



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



Diane
Croteau



Melissa
Callender



Christine
Allen

Theresa
Noel

Jeffrey & Linda
Rubin

Karen
Richi

Dorothy
Cote

Stacy
Wilbur

Matt
Johnson

Carol
Chase

Jarrett
Patch



Alice Blue
Boutique

Stephen
Ide

John
Letendre



Leon
Amaya



Slow Cooker Asian Meatballs

Ingredients

26oz Frozen, Cooked Meatballs
21oz Teriyaki Sauce
20oz Crushed Pineapple
1Tbsp Chili Garlic Sauce
1Tbsp Sesame Oil

Directions

Combine all ingredients in the crockpot and cook on low for 4 hours, stirring occasionally. Top with sliced green onions and sesame seeds if desired



A Note From our Executive Director

May 3, 1996. The day my parents dropped my brother and I off at Springer Mountain Georgia for what was intended to be a trip of a lifetime. "Live these next few months as a journey, not a destination" my mother said to me. "Become one with nature" my dad said with excitement in his eyes.

Our Goal: Hike the Appalachian Trail. Time: However long it takes. Confidence: 100% until we hiked less than a half mile and reality set in. For the next two months I cried, pouted, felt sorry for myself and beyond. I had infected blisters on both feet which made walking excruciatingly painful. I could not stand the smell of myself or anyone else let alone the black flies and dehydrated food. I was absolutely miserable and had not yet understood the concept or magnitude of this journey.

This particular morning had a dew everywhere, our tents were wet and covered in slugs. I was annoyed about this not only because of my disdain toward slugs but the wetness of the tent makes the backpack heavier. Nonetheless, I removed each sticky, slimy slug and packed up my belongings to get a head start on my daily trek. The air was still, clouds heavy, the temperature was cool. I was in my usual cranky self... I ate my breakfast which consisted of grape nuts and powdered milk. I no longer bothered to put it in a bowl with water to make it somewhat edible. I just shoved the grape nuts in my mouth, swallowed and started walking.

My mind was racing, reinforcing everything I despised about the trail. As I was walking, head down, beating my hiking sticks into the earth as if to punish mother nature I walked into a gigantic spider web. This spider web engulfed me in its entirety. I fell to the ground and proceeded to have an adult temper tantrum. I was screaming, thrashing on the ground, throwing my hiking sticks, tearing my backpack off of me as if it was attacking me. I was trying to get the web out of my mouth, face and out of my eyes with every scream of frustration.

Just as I opened my eyes I saw the most majestic, magical, breathtaking bald eagle circling above me. At that moment, the world stopped. I no longer heard the wind flowing gently through the pines. I no longer cared that I was wet, uncomfortable and covered in a spider's web. I no longer felt pain in my body or the trail beneath me. What I did feel was this overwhelming sense of gratitude. An immediate love for life, for the trail. All of these emotions came rushing in filling my heart with love. I started crying. With tears rolling down my face I laid on the trail staring at this bald eagle for as long as I can remember and I realized that up until this moment I had not looked UP! I had only looked down to the ground or on the trees hoping for the next white blaze. I realized I had merely been going through the motions because I had to, not because I wanted to. I was focused on the destination, NOT the journey. I had not yet seen a bald eagle because I didn't allow myself to see one. I was so wrapped up in my own discomfort that I was not allowing myself to witness the beauty, the magic and the miracles that were happening all around me with each step.

I felt a feeling of connectedness. I suddenly understood everything so clearly. I realized that nature is truly the wise one and if we approach it with an open mind we can learn valuable lessons and grow into our true authentic selves. I vowed not to be a grinch one more second. To take in all that this trail has to offer me. To experience new and exciting things with open arms and an open heart. To appreciate this challenging trip. To foster an amazing relationship with my brother, my trail mate and appreciate the opportunity my parents have given me. I will come out on the other end a better person; I realized I can rely on, and depend on myself.

My mother had said to me during one of our phone calls "Christy, it's just like the Girl Scouts, you're going to gain courage, character and confidence". I dismissed it then, but after nearly 8 months hiking the Appalachian Trail and the thousands of lessons I learned, the beauty I saw, the miracles I witnessed and the perspective I gained I finally understood fully what she meant. I was reminded every day how insignificant my issues were. How authentic each step was and how each mountain peak taught valuable lessons to me. I began to look forward to the really hard climbs as I was learning how to appreciate hard work and the bonus was the spectacular views and insight into my true authentic self.

Life is sometimes really hard, it is within that pain when we are able to grow. We are faced with challenges that feel impossible. It is up to us to find our resilience, our endurance. We have choices, be miserable or accept what is and welcome the challenge. The Appalachian trail was the greatest gift and the greatest challenge my parents have ever given me. When life becomes overwhelming I often reflect on my days of hiking the trail and remind myself that anything is possible.

Embrace the switchbacks, the zig zags, the rolling hills, the impossible climb. Embrace the challenge, the pain. Dance in the rain. Allow the sun to hit your face. Stop and listen to the birds, the wind singing through the trees. Feel gratitude. Find clarity. "It's not the mountain we conquer, but ourselves."



Suicides put spotlight on how hard it can be for student-athletes to ask for help

By Elizabeth Chuck

"It's a fear about being judged. It's a fear of being seen as weak when you're supposed to be seen as a competitive athlete," one tennis player said.

As a teenager, Victoria Emma was one of the top junior tennis players in the country. Colleges were recruiting her. She got to travel the world for matches. With her tennis career going so well, no one, including Emma's parents, had any clue that she had tried to end her life — until they found suicide notes stashed away in her bedroom. "They had no idea anything was going on," Emma, now 22 and playing professionally, said. "I don't blame them. I was very good at hiding it. There's plenty of times when I'm on the court and I have to do that."

Switched into homeschool full-time in high school so she could focus on tennis, she started feeling disconnected from her friends and overwhelmed by the demands of her sport. It had taken over her identity. "When tennis wasn't going well, I didn't have a way of handling that," Emma, of Delray Beach, Florida, said. "Even when it was going well, there were people where all they talked about with me was tennis."

Since the beginning of March, three high-profile college student-athletes have died by suicide across the United States. On their fields of play, the three young women projected indestructibility: Katie Meyer as a star goalkeeper on Stanford's soccer team; Sarah Shulze as a top runner for the University of Wisconsin-Madison; and Lauren Bennett as a standout softball player for James Madison University. But off the field, all three were secretly struggling. Meyer's parents described the 22-year-old as happy and said they hadn't seen any signs that she was thinking of killing herself. Searching for answers as she spoke to NBC's "TODAY" show on March 4, her mother, Gina Meyer, pointed to everything that her daughter was juggling at once.

"There's so much pressure I think on athletes, right, especially at that high level, balancing academics and a high competitive environment. And there is anxiety and there is stress to be perfect, to be the best, to be No. 1," she said. The family of the 21-year-old Shulze said something similar in a statement on April 15: "Balancing athletics, academics and the demands of every day life overwhelmed her in a single, desperate moment." Feeling like there is too much on their plates, experts say, is not uncommon for student-athletes, who put an enormous amount of pressure on themselves to perform at the highest level, both in their sports and in their academics. It's a trait that may have motivated them in their sport, they added, but it can lead to unrealistic expectations.

"Perfectionism can come out with a particular tenacity for student-athletes," said Tommy Fritze, a sport and performance psychologist at the health and counseling center at the University of Denver, whose role is devoted to student-athletes and the athletic department. "The demands are high, and then if you're trying to meet those demands perfectly, or perform perfectly in all those areas, that can be a really problematic recipe."

Being a student-athlete does not come with an inherently higher risk of mental health problems; data from a nine-year analysis showed that the suicide rate among NCAA athletes was lower than the general population from 2004 to 2012. And playing a team sport has benefits for mental health, said Stephany Coakley, the senior associate athletic director for mental health, wellness and performance at Temple University, a certified mental performance consultant and the diversity and inclusion division head for the Association for Applied Sport Psychology.

To read more, please visit <https://www.nbcnews.com/news/us-news/suicides-put-spotlight-hard-can-student-athletes-ask-help-rcna26266>

ANNOUNCEMENTS

Welcome

We're excited to welcome Trish onto our staff full time!!

She is becoming our new Program Assistant! She will also continue her efforts in community outreach as well!

Congrats Trish!

It Takes a Village

One of our own, Jude Grophear has had an unexpected surgery and is in need of some support with medical bills. If you can help, please scan this QR Code to be taken to her Go Fund Me page.

Thank you!



Help Jude!

Important dates to remember



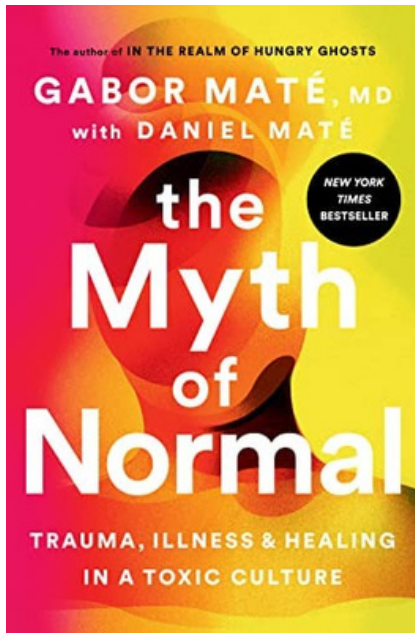
January 2, 2023 – Center is Closed

Tuesday, January 10, 2023 – Board Meeting

Friday, January 13, 2023 – Trip to the Keene YMCA

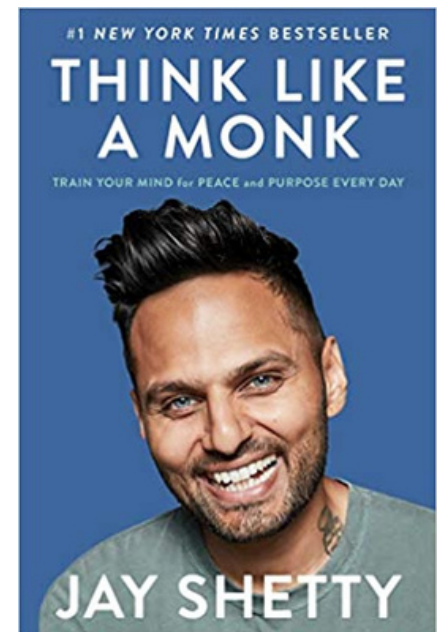
Tuesday, January 17, 2023 – Yankee Lanes Trip

Book Recommendations



In this revolutionary book, renowned physician Gabor Maté eloquently dissects how in Western countries that pride themselves on their healthcare systems, chronic illness and general ill health are on the rise. Nearly 70 percent of Americans are on at least one prescription drug; more than half take two. In Canada, every fifth person has high blood pressure. In Europe, hypertension is diagnosed in more than 30 percent of the population. And everywhere, adolescent mental illness is on the rise. So what is really “normal” when it comes to health?






In this inspiring, empowering book, Shetty draws on his time as a monk to show us how we can clear the roadblocks to our potential and power. Combining ancient wisdom and his own rich experiences in the ashram, *Think Like a Monk* reveals how to overcome negative thoughts and habits, and access the calm and purpose that lie within all of us. He transforms abstract lessons into advice and exercises we can all apply to reduce stress, improve relationships, and give the gifts we find in ourselves to the world. Shetty proves that everyone can—and should—think like a monk.



January Trips



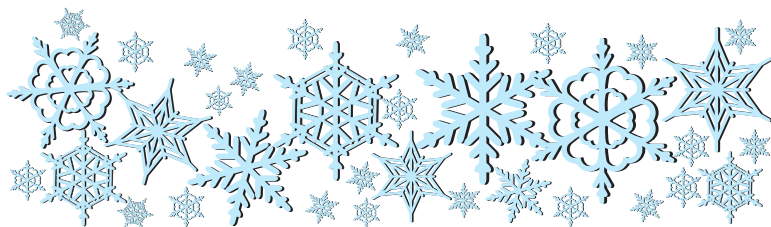
We're heading to the YMCA! You can walk the track, use the fitness center of the pool! Please see Stacy to get signed up!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
2  	3 Check-in 9:15am - 10am Co-Dependent Relationships 10am - 11am Community Lunch & Meeting 10am - 1pm Zumba 11am to 11:30am Siesta 1pm to 2:30pm Tea Time 2pm to 3pm Trip to the Humane Society* 2pm to 3pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	4 Check-in 9:15am - 10am Silver Strength 10:30am to 11am Pantry Pizazz 10:30am to 12:30pm Siesta 1pm to 2:30pm Creativity Corner 2pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm Gender Euphoria 7pm to 8:30pm AA Meeting 7pm	5 Check-in 9:15am - 10am Life Skills 10am to 11am Chair Yoga 11am to 11:30am Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Building Boundaries* 2:30pm to 4pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm	6 Check-in 9:15am - 10am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm LGBTQIA+ Support 1pm - 2pm Jammin' in the Gym 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm Eating Disorder Recovery & Body Image 5pm to 6:30pm Chronic Pain Support 7pm to 8pm	7 Check-in 1pm to 1:30pm Addiction and Recovery 1:30pm to 2:30pm Church 10am to 11am Check-in 1pm to 1:30pm AA Meeting 1pm Anxiety and Depression 1:30pm to 2:30pm
9 Check-in 9:15am - 10am Desserts and Coloring 10am to 11am Silver Strength 11am to 11:30am IPS Skills 12pm to 1pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm Grieving Support 7pm to 8pm	10 Check-in 9:15am - 10am Co-Dependent Relationships 10am - 11am Community Lunch & Meeting 10am - 1pm Zumba 11am to 11:30am Siesta 1pm to 2:30pm Tea Time 2pm to 3pm Trip to the Humane Society* 2pm to 3pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	11 Check-in 9:15am - 10am Silver Strength 10:30am to 11am Pantry Pizazz 10:30am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm Creativity Corner 2pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm Gender Euphoria 7pm to 8:30pm AA Meeting 7pm	12 Check-in 9:15am - 10am Life Skills 10am to 11am Chair Yoga 11am to 11:30am Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Building Boundaries* 2:30pm to 4pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm	13 Check-in 9:15am - 10am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm LGBTQIA+ Support 1pm - 2pm Trip to the YMCA 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm Eating Disorder Recovery & Body Image 5pm to 6:30pm	14 Check-in 1pm to 1:30pm Addiction and Recovery 1:30pm to 2:30pm Church 10am to 11am Check-in 1pm to 1:30pm AA Meeting 1pm Anxiety and Depression 1:30pm to 2:30pm
16 Check-in 9:15am - 10am Desserts and Coloring 10am to 11am Silver Strength 11am to 11:30am IPS Skills 12pm to 1pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm	17 Check-in 9:15am - 10am Co-Dependent Relationships 10am - 11am Community Lunch & Meeting 10am - 1pm Zumba 11am to 11:30am Yankee Lanes Trip* 12pm - 2pm Siesta 1pm to 2:30pm Tea Time 2pm to 3pm Trip to the Humane Society* 2pm to 3pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	18 Check-in 9:15am - 10am Pantry Pizazz 10:30am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm Creativity Corner 2pm to 3pm Silver Strength 2pm to 3:30pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm Gender Euphoria 7pm to 8:30pm AA Meeting 7pm	19 Check-in 9:15am - 10am Life Skills 10am to 11am Chair Yoga 11am to 11:30am Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Building Boundaries* 2:30pm to 4pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm	20 Check-in 9:15am - 10am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm LGBTQIA+ Support 1pm - 2pm Jammin' in the Gym 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm Eating Disorder Recovery & Body Image 5pm to 6:30pm Chronic Pain Support 7pm to 8pm	21 Check-in 1pm to 1:30pm Addiction and Recovery 1:30pm to 2:30pm Church 10am to 11am Check-in 1pm to 1:30pm AA Meeting 1pm Anxiety and Depression 1:30pm to 2:30pm
23 Check-in 9:15am - 10am Desserts and Coloring 10am to 11am Silver Strength 11am to 11:30am IPS Skills 12pm to 1pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm Grieving Support 7pm to 8pm	24 Check-in 9:15am - 10am Co-Dependent Relationships 10am - 11am Community Lunch & Meeting 10am - 1pm Zumba 11am to 11:30am Siesta 1pm to 2:30pm Tea Time 2pm to 3pm Trip to the Humane Society* 2pm to 3pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	25 Check-in 9:15am - 10am Silver Strength 10:30am to 11am Pantry Pizazz 10:30am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm Creativity Corner 2pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm Gender Euphoria 7pm to 8:30pm AA Meeting 7pm	26 Check-in 9:15am - 10am Life Skills 10am to 11am Chair Yoga 11am to 11:30am Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Building Boundaries* 2:30pm to 4pm Survivors of Sexual Assault 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm	27 Check-in 9:15am - 10am Survivors of Suicide Attempts 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 1pm to 2:30pm LGBTQIA+ Support 1pm - 2pm Jammin' in the Gym 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm Eating Disorder Recovery & Body Image 5pm to 6:30pm Chronic Pain Support 7pm to 8pm	28 Check-in 1pm to 1:30pm Addiction and Recovery 1:30pm to 2:30pm Church 10am to 11am Check-in 1pm to 1:30pm AA Meeting 1pm Anxiety and Depression 1:30pm to 2:30pm
30 Check-in 9:15am - 10am Desserts and Coloring 10am to 11am Silver Strength 11am to 11:30am IPS Skills 12pm to 1pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm Grieving Support 7pm to 8pm	31 Check-in 9:15am - 10am Co-Dependent Relationships 10am - 11am Community Lunch & Meeting 10am - 1pm Zumba 11am to 11:30am Siesta 1pm to 2:30pm Tea Time 2pm to 3pm Trip to the Humane Society* 2pm to 3pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	<div>  <div> <p>Center is Open to the Public Monday through Friday 9am to 7pm Saturday & Sunday 1pm to 2:30pm</p> <p>Joining us via  zoom?</p> <p>Zoom ID: 603 352 5094</p> </div>  </div>			

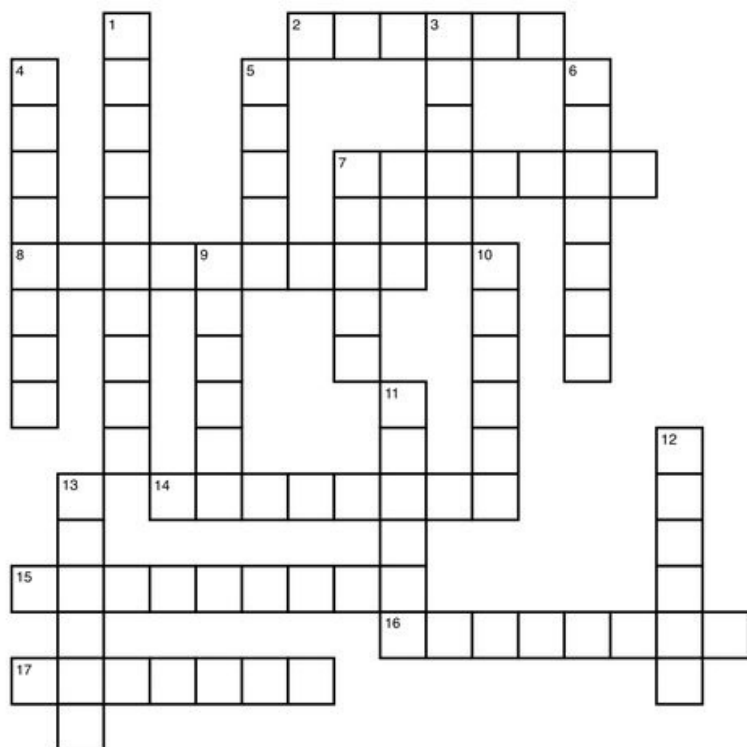
*Sign-up is required

Updated 12.20.22 MC

Subject to change without notice



WINTER CROSSWORD



ACROSS

- 2) Frozen spike
- 7) Winter sculpture
- 8) Present day?
- 14) Winter coasting
- 15) Hearth
- 16) Rudolph and teammates
- 17) Winter ____ Games

DOWN

- 1) White Rabbit's milieu
- 3) Hot chocolate
- 4) Winter outerwear
- 5) Icy coating
- 6) Rink dancing
- 7) Neck wrap
- 9) Snow remover
- 10) Aspen activity
- 11) Small shake
- 12) Stanley Cup sport
- 13) Uncomfortably cool

YNAROC



DISNM



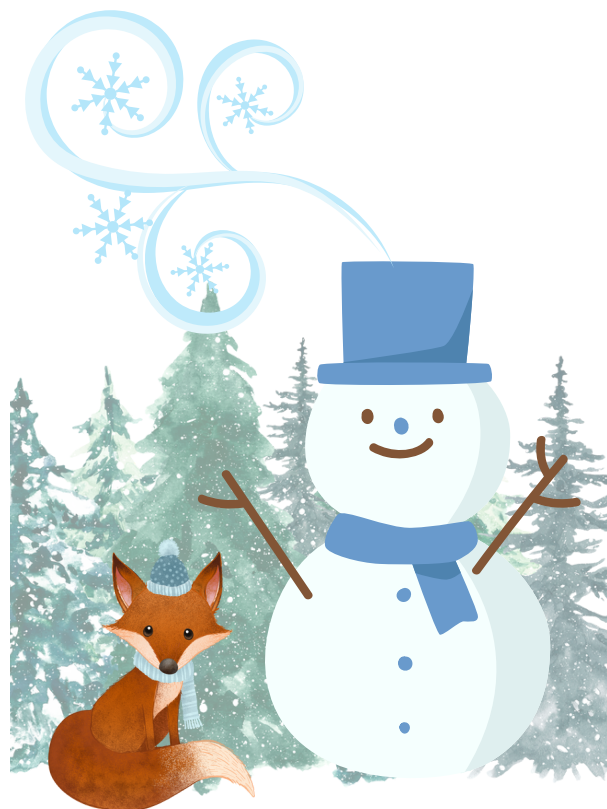
NYNIT



ARHCEB



Print
answer
here





A special shout out to our Facilities Manager, Matt, on celebrating one year of sobriety this month! You are amazing!



January Birthday Spotlight

Becky Hebert - 1
Larry Casey - 1
Richard Vashaw - 1
Ryan Goff - 1
Auctavia Skye - 7
Veronica Moffitt - 8



Coen Wray - 17
Eric Ellis - 17
Meghan Rouleau - 18
Travis Elliott - 18
Doreen Silva - 21
Heather McCarron - 22



Donna Eyles - 10
Jennifer Poole - 11
Misty Kickery - 11
Theresa Noel - 11
Michelle Curtis - 14
Ellen Woodward - 15
Zahary Lopez - 16



Arianna Wells - 23
Jeremy Messenger - 23
Tyler Harvey - 25
Dante Diffendale - 28
Nina Dretzin - 28
Sara Lavoie - 28
Matthew Platnick - 30

December

MEMORIES



Tea time!



Stringing Popcorn!



Women's Group on the road!



Board Training!



Hi Felicia & Karen!



Pantry Pizzazz!



Community Lunch!



Bright Nights Trip!



Board and Employee Holiday Party!



Yankee Lanes Trip!

December



Matt & Christine!



Sam & Sassy!



Community Partners!



Melissa & Matt!



Matching Shirts!



Stacy the Happy Elf!



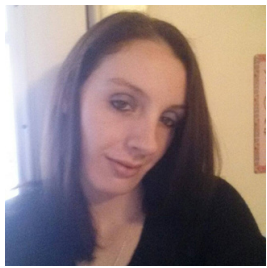
Party Time!



Yankee Swap!




Happy Holidays!



If you are able to help Theresa's family with funeral expenses, please scan this QR Code to be taken to the Go Fund Me page:



For Theresa



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



"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."