



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! 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



Lauranne Wingard



Mary Goodell

BERGERON
Construction Company, Inc.

Penny & Rich Rogers

CHAOS
& Kindness

Pizza Bake

Ingredients

- 2 1/2c Pancake and Biscuit Mix
- 1c water
- 1 (14-ounce) Jar Pizza Sauce
- 1 (6-ounce) Package Sliced Pepperoni
- 2c (8 ounces) Shredded Mozzarella Cheese

Directions

Preheat oven to 375. Coat a 9- x 13-inch baking dish with cooking spray. In a medium bowl, stir biscuit mix and water until soft dough forms. Drop half of dough by spoonfuls evenly into bottom of baking dish. (Dough will not completely cover bottom of dish.) Spoon 1 cup pizza sauce over dough. Arrange 1/2 the pepperoni slices evenly over sauce. Top with 1 cup cheese. Repeat layers with remaining dough, pizza sauce, pepperoni, mushrooms, and cheese. Bake 20 to 25 minutes, or until golden brown. Cut into squares and serve.





Jonah Hill says he won't promote upcoming projects to 'protect' mental health

By Danielle Long, GMA

Jonah Hill may have directed and starred in the upcoming documentary "Stutz," but that doesn't mean you'll see him promoting it.

"Stutz" explores mental health alongside Hill and his therapist -- and Hill's mental health was behind his decision to forgo promotional media appearances. "Through this journey of self-discovery within the film, I have come to the understanding that I have spent nearly 20 years experiencing anxiety attacks, which are exacerbated by media appearances and public facing events," he shared in an open letter exclusively with Deadline.

The actor, 38, went on to say that he is "so grateful" the film is premiering this fall and he "can't wait to share it with audiences around the world in the hope that it will help those struggling."

Further explaining his choice to not do press, Hill added that he's taking this step to "protect myself."

"If I made myself sicker by going out there and promoting it, I wouldn't be acting true to myself or to the film," he said. "I usually cringe at letters or statements like this but I understand that I am of the privileged few who can afford to take time off. I won't lose my job while working on my anxiety."

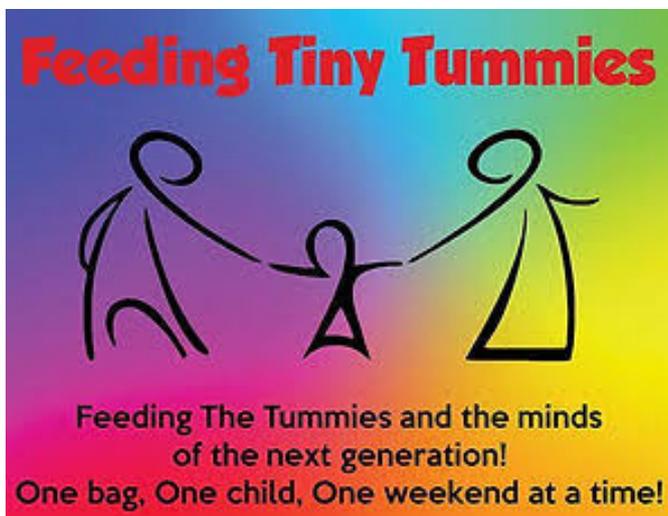
"With this letter and with 'Stutz,' I'm hoping to make it more normal for people to talk and act on this stuff," the "Superbad" star continued. "So they can take steps towards feeling better and so that the people in their lives might understand their issues more clearly."

He concluded, "I hope the work will speak for itself and I'm grateful to my collaborators, my business partners and to all reading this for your understanding and support."



Thank you to everyone who came out last month, to our annual meeting and BBQ! We had a great time with you!!

We wish a BIG welcome to Stacy Wilbur, our new Program Director! Stacy joined us last month and has jumped in with both feet! This month she is incorporating more movement on our event calendar daily and we are here for it! She also has so great ideas brewing for future groups and events as well as implementing a monthly participation raffle! If you haven't met Stacy yet, please don't be shy!



New to MPS is a satellite pantry for Feeding Tiny Tummies! This pantry can be found in the cupboards in the downstairs kitchen! They have also been providing us with dairy and bread! A big thank you from us to you!

ANNOUNCEMENTS

WELCOME

In August we welcomed back Dante to our respite staff and group facilitation. Welcome back Dante!

We are HIRING

We're currently seeking an Administrative Assistant, a Grant Writer and a few overnight Respite Coordinators!

Important dates to remember

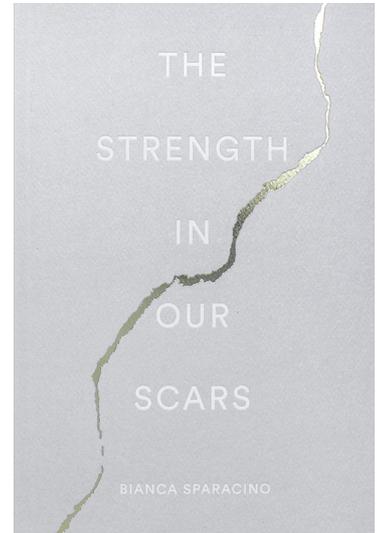


- Monday, September 1, 2022 - Trip to Shelburne Falls
- Friday, September 2, 2022 - Wood Flower Arrangements
- Monday, September 5, 2022 - Closed for Labor Day
- Monday, September 12, 2022 - Closing at Noon (Staff Training)
- Tuesday, September 13, 2022 - Community Meeting
- Tuesday, September 13, 2022 - Board Meeting
- Tuesday, September 20, 2022 - Twinkle Town Trip
- Tuesday, September 20, 2022 - NHMHPA Meeting
- Sunday, September 25, 2022 - Free Haircuts (at Keene Barber)

Book Recommendations



Through poetry, prose, and compassionate encouragement you would expect from someone who knows exactly what you're working through, Sparacino is here with the words you need. *The Strength In Our Scars?* tackles the gut-wrenching but relatable experiences of moving on, self-love, and ultimately learning to heal. In this book you will find peace, you will find a rock, you will find understanding, and you will find hope.



Why Has Nobody Told Me This Before?



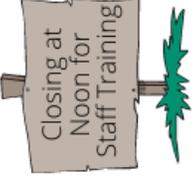
DR. JULIE SMITH

Filled with secrets from a therapist's toolkit, *Why Has Nobody Told Me This Before* teaches you how to fortify and maintain your mental health, even in the most trying of times. Dr Julie Smith's expert advice and powerful coping techniques will help you stay resilient, whether you want to manage anxiety, deal with criticism, cope with depression, build self-confidence, find motivation, or learn to forgive yourself. *Why Has Nobody Told Me This Before* tackles everyday issues and offers practical solutions in bite-sized, easy-to-digest entries which make it easy to quickly find specific information and guidance.



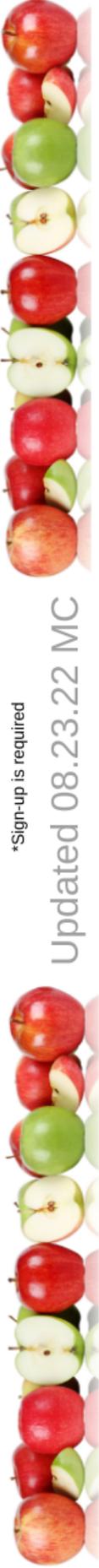
September Trips

Join us on Thursday, September 1, 2022 for a trip to Shelburne Falls! We will walk over the Bridge of Flowers, check out the Glacier Potholes and explore the shops in town! Please be sure to get your name on the sign up sheet which is in Stacy and Melissa's office. Priority will be given to members who participate at MPS regularly. No lunch will be provided, so please bring a bag lunch or money to purchase lunch. Please have spending money if you would like to buy anything in the shops, as MPS will not be purchasing any of these items.

 <p>19 Check-in 9:15am - 10am Karaoke 10am - 11am Movie and Munchies 11am to 1pm Life Goals 12pm to 1pm Silver Strength 1pm to 1:30pm Feelings of Anger 1:30pm to 2:30pm Eating Disorder Recovery and Body Image 2:30pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm</p>	<p>20 Check-in 9:15am - 10am NHMPA Zoom 10am - 12pm Co-Dependent Relationships 10am - 11am Community Lunch 11am - 1pm Twinkle Town Trip* 12pm - 2pm Zumba 1pm to 1:30pm IPS Skills 1:30pm to 2:30pm Women's Group 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>21 Check-in 9:15am - 10am Walking Group 10am to 10:30am Pantry Pizazz 10:30am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Silver Strength 1pm to 1:30pm Creativity Corner 1pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm</p>	<p>Women's Group 3pm - 4pm Community Meeting 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>22 Check-in 9:15am - 10am Life Skills 10am to 11am TED Talks 11am - 12pm Chair Yoga 1:30pm to 2pm Desserts and Coloring 1:30pm to 2:30pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm</p>	<p>23 Check-in 9:15am - 10am Jammin' in the Gym 10:30am to 12pm Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm LGBTQIA+ Support 1pm - 2pm Tai-Chi 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm AA Meeting 7pm</p>	<p>Creativity Corner 1pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm</p>	<p>24 Check-in 9:15am - 10am Life Skills 10am to 11am TED Talks 11am - 12pm Chair Yoga 1:30pm to 2pm Desserts and Coloring 1:30pm to 2:30pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm</p>	<p>25 Check-in 9:15am - 10am Life Skills 10am to 11am TED Talks 11am - 12pm Chair Yoga 1:30pm to 2pm Desserts and Coloring 1:30pm to 2:30pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm</p>	<p>Tai-Chi 2pm to 2:30pm Isolation Support 2:30pm to 4pm Check-out 4pm to 5pm Navigating Relationships 5pm to 6:30pm</p>	<p>26 Check-in 9:15am - 10am Movie and Munchies 11am to 1pm TED Talks 11am - 12pm Life Goals 12pm to 1pm Silver Strength 1pm to 1:30pm Feelings of Anger 1:30pm to 2:30pm Eating Disorder Recovery and Body Image 2:30pm to 4pm Check-out 4pm to 5pm Men's Group 5pm to 6:30pm</p>	<p>27 Check-in 9:15am - 10am Co-Dependence and Relationships 10am - 11am Community Lunch 11am - 12pm Zumba 1pm to 1:30pm IPS Skills 1:30pm to 2:30pm Women's Group Road Trip 3pm - 4pm Check-out 4pm to 5pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm</p>	<p>Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm</p>	<p>28 Check-in 9:15am - 10am Walking Group 10am to 10:30am Pantry Pizazz 10:30am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Silver Strength 1pm to 1:30pm Creativity Corner 1pm to 3pm Addiction and Recovery 2pm to 3:30pm Check-out 4pm to 5pm Bipolar/Depression* 5pm to 6:30pm</p>	<p>29 Check-in 9:15am - 10am Life Skills 10am to 11am TED Talks 11am - 12pm Chair Yoga 1:30pm to 2pm Desserts and Coloring 1:30pm to 2:30pm Trauma Survivors 2:30pm to 4pm Check-out 4pm to 5pm Domestic Violence Survivors 5pm to 6:30pm AA Meeting 7pm</p>	<p>AA Meeting 1pm @ MPS</p>	<p>24 NA Meeting Marlborough Community House 1pm 25 Church 10am to 11am AA Meeting 1pm @ MPS Free Haircuts* 1pm @ Keene Barber</p>	
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*Sign-up is required

Updated 08.23.22 MC





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

JUMBLE

THAT SCRAMBLED WORD GAME
by Buckandi

Unscramble these six Jumbles, one letter to each square, to form six ordinary words.

GEOHIWR

TAIRLUV

HIVRAEC

INSBO

CMOIR

FTFEOS



Now arrange the circled letters to form the surprise answer, as suggested by the above cartoon.

PRINT YOUR ANSWER IN THE CIRCLES BELOW

" "



Member Spotlight



Congratulations from all of us to Raequinn Baldwin who celebrated 1 month clean and sober last month on the 23rd! We're proud of you! Keep up the good work!



September Birthday Spotlight

- William Knutsen - 1
- Kylie Joslyn - 2
- Sean Wilbur - 5
- Deanna Martin - 6
- Matthew Cabana - 7
- Matthew Gosselin - 7



- Aaron Phelps - 15
- Jennifer Sarles - 15
- Rick Bilodeau - 17
- Kayleigh Caron - 18
- Kurt Anderson - 18



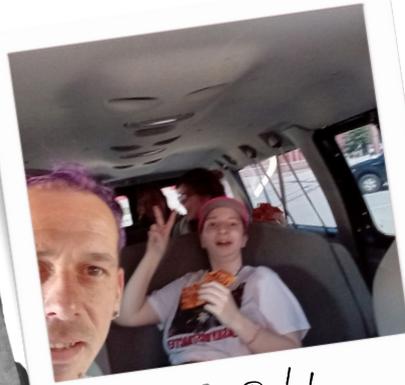
- Jessica Zane - 9
- Deb Lesmerises - 10
- Arianna Adler - 12
- Sharon Bouchard - 12
- Jeremy Tarver - 14



- Hope Perry - 20
- Joshua Elliot - 23
- David White - 25
- Kathleen Simarano - 26
- Tracy Wheeler - 28
- Lindsey Jones - 29

August

MEMORIES



Van Ride!



Karen, the airplane!



HM Facilitator Training!



Stacy and Kurt, party ready!



Cheshire Fair!



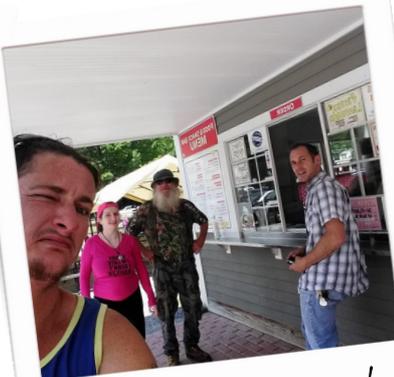
Staff Meeting!



Hi Joanna!



Working out with Stacy!



Time for ice cream!



Community Meeting!

August

MEMORIES



Community Lunch!



Arriving to the Cheshire Fair!



Paul and Daisy Mae!



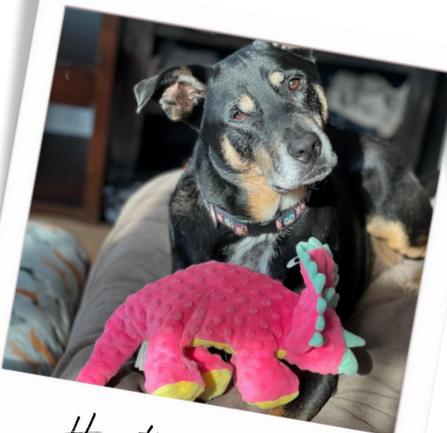
Twinkle Town!



Rebecca baked some treats!



Just hanging out!



Houston Charles!



Justin doing his brakes!



Baking and Coloring!



Our Mission Statement

We are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery. As a member-driven, peer-run organization we provide a safe environment where people can develop and maintain their own sense of wellness, whatever that means to them. As a community of peers, we do this by using education, communication, and fun activities to enhance our journey toward recovery.

 **Monadnock
PEER SUPPORT**
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