursday, 11/28 & Friday 11/29

Giving Tuesday - Tuesday - 12/3

On October 12th MPS had a booth at Keene Pumpkin Fest. About 10,000-12,000 people were reported to have attended the festival over the course of the day, according to Mike Giacomo of Let It Shine. Thank you to our staff Board and volunteers who participated in helping us make this a successful fundraiser for MPS, bringing in over \$900 in donations!



In October we were blessed to add to our team! Please help us in welcoming the following individuals:



Shelley Woodson – Residential Director
Cassie Gero – Residential Coordinator
Chelsea Munroe – Floor Staff & Programming
Melissa Callender – Director of Mission Impact



Really Good, Actually

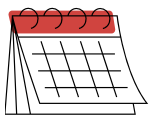
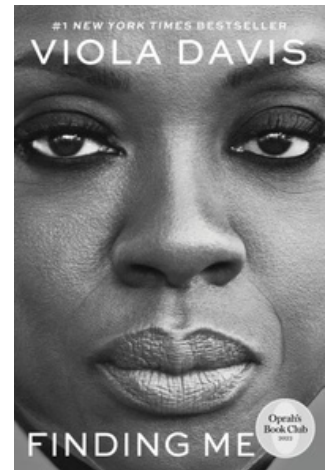
By Monica Heisey

Maggie is fine. She's doing really good, actually. Sure, she's broke, her graduate thesis on something obscure is going nowhere, and her marriage only lasted 608 days, but at the ripe old age of twenty-nine, Maggie is determined to embrace her new life as a Surprisingly Young Divorcée™. Laugh-out-loud funny and filled with sharp observations, Really Good, Actually is a tender and bittersweet comedy that lays bare the uncertainties of modern love, friendship, and our search for that thing we like to call "happiness". This is a remarkable debut from an unforgettable new voice in fiction.

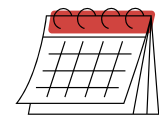
Finding Me

By Viola Davis

This is my story, from a crumbling apartment in Central Falls, Rhode Island, to the stage in New York City, and beyond. This is the path I took to finding my purpose but also my voice in a world that didn't always see me. As I wrote Finding Me, my eyes were open to the truth of how our stories are often not given close examination. We are forced to reinvent them to fit into a crazy, competitive, judgmental world. So I wrote this for anyone running through life untethered, desperate and clawing their way through murky memories, trying to get to some form of self-love. For anyone who needs reminding that a life worth living can only be born from radical honesty and the courage to shed facades and be . . . you. Finding Me is a deep reflection, a promise, and a love letter of sorts to self. My hope is that my story will inspire you to light up your own life with creative expression and rediscover who you were before the world put a label on you.



SAVE THE DATE



Together we give.

Dec 3, 2024

**GIVING
TUESDAY**



Slow Cooker Loaded Potato Soup



Ingredients

4 pounds new potatoes, peeled and cut into 1/4-inch-thick slices
1 small onion, chopped
2 (14-oz.) cans chicken broth
2 teaspoons salt & 1/2 teaspoon pepper
1 pint half-and-half

Directions

Layer sliced potatoes in a lightly greased 6-quart slow cooker; top with chopped onion. Stir together chicken broth, salt, and pepper; pour over potatoes and onion. (Broth will not completely cover potatoes and onion.) Cover and cook on HIGH 3 to 5 hours or until potatoes are tender. Mash mixture with a potato masher; stir in half-and-half. Cover and cook on HIGH 20 more minutes or until mixture is thoroughly heated. If desired, use an immersion blender to smooth out any lumps. Ladle into bowls, and serve with desired toppings.

Suggested toppings: Bacon, scallions, cheddar cheese, sour cream



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 Shelley Woodson via email: shelley@monadnockpsa.org

October

MEMORIES



Annual Meeting!



Trip to VINS!



Healthy Cooking!



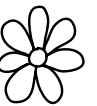
Karen as a bat!



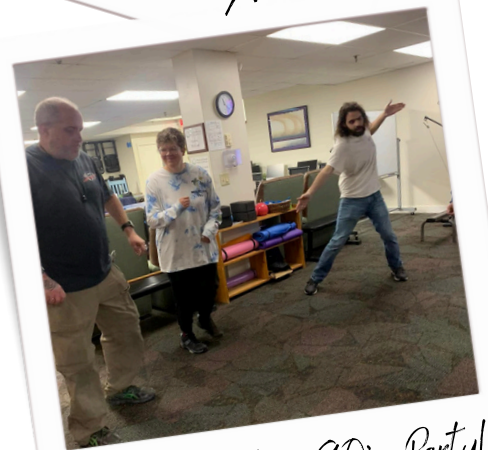
Outreach Tabling!



Pumpkinfest Prep!



Coffee and Chat!



Fit & Active 90's Party!

Thank you to everyone who
attended our Annual Meeting!

What did we accomplish in FY24?



We launched two new support groups:

 **Veteran's Group**
 **Autism Group**

All our staff was trained in
CPR, AED and First Aid



In June, we held a Board
Training Workshop



We hosted our 2nd annual
Floating Lanterns Festival



- \$11,714.47 Raised
- 500 people attended
- 200 lanterns launched

We launched a fundraiser at
Keene Pumpkin Festival
raising \$942!



We drafted and launched a
new Employee Handbook



Thank you to
Samantha and
Armando!



We drafted and
launched a FY25
Strategic Plan

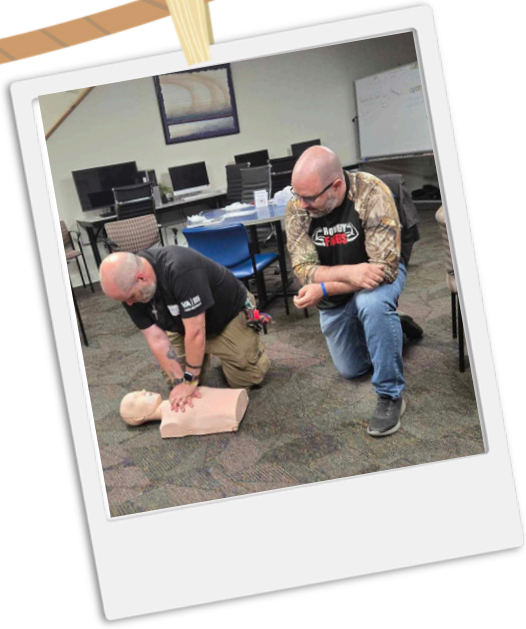
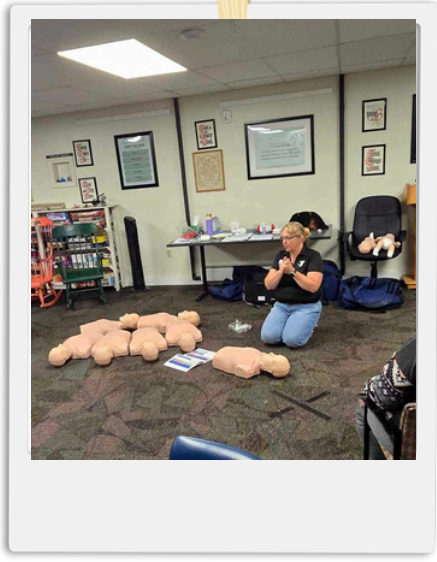
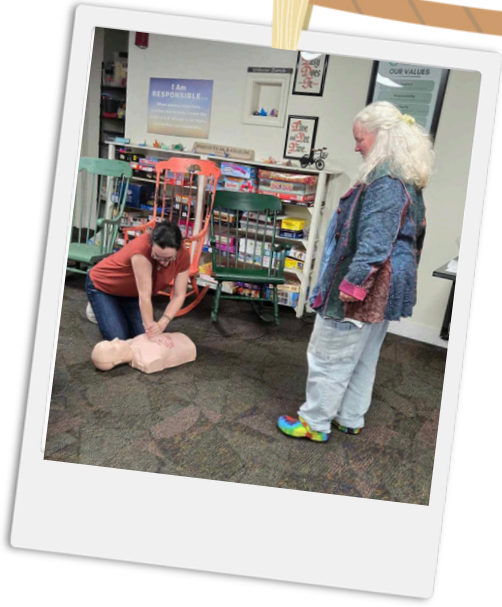
All our staff was
WRAP trained in
March




We are looking forward to 2025!

Here is a glimpse at our annual report! If you're interested in viewing the full report, please check out our website where you can download the full PDF!

Thank you to Kelly Fleuette of the Keene Family YMCA for training our staff in CPR, AED and First Aid!



 **Monadnock**
PEER SUPPORT
24 Vernon Street
Keene, NH 03431
603-352-5093

Place
Postage
Here

