



Monadnock  
PEER SUPPORT

# THE PULSE

## Thank you to December'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.

<i>Diane Croteau</i>		<i>Auctavia Skye</i>		<i>Amanda Maguire</i>	<i>Keith Bubar</i>		<i>Anya Hearing</i>	
<i>Melissa Callender</i>	<i>Stacy Wilbur</i>		Scan to donate online:		<i>Diane Weisen</i>	<i>Tara Abbott</i>	<i>Michelle Wilkinson &amp; Michael Banks</i>	
<i>Chad Lawlor</i>	<i>Felicia Chase</i>		<i>Francis Silvestri</i>		<i>Tina Holland</i>	<i>Theresa Noel</i>	<i>Tracy Waterman</i>	

## Thank you to everyone who joined us for our holiday celebration and to those who donated to our Holiday Wish List!!



On December 2, 2024, we were thrilled to welcome our new Executive Director, Steve Tavella.

“As chair of the Monadnock Peer Support Board of Directors, the naming of Steve Tavella as the new Executive Director of MPS brings to closure the long-awaited fulfillment of the Executive Director position,” Eli Rivera, Board Chair for Monadnock Peer Support, stated. “Steve brings to MPS a history of leadership and experience that will help advance our mission. I look onward to working with Steve as we continue our support of the individuals within our community in need of intentional peer support services.”



“As chair of the Monadnock Peer Support Board of Directors, the naming of Steve Tavella as the new Executive Director of MPS brings to closure the long-awaited fulfillment of the Executive Director position,” Eli Rivera, Board Chair for Monadnock Peer Support, stated. “Steve brings to MPS a history of leadership and experience that will help advance our mission. I look onward to working with Steve as we continue our support of the individuals within our community in need of intentional peer support services.”

Stephen comes with years of experience and competency in the domestic and international nonprofit sectors, including administration, budgeting, and fiscal management; leadership and team development; program development, monitoring and evaluation; fundraising, grant-writing, and reporting; strategic planning and community relations; policy implementation and compliance; and a trauma-informed approach to management.

“I am thrilled and honored to have the opportunity to join Monadnock Peer Support. For nearly 30 years, MPS has been promoting a trauma-informed way of relating, and inspiring all parties to learn and grow on a path to wellness. The warmth and sincerity I have experienced from staff and members alike have given me every indication that this community cares, empathizes, and brings joy and healing where it is most needed.”

We look forward to seeing the positive impact he will have on our programs and the individuals we serve. As we embark on this exciting journey together, we invite you to join us in welcoming Steve to the MPS family and supporting him as he takes on this pivotal role.



# ANNOUNCEMENTS

*Save the Date!*



*Member Spotlight!*



Thank you for the new  
Painting, Felicia!

## Dates to Remember



**New Year's Day Center Closure** - Wednesday, 1/1

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

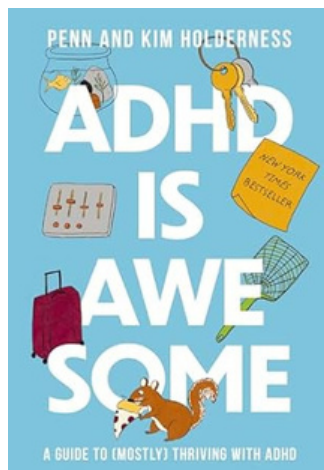
**Trip to Yankee Lanes** - Tuesday, 1/14 - 12pm to 3pm

**Martin Luther King Jr. Day Center Closure** - Monday, 1/20

**Community Meeting** - Tuesday, 1/21 - 12PM at MPS

**MPS Board Meeting** - Thursday, 1/23 - 5:30 PM at MPS

**Center Closed for Staff Training** - January 27th through January 31st



## ADHD is Awesome

By Penn and Kim Holderness

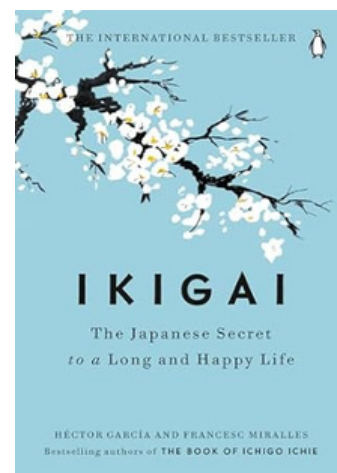
Drawing on their often-hilarious insights and the expertise of doctors, researchers, and specialists; Kim and Penn provide fun, easy-to-digest advice and explanations, including:

- What it's actually like to live with an ADHD brain.
- How to find humor in the pitfalls, sob stories, and unbelievable triumphs (like the time they won *The Amazing Race!*) that come with ADHD.
- How to tackle the challenges ADHD presents with a positive outlook.
- Targeted tools and techniques to play to your unique strengths.
- Fun extras like ADHD Bingo, an ode to cargo pants, and what the world would look like if ADHDers were in charge.

## IKIGAI The Japanese Secret to a Long and Happy Life

By Héctor García and Francesc Miralles

According to the Japanese, everyone has an *ikigai*—a reason for living. And according to the residents of the Japanese village with the world's longest-living people, finding it is the key to a happier and longer life. Having a strong sense of *ikigai*—where what you love, what you're good at, what you can get paid for, and what the world needs all overlap—means that each day is infused with meaning. It's the reason we get up in the morning. It's also the reason many Japanese never really retire (in fact there's no word in Japanese that means retire in the sense it does in English): They remain active and work at what they enjoy, because they've found a real purpose in life—the happiness of always being busy.



Don't let the winter weather get you down!  
Embrace winter-friendly hobbies!





## Meal-Prep Pesto Chicken & Veggies



### Ingredients

- 2 Tbsp Olive Oil
- 4 Boneless, Skinless Chicken Thighs
- 1lb Green Beans
- 2c Cherry Tomatoes, halved
- ½c Basil Pesto

### Directions

Heat the olive oil in a large pan over medium heat, then add the chicken thighs. Season with salt and pepper. Cook until the chicken is no longer pink in the center, then remove from the pan. Slice into strips. Add the green beans to the same pan and cook until tender-crisp. Return the chicken strips to the pan, then add the tomatoes and pesto. Stir until fully incorporated. Serve immediately or divide into 4 food storage containers and store in the refrigerator for up to 4 days. 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 Shelley Woodson via email: [shelley@monadnockpsa.org](mailto:shelley@monadnockpsa.org) or by phone by calling 603-352-5093.

# December

## MEMORIES



Trip to the Mall!



Lunchtime Chat!



Chelsea at the Co-op!



Holiday Party Elves!



Holiday Cookies!



Holiday Crafts!



Healthy Cooking!



Check-in Time!



# THAT SCRAMBLED WORD GAME!®

By David L. Hoyt and Jeff Knurek

The letters of these crazy words are all mixed up. To play the game, put them back into the right order so that they make real words you can find in your dictionary. Write the letters of each real word under each crazy word, but only one letter to a square.



TYO	○	○	□
EBFE	□	□	○
CWEH	○	□	○
ORCW	○	○	□

Get the free JUST JUMBLE app • Follow us on Twitter @PlayJumble

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Now you're ready to solve today's Jumble For Kids. Study the picture for a hint. Play around with the letters in the circles. You'll find you can put them in order so that they make your funny answer.

Print your answer here: " ○ ○ ○ ○ ○ - ○ ○ ○ ○ "

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



Thank you to all our **GIVINGTUESDAY** donors!



Your support for our mission means a lot to us!



**Monadnock**  
**PEER SUPPORT**

24 Vernon Street  
Keene, NH 03431  
603-352-5093

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: Upstairs Monday-Friday 9am to 5:00pm Downstairs Monday - Friday 9am to 6:00pm 24 Vernon Street Keene, NH 03431 603-352-5093 Joining us via  zoom? Zoom ID: 603 352 5094</p>	<p>THERE'S SNOWBODY LIKE YOU! </p>	<p>1 <b>Sorry we're CLOSED</b> Happy New Year</p>	<p>2 Check-in 9:15am to 9:45am Life Skills 10am to 11am Munchies and Movies 11am - 1pm  Journaling Group 2pm to 3pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Autism Group 6:30pm to 8pm</p>	<p>3 Check-in 9:15am to 9:45am Anxiety and Depression 10am to 11am Community Lunch 11am to 1pm Jammin in the Gym 2pm to 2:45pm Building Boundaries 11:30am - 12:30pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm</p>
<p>6 Check-in 9:15am to 9:45am Eating Disorder &amp; Body Image 10am to 11:00am Fit &amp; Active 11am to 11:45am IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Divorce Support Group 5:30pm to 6:30pm</p>	<p>7 Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Women's Group 2pm to 3pm Tea Time 3pm to 4pm Check-out 4:15pm to 4:45pm Veterans Group 5:15pm to 6:15pm Anxiety and Depression at the Keene Family YMCA* 6:30pm to 7:30pm</p>	<p>8 Check-in 9:15am to 9:45am Healthy Eating 10am 12:00pm Van Shopping Trip* 12:30pm to 2:30pm Fit &amp; Active 1pm to 1:45pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression 5pm to 6:30pm</p>	<p>9 Check-in 9:15am to 9:45am Life Skills 10am to 11am Munchies and Movies 11am - 1pm  Journaling Group 2pm to 3pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Autism Group 6:30pm to 8pm</p>	<p>10 Check-in 9:15am to 9:45am Anxiety and Depression 10am to 11am Community Lunch 11am to 1pm Building Boundaries 11:30am - 12:30pm Trip to the YMCA 1:30pm to 3:30pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm</p>
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<p>20 <b>Sorry we're CLOSED</b> CIVIL RIGHTS</p>	<p>21 Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Community Meeting 12pm to 1pm Women's Group 2pm to 3pm Tea Time 3pm to 4pm Check-out 4:15pm to 4:45pm Veterans Group 5:15pm to 6:15pm Anxiety and Depression at the Keene Family YMCA* 6:30pm to 7:30pm</p>	<p>22 Check-in 9:15am to 9:45am Healthy Eating 10am 12:00pm Fit &amp; Active 1pm to 1:45pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression 5pm to 6:30pm</p>	<p>23 Check-in 9:15am to 9:45am Life Skills 10am to 11am Munchies and Movies 11am to 1pm  Journaling Group 2pm to 3pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Monthly Board Meeting 5:30pm to 7pm Autism Group 6:30pm to 8pm</p>	<p>24 Check-in 9:15am to 9:45am Anxiety and Depression 10am to 11am Community Lunch 11am to 1pm Building Boundaries 11:30am - 12:30pm Trip to the YMCA 1:30pm to 3:30pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm</p>
<p>27 STAFF DEVELOPMENT WEEK  <b>Sorry We're CLOSED</b></p>	<p>28 <b>Sorry We're CLOSED</b> STAFF DEVELOPMENT WEEK</p>	<p>29 STAFF DEVELOPMENT WEEK  <b>Sorry We're CLOSED</b></p>	<p>30 <b>Sorry We're CLOSED</b> STAFF DEVELOPMENT WEEK</p>	<p>31 STAFF DEVELOPMENT WEEK  <b>Sorry We're CLOSED</b></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 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.