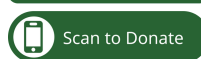




# THE PULSE

*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](mailto:Melissa@MonadnockPSA.org)



Sheriff Eli Rivera  
Stephen Ide  
Devan Blake  
Christine Allen  
Stacy Wilbur  
Jennifer Friedman  
Karen Richi  
Sibeal Sauvain  
Frank White  
Theresa Noel  
Kris August  
Hannah's Books  
Matt Johnson



## Crock-Pot Sweet and Sour Chicken

### Ingredients

- 4 boneless skinless chicken breasts cubed
- 1 cup orange marmalade
- 1/2 cup sweet chili sauce
- 1/2 cup crushed pineapple drained
- white rice for serving

### Instructions

Spray your Crock-Pot with nonstick cooking spray.

Place the cubed chicken in the bottom of the Crock-Pot. Season with salt and pepper to taste. Pour in the orange marmalade, sweet chili sauce, and crushed pineapple. Toss to combine. Cook on low for 4-5 hours or until chicken reaches an internal temperature of 165F, stirring occasionally. OPTIONAL: Once the chicken is cooked, use a soup ladle to remove 2 cups of the sauce. Place in a small sauce pan and cook over medium high heat until boiling. Reduce to a simmer and let cook until it reduces by half and has a syrupy consistency. Return caramelized sauce to slow cooker and stir to coat chicken.

Serve over white rice if desired. Enjoy!





## *A Note From our Executive Director*

### **All the Beautiful Moments**

Wow... what a month! Being a part of the journey with Monadnock Peer Support is such a wonderful gift. I have captured so many beautiful moments this past month that I would like to share with you, as these experiences are the day to day things we see at the center. These are a direct result of a supportive community that understands the meaning of mental health as we work toward being trauma informed and making conscious decisions about how we communicate with others with intention and purpose. Here are some of our stories by beautiful people creating beautiful memories.

It's our Fire Chief visiting our center on a regular basis this last month to personally check up a member of MPS who suffered extreme frostbite over the winter. This individual has received paramount support from Cheshire Medical, Keene Fire, MPS and their peers. Officer Corrigan stopping by the center at any given day just to say hi and catch up with some of our members. Having a solid relationship with our municipalities is instrumental to the success of MPS, the community and our members. It's an individual coming to my office asking me to bring them to the Serenity Center to talk with staff because they needed naran for a friend who they were concerned about and wanted to do their part in keeping this individual safe. It's the friendships I see amongst our members each and every day. It's this level of care that area agencies provide for members allowing them to feel safe enough to reach out with their concerns.

It's helping an individual work with MFS's homeless outreach coordinator Kevin MacClean and the Humane Society to ensure that proper care and supports are in place for their pets due to homelessness. We all know the value that pets offer us such as comfort, love, support and a sense of family. It's knowing that the person who needs the extra support and "push" trusts us enough to be with them during their most vulnerable and scared moments.

It's participating in the gathering of 120 community members and partners as we gather at MPS for our Grand Re-Opening to celebrate our successes and forward movement. It's hearing key players in our community asking for a position on our board of directors. It's having our state representatives, senators and other mental health agencies taking time out of their day because this place matters. It's validation that peer support is making a positive impact on the lives of those it touches.

It's having a member ask to speak to me and explain that they experienced a relapse and did not want to participate in group activities that day because they were detoxing and wanted to be respectful of our rights and responsibilities. It's the embrace that we share together and the support I was able to provide for that individual as they are going through the very difficult emotions and pain of a relapse. It is the honor I hold knowing that this person trusts me enough to be so open, so honest, authentic and vulnerable.

It's watching our board members show up on Fridays to cook Lunch on the House and hearing the laughter, the banter, the music and the connections being made in the kitchen. It's walking into our community area and seeing all the smiling faces of each and every person and knowing, in that moment, everyone is experiencing joy. They are feeling valued, appreciated and accepted as they are with no judgment.

It's listening to my fellow co-workers in the office next to me talking about their days, their families, their shared experiences. Sometimes I hear joy, and sometimes not. But I always hear support. I also hear the occasional nerf gun war and that makes me smile.

It's a member who I had a disconnect with ask to speak to me so that we can both re-connect, shake hands and apologize to one another for the negative interaction we had during our last encounter and talk about how we can support one another moving forward so that we can both appreciated, heard and respected.

These are literally just a few reasons why I love Monadnock Peer Support. These are the reasons as to why I get up in the morning and come to work; in fact, it doesn't feel like work at all actually. It feels like a family. It feels right. It feels supportive and loving and that is something I treasure and hold close to my heart. As I type this I find myself getting a bit tearing because this stuff matters. The people that attend our agency matter. This is reality. This is mental health. Sharing these stories is how we change the negative stigma of mental health and bring a shining light to anyone who has suffered, is suffering or will be suffering. We will meet you where you are at in your journey toward a brighter future. Thanks for reading and I'm looking forward to next month. For those of you who attend regularly, thank you. For those of you who haven't come in awhile, we miss you and for those of you who are thinking of visiting, we can't wait to meet you. Until then, keep on kicking ass.

With Gratitude,  
Your Executive Director,  
*Christine Allen*



## Selena Gomez's Mental Health Battle in Her Own Words

### By Sarah Hearon

Starting a dialogue. Selena Gomez has spoken candidly about her struggles with mental health over the years.

The singer first sought treatment in 2014 after she was diagnosed with lupus. She has since attended various voluntary programs to manage anxiety, panic attacks and depression. Nine months after she completed treatment in January 2018, *Us Weekly* confirmed she was seeking "opened-ended" mental health treatment.

In April 2020, the *Getaway* star revealed that she had been diagnosed with bipolar disorder. "It doesn't scare me once I know it," she told Miley Cyrus in an episode of the latter's "Bright Minded" Instagram series. "I think people get scared of that, right?" The *Rare Beauty* founder has also used her platform to raise awareness about mental health, both by hosting conversations with experts and shedding light on various issues through her projects.

From 2017 to 2020, she served as an executive producer on the Netflix series *13 Reasons Why*, which sparked many discussions about the struggles contemporary teens and young adults face.

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From 2017 to 2020, she served as an executive producer on the Netflix series *13 Reasons Why*, which sparked many discussions about the struggles contemporary teens and young adults face.

This is happening every day," Gomez said during an *Elvis Duran and the Morning Show* interview in 2017, referring to the show's serious themes. "Whether or not you wanted to see it, that's what's happening. The content is complicated. It's dark and it has moments that are honestly very hard to swallow, and I understood that we were doing something that is difficult."

During the coronavirus pandemic, which brought mental health to the forefront for people all over the world, the "Bad Liar" songstress continued to speak out about the importance of checking in with your emotions. In October 2020, she hosted an Instagram Live with **Dr. Vivek Murthy**, President **Joe Biden's** surgeon general, to discuss the feelings of loneliness she was experiencing while in lockdown.

To continue reading, please scan:



Selena Gomez



## ANNOUNCEMENTS

### Donate

We are always happy to accept donations of hygiene products, laundry detergent, cleaning products, dairy products, flour, sugar, eggs and snack foods!

### Welcome

Last month we welcomed some new team members! Willy joined us as a support staff and Shay joined us as the Residential Director. Welcome to the team!

### Important dates to remember



Friday, May 12, 2023 - Mother's Day Brunch

Friday, May 12, 2023 - Trip to the YMCA

Tuesday, May 16, 2023 - Trip to Twinkle Town

Tuesday, May 16, 2023 - Community Meeting

Thursday, May 18, 2023 - Center Closed

May 22, 2023 - May 26, 2023 - Spirit Week

Friday, May 26, 2023 - Memorial Day BBQ

Monday, May 29, 2023 - Center Closed



### Spirit Week

Monday, 5/22 - Pirate's Day

Tuesday, 5/23 - Tie Dye Day

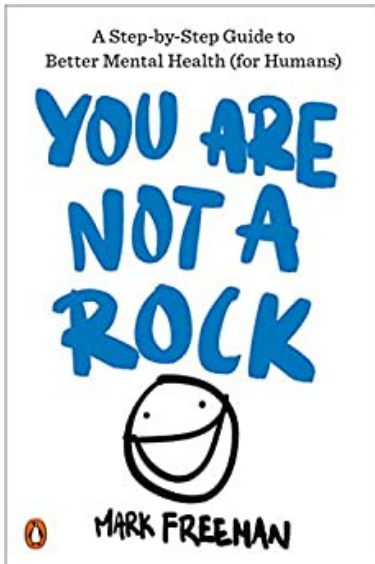
Wednesday, 5/24 - Beach Day

Thursday, 5/25 - Fancy Day

Friday, 5/26 - Character Day

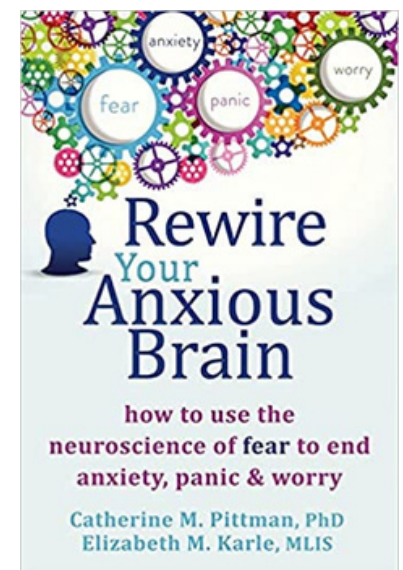
*Can't wait to celebrate with you!*

## Book Recommendations



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.

Do you ever wonder what is happening inside your brain when you feel anxious, panicked, and worried? In *Rewire Your Anxious Brain*, psychologist Catherine Pittman and author Elizabeth Karle offer a unique, evidence-based solution to overcoming anxiety based in cutting-edge neuroscience and research. In the book, you will learn how the amygdala and cortex (both important parts of the brain) are essential players in the neuropsychology of anxiety.



## May Trip



Join us on May 16th for a trip to Twinkle Town! Please sign up, at the welcome center!

Scan to  
view a list of  
all our  
community  
partners!



Save the Date



Scan for more information:



Scan for more information:



## Member Spotlight




### My Guiding Light

Forever feeling lost in despair  
Swearing all my life's pain is unfair  
Yelling and screaming, just want to fight  
Before I met you, empty without honor or might

Alone and scared, I was crying all night  
You reached out your hand, a beautiful sight  
No more I feel alone, your smile shining bright  
Shall always be my guiding light

By Leon Amaya



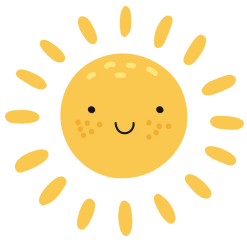
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<b>1</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 11am to 11:30am Coffee Hour 11:30am to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm	<b>2</b> Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Zumba 11am to 11:30am Siesta 11:30am to 1:00pm Community Meeting 12pm to 1pm You Have a Story Tell 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group Road Trip* 3pm-4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	<b>3</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Building Boundaries 11am - 12pm Pantry Pizazz 11am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm	<b>4</b> Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am - 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm	<b>5</b> Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Siesta 12:30pm to 2pm Jammin' in the Gym 2:30pm to 3pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm	<b>6</b> Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm
<b>8</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 11am to 11:30am Coffee Hour 11:30am to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm	<b>9</b> Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Zumba 11am to 11:30am Siesta 11:30am to 1:00pm Community Meeting 12pm to 1pm You Have a Story Tell 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm - 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	<b>10</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Building Boundaries 11am - 12pm Pantry Pizazz 11am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm	<b>11</b> Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am - 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm	<b>12</b> Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Mother's Day Celebration 10am to 12pm Siesta 12:30pm to 2pm Trip to the YMCA 1:30pm to 3:30pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm	<b>13</b> Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm
<b>15</b> Check-in 9:15am to 9:45am Siesta 10:00am to 11:30pm Silver Strength 11am to 11:30am Coffee Hour 11:30pm to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 1pm to 2:30pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm	<b>16</b> Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Zumba 11am to 11:30am Siesta 11:30am to 1:00pm Twinkle Town 12pm to 1pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm - 4pm Community Meeting 4pm to 5pm AA Meeting 7pm	<b>17</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Building Boundaries 11am - 12pm Pantry Pizazz 11am - 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm	<b>18</b>  Staff Development Day	<b>19</b> Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Lunch on the House 11am to 1pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm	<b>20</b> Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm
<b>22</b> Check-in 9:15am to 9:45am Siesta 10:00 to 11:30am Silver Strength 11am to 11:30am Coffee Hour 11:30am to 12:30pm IPS Skills 12pm to 1pm Gaming 1pm to 2:30pm Siesta 1pm to 2:30pm Library Tour 2pm to 3pm Feelings of Anger 3pm to 4pm Check-out 4:15pm to 4:45pm Men's Group 5:15pm to 6:15pm	<b>23</b> Check-in 9:15am to 9:45am Trauma Survivors 10am to 11am Zumba 11am to 11:30am Siesta 11:30am to 1pm Community Meeting 12pm to 1pm Journaling Group 1pm - 2:30pm Tea Time 2pm to 3pm Women's Group 3pm - 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	<b>24</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Building Boundaries 11am - 12pm Pantry Pizazz 11am to 12:30pm Van Shopping Trip* 12:30pm to 3:30pm Siesta 12:30pm to 2pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm	<b>25</b> Check-in 9:15am to 9:45am Life Skills 10am to 11am Siesta 10am to 11:30am Chair Yoga 11am to 11:30am Munchies and Movies 11am to 1pm Karaoke 12pm - 1pm Siesta 1pm to 2:30pm Trip to the Humane Society* 2pm to 3pm Check-out 4:15pm to 4:45pm Domestic Violence Survivors 5:15pm to 6:15pm AA Meeting 7pm	<b>26</b> Check-in 9:15am to 9:45am Anxiety and Depression 10:30am to 12pm Memorial Day BBQ 11am to 1pm Siesta 12:30pm to 2pm Trip to the YMCA 1:30pm to 3:30pm Isolation Support 3pm to 4pm Check-out 4:15pm to 4:45pm Eating Disorder Recovery & Body Image 5:15pm to 6:15pm HA Meeting 5pm to 6:30pm	<b>27</b> Church 10am to 11am AA Meeting 1pm Big Book Step Study AA Group 5pm
<b>29</b>  <b>Happy MEMORIAL DAY</b>	<b>30</b> Check-in 9:15am to 9:45am Survivors of Sexual Assault 10am to 11am Goose Pond Trip 10am to 12:pm Siesta 11:30am to 1pm Community Meeting 12pm to 1pm Journaling Group 1pm to 2:30pm Tea Time 2pm to 3pm Women's Group 3pm - 4pm Check-out 4:15pm to 4:45pm Hearing Voices Network 5pm to 6:30pm AA Meeting 7pm	<b>31</b> Check-in 9:15am to 9:45am Siesta 10am to 11:30am Silver Strength 10:30am to 11am Building Boundaries 11am to 12pm Pantry Pizazz 11am to 12:30pm Siesta 12:30pm to 2pm Van Shopping Trip* 12:30pm to 3:30pm Creativity Corner 2pm to 3pm Addiction and Recovery 3pm to 4pm Check-out 4:15pm to 4:45pm Bipolar/Depression* 5pm to 6:30pm AA Meeting 7pm	Center is Open to the Public Monday through Friday 9am to 6:30pm 24 Vernon Street Keene, NH 03431 603-352-5093  Joining us via  zoom? Zoom ID: 603 352 5094		

\*Sign-up is required

Updated 04.21.23 MC

\*Subject to change without notice\*





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

# Boggle

How many words can you make using the letters below?

E	B	S	L
T	H	A	W
G	Y	N	I
P	K	R	F



HELLO  
SPRING



O'Croi

You are a perfect human being  
Born from love and made to love  
Love is what your natural state of being is, and all  
else simply an invitation to healing that  
I love who you actually are  
Most of all, I want you to know that you are enough as you are.  
Your mind has come up with so many ideas  
About how you should be better  
You can return those beliefs to their rightful owners  
Or choose anew  
My soul, arising with a clear voice above the din  
I DESERVE LOVE  
An act of reclaiming its sovereignty  
I KNOW WHAT IS RIGHT FOR ME  
And exercising its will  
I CHOOSE FREEDOM  
This is the gift of a lifetime

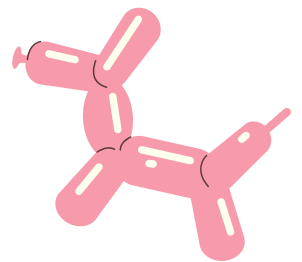
By: Sibéal Sauvain

## May Birthday Spotlight

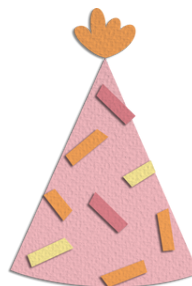
Johnathan Prentiss - 1  
Kathleen Keohane - 2  
Adam Happ - 3  
Andy Allen - 3  
Jeremy Gray - 4  
Andy Camron - 5

**Happy  
BIRTHDAY**

Anna Sullivan - 13  
Brett Bailey - 15  
Sally Brown - 18  
Amanda Becker - 19  
Robert Cilibrasi - 19  
David Peters - 20



Brandon Paquette - 5  
Samuel Elliott - 5  
Kelly Maglio - 7  
Kayla Matthews - 10  
Amber Morse - 11  
Angela Ford Callahan - 11  
Seana Shannon - 12



Zeb Wentzell-Brehme - 24  
Justin Crockett - 25  
Cheryl Ann Russell - 26  
Malachi Snide - 27  
Shawn Lee - 27  
Barbara Bedard - 30

April

MEMORIES



Scott & Willy!



Houston Charles!



Karen & Dante!



Easter Celebration!



Uncle Billy Goes for a Ride!



Community Meeting!



Community Lunch!



Frank, Stacy & Karen!



Tea Time!



Sam, Matt & Stacy!



April

MEMORIES



Mayer Hansel, at ribbon cutting!



Grand Re-Opening!



Trip to the Humane Society!



Karen at KSC!



Shay + Melissa!



Matt sprucing things up!



Ty + River!



Mr. + Mrs. Richi!

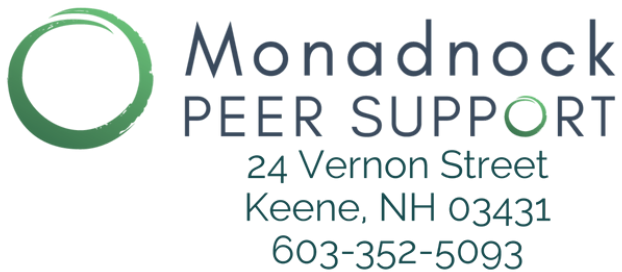


Hi Jennifer!





*Thank you to everyone who  
came to our grand re-opening  
and ribbon cutting!*



"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."

