

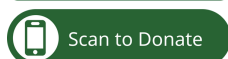


Monadnock
PEER SUPPORT

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



Chris
Minkler



Tim
Sampson



Jamie Oliver's Amazing Dressed Beets

Ingredients

600g Raw mixed color baby beets
4 Clementines
½ a Bunch of fresh tarragon
100g Crumbly goat's cheese
40g Shelled unsalted walnut halves

Directions

Reserving the beet leaves, halve the beets and cook, covered, in a pan of boiling, salted water for 15 to 20 minutes, or until tender. Meanwhile, in a medium-sized bowl, squeeze the juice of 1 clementine into a large bowl with 1 tablespoon of extra virgin olive oil and a good splash of red wine vinegar. Peel and segment the remaining 3 clementines. Drain the beets and briefly refresh in cold water until cool enough to quickly rub off the skins, then toss them all in the dressing. Season with sea salt, black pepper and the tarragon and toss with the reserved beet leaves. Divide between your plates, crumble over the goat's cheese and walnuts, and drizzle lightly with extra virgin olive oil.





Is workplace stigma around mental health struggles changing?

Employers are saying they're more open than ever to helping employees with mental-health issues.

But are workers happier speaking up?

By Megan Carnegie, BBC

In the pandemic era, mental health has been tenuous for many. Major stressors have come in quick succession, with little reprieve: a deadly virus and economic upheaval that led to job and income loss. Prolonged isolation, increased bereavement, limited access to mental healthcare and seismic socio-political events have compounded myriad pressures; across the board people have experienced heightened levels of fear and anxiety.

The effects are widespread: 51% of respondents to a seven-country survey published by the International Committee of the Red Cross in October 2020 said the pandemic had negatively impacted their mental health. Figures gathered by the US Census Bureau and published in April 2021 showed that adults with recent symptoms of an anxiety or depressive disorder increased from 36% in August 2020 to 42% in February 2021. Researchers are still collecting data on pandemic-related mental-health impacts as Covid-19 uncertainties and outcomes continue to affect our daily lives.

Many employers have recognised the gravity of the strain, and responded intentionally. Some firms have introduced more benefits centered on psychological wellbeing and broadened options within employee assistance programs (EAPs) which enable workers to access free services to address mental-health conditions and substance-abuse issues. Many companies implemented preventative measures, too, like more holiday or staff training.

For some workers, discussion of mental-health challenges have become more commonplace in the office. Among British workers, 32% feel more comfortable talking about their workplace mental health since the pandemic, compared to 14% in mid-2019, according to the social enterprise

Mental Health First Aid England. It's a similar story in the US, where the American Psychiatric Association found that 51% of workers were comfortable talking openly about mental health with their supervisor or co-workers in April 2019, which increased to 65% in September 2019.

This indicates unprecedented progress for an unprecedented time.

However, mental-health issues still remain stigmatized in almost all spheres of life. Has this increase in employer recognition, support and openness, combined with worker willingness to speak up, really moved the needle on judgements around mental-health struggles in work settings? Or are some biases too entrenched to dislodge – even after a collective global trauma?

Fear and hesitancy

In many cases, companies have responded swiftly to employee mental health issues linked to the pandemic by introducing or expanding assistance measures. In April 2020, of the American companies who already offered EAPs, some data shows 25% expanded what they covered to include services such as bereavement counselling, and 57% ramped up communication to ensure employees were aware of what they could access.

Other companies introduced different types of support: in the US in 2021, more American companies offered extra paid time off (55% increase), mental-health days (41% increase) and mental-health training for executives or staff (33% increase) compared to 2019, according to Mind Share Partners, a non-profit organization that provides mental-health training and strategy to global companies.

Although these services are more prolific, and employees are increasingly requesting them, it's unclear whether employees are actually using them frequently. Some data shows that just more than a tenth of UK workers used their EAP in 2021. It's a jump of several percentage points on the year before, yet barely touches the share of people struggling with mental-health issues.

It's possible the lack of uptake may be linked to the fear of being stigmatized at work, if employers know who is utilising these benefits, say experts. Employees worry these services are not truly confidential, says Kelly Greenwood, founder and CEO of Mind Share Partners. Research has long shown that workers have been reluctant to use available counselling services if they believed it would jeopardize future career opportunities.

To read the rest of this article, please email Melissa@MonadnockPSA.org for the link!



Monday, October 31, 2022 - 11am to 2pm



A HUGE shoutout to the Keene Fire Department for leading our staff in a CPR / AED class in September!

Thank you!!!!



You have a story to tell, a writing group, will begin on Monday, October 10th!

ANNOUNCEMENTS

WELCOME

In September, we welcomed
Sam Spielberg on as our
Administrative Assistant.

We also welcomed two new
Board Members, Paige
Putnam and Chris Minkler

We are HIRING

We're currently seeking
a Grant Writer and a
few overnight Respite
Coordinators!

Important dates to remember



Monday, October 3, 2022 - Closed for Staff Development

Tuesday, October 11, 2022 - Community Meeting

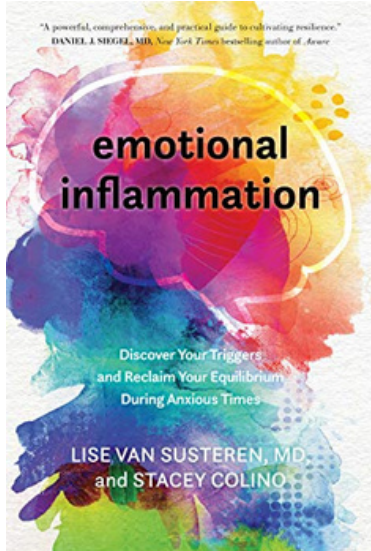
Tuesday, October 11, 2022 - Board Meeting

Monday, October 17, 2022 - Trip to Beech Hill Farm

Tuesday, October 18, 2022 - NHMHPA Meeting

Tuesday, October 18, 2022 - Twinkle Town Trip

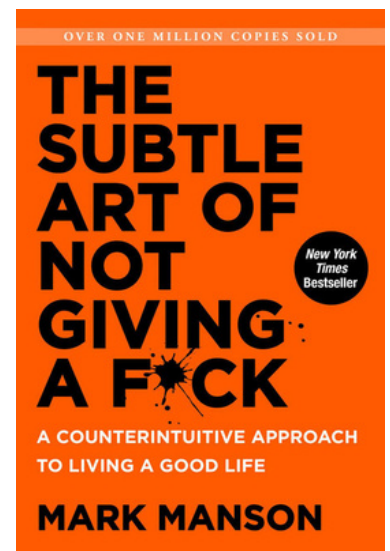
Monday, October 31, 2022 - Halloween Party



With *Emotional Inflammation*, general and forensic psychiatrist Dr. Lise Van Susteren joins writer Stacey Colino to present a breakthrough guide to help you become grounded and resilient in these turbulent times. You'll begin by determining your "reactor type" to better understand how your body and mind respond to stress overload. Then you'll learn the vital steps of the powerful RESTORE program for recovering inner balance, personal effectiveness, and joy in your life.

If fear's stopping you from reaching your full potential, add this book to your Kindle library. Written by straight-talking New York blogger, Mark Manson, it's full of tips and advice for helping you get out of your head and stop caring so much about what people think of you to help you move forward personally and professionally.

According to Mark, pain and loss are inevitabilities in life and so rather than avoid them, we should embrace them. Thought-provoking and hilarious, you're certain to come away having learned something new (including a historical anecdote or two that you can bring up at dinner parties) but more importantly, you'll start to see failure as no longer a hindrance, but rather a necessary part of growth and success.





October Trips



Join us on Monday, October 17th for a trip to Beech Hill Farm! We can explore their 8-acre corn maze, get some ice cream and see some adorable animals! There are limited spaces available for this trip, so please see Stacy to get signed up!



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	WEEKENDS
<div>3</div> <div></div> <div>SORRY WE'RE CLOSED</div> <div>Staff Development Day</div>	<div>4</div> <div>Check-in 9:15am - 10am</div> <div>Co-Dependent Relationships 10am - 11am</div> <div>Community Lunch 11am - 1pm</div> <div>Zumba 1pm to 1:30pm</div> <div>IPS Skills 1:30pm to 2:30pm</div> <div>Women's Group 3pm - 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Hearing Voices Network 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>5</div> <div>Check-in 9:15am - 10am</div> <div>Silver Strength 10am to 10:30am</div> <div>Pantry Pizazz 10:30am to 12:30pm</div> <div>Van Shopping Trip* 12:30pm to 3:30pm</div> <div>Creative Expressions 1pm to 3pm</div> <div>Trip to the Humane Society 2pm to 3pm</div> <div>Addiction and Recovery 2pm to 3:30pm</div> <div>Check-out 4pm to 5pm</div> <div>Bipolar/Depression* 5pm to 6:30pm</div>	<div>6</div> <div>Check-in 9:15am - 10am</div> <div>Life Skills 10am to 11am</div> <div>TED Talks 11am - 12pm</div> <div>Desserts and Coloring 12pm to 1pm</div> <div>Chair Yoga 1:30pm to 2pm</div> <div>Trauma Survivors 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Domestic Violence Survivors 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>7</div> <div>Check-in 9:15am - 10am</div> <div>Jammin' in the Gym 10am to 10:30am</div> <div>Anxiety and Depression 10:30am to 12pm</div> <div>Lunch on the House 11am to 1pm</div> <div>LGBTQIA+ Support 1pm - 2pm</div> <div>Tai-Chi 2pm to 2:30pm</div> <div>Isolation Support 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Navigating Relationships 5pm to 6:30pm</div>	<div>8</div> <div>NA Meeting Marlborough Community House 1pm</div> <div>Church 10am to 11am</div> <div>AA Meeting 1pm @ MPS</div>
<div>10</div> <div>Check-in 9:15am - 10am</div> <div>Karaoke 10am - 11am</div> <div>Movie and Munchies 11am to 1pm</div> <div>Life Goals 12pm to 1pm</div> <div>Silver Strength 1pm to 1:30pm</div> <div>You Have a Story to Tell 1:30pm to 3pm</div> <div>Feelings of Anger 3pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Men's Group 5pm to 6:30pm</div>	<div>11</div> <div>Check-in 9:15am - 10am</div> <div>Co-Dependent Relationships 10am - 11am</div> <div>Community Lunch 11am - 1pm</div> <div>Zumba 1pm to 1:30pm</div> <div>IPS Skills 1:30pm to 2:30pm</div> <div>Women's Group 3pm - 4pm</div> <div>Community Meeting 3pm to 5pm</div> <div>Hearing Voices Network 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>12</div> <div>Check-in 9:15am - 10am</div> <div>Silver Strength 10am to 10:30am</div> <div>Pantry Pizazz 10:30am to 12:30pm</div> <div>Van Shopping Trip* 12:30pm to 3:30pm</div> <div>Creative Expressions 1pm to 3pm</div> <div>Trip to the Humane Society 2pm to 3pm</div> <div>Addiction and Recovery 2pm to 3:30pm</div> <div>Check-out 4pm to 5pm</div> <div>Bipolar/Depression* 5pm to 6:30pm</div>	<div>13</div> <div>Check-in 9:15am - 10am</div> <div>Life Skills 10am to 11am</div> <div>TED Talks 11am - 12pm</div> <div>Desserts and Coloring 12pm to 1pm</div> <div>Chair Yoga 1:30pm to 2pm</div> <div>Trauma Survivors 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Domestic Violence Survivors 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>14</div> <div>Check-in 9:15am - 10am</div> <div>Jammin' in the Gym 10am to 10:30am</div> <div>Anxiety and Depression 10:30am to 12pm</div> <div>Lunch on the House 11am to 1pm</div> <div>LGBTQIA+ Support 1pm - 2pm</div> <div>Tai-Chi 2pm to 2:30pm</div> <div>Isolation Support 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Navigating Relationships 5pm to 6:30pm</div>	<div>15</div> <div>NA Meeting Marlborough Community House 1pm</div> <div>Church 10am to 11am</div> <div>AA Meeting 1pm @ MPS</div>
<div>17</div> <div>Check-in 9:15am - 10am</div> <div>Karaoke 10am - 11am</div> <div>Trip to Beech Hill Farm* 10am - 3pm</div> <div>Silver Strength 1pm to 1:30pm</div> <div>You Have a Story to Tell 1:30pm to 3pm</div> <div>Feelings of Anger 3pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Men's Group 5pm to 6:30pm</div>	<div>18</div> <div>Check-in 9:15am - 10am</div> <div>NHMHPA Zoom 10am - 12pm</div> <div>Co-Dependent Relationships 10am - 11am</div> <div>Community Lunch 11am - 1pm</div> <div>Twinkle Town Trip* 12pm - 2pm</div> <div>IPS Skills 1:30pm to 2:30pm</div> <div>Women's Group 3pm - 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Hearing Voices Network 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>19</div> <div>Check-in 9:15am - 10am</div> <div>Silver Strength 10am to 10:30am</div> <div>Pantry Pizazz 10:30am to 12:30pm</div> <div>Van Shopping Trip* 12:30pm to 3:30pm</div> <div>Creativity Corner 1pm to 3pm</div> <div>Trip to the Humane Society 2pm to 3pm</div> <div>Addiction and Recovery 2pm to 3:30pm</div> <div>Check-out 4pm to 5pm</div> <div>Bipolar/Depression* 5pm to 6:30pm</div>	<div>20</div> <div>Check-in 9:15am - 10am</div> <div>Life Skills 10am to 11am</div> <div>TED Talks 11am - 12pm</div> <div>Desserts an Coloring 12pm to 1pm</div> <div>Chair Yoga 1:30pm to 2pm</div> <div>Trauma Survivors 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Domestic Violence Survivors 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>21</div> <div>Check-in 9:15am - 10am</div> <div>Jammin' in the Gym 10:30am to 11am</div> <div>Anxiety and Depression 10am to 10:30am</div> <div>Lunch on the House 11am to 1pm</div> <div>LGBTQIA+ Support 1pm - 2pm</div> <div>Tai-Chi 2pm to 2:30pm</div> <div>Isolation Support 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Navigating Relationships 5pm to 6:30pm</div>	<div>22</div> <div>NA Meeting Marlborough Community House 1pm</div> <div>Church 10am to 11am</div> <div>AA Meeting 1pm @ MPS</div>
<div>24</div> <div>Check-in 9:15am - 10am</div> <div>Karaoke 10am - 11am</div> <div>Movie and Munchies 11am to 1pm</div> <div>Life Goals 12pm to 1pm</div> <div>Silver Strength 1pm to 1:30pm</div> <div>You Have a Story to Tell 1:30pm to 3pm</div> <div>Feelings of Anger 3pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Men's Group 5pm to 6:30pm</div>	<div>25</div> <div>Check-in 9:15am - 10am</div> <div>Co-Dependent Relationships 10am - 11am</div> <div>Community Lunch 11am - 1pm</div> <div>Zumba 1pm to 1:30pm</div> <div>IPS Skills 1:30pm to 2:30pm</div> <div>Women's Group 3pm - 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Hearing Voices Network 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>26</div> <div>Check-in 9:15am - 10am</div> <div>Silver Strength 10am to 10:30am</div> <div>Pantry Pizazz 10:30am to 12:30pm</div> <div>Van Shopping Trip* 12:30pm to 3:30pm</div> <div>Creativity Corner 1pm to 3pm</div> <div>Trip to the Humane Society 2pm to 3pm</div> <div>Addiction and Recovery 2pm to 3:30pm</div> <div>Check-out 4pm to 5pm</div> <div>Bipolar/Depression* 5pm to 6:30pm</div>	<div>27</div> <div>Check-in 9:15am - 10am</div> <div>Life Skills 10am to 11am</div> <div>TED Talks 11am - 12pm</div> <div>Desserts and Coloring 12pm to 1pm</div> <div>Chair Yoga 1:30pm to 2pm</div> <div>Trauma Survivors 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Domestic Violence Survivors 5pm to 6:30pm</div> <div>AA Meeting 7pm</div>	<div>28</div> <div>Check-in 9:15am - 10am</div> <div>Jammin' in the Gym 10am to 10:30am</div> <div>Anxiety and Depression 10:30am to 12pm</div> <div>Lunch on the House 11am to 1pm</div> <div>LGBTQIA+ Support 1pm - 2pm</div> <div>Tai-Chi 2pm to 2:30pm</div> <div>Isolation Support 2:30pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Navigating Relationships 5pm to 6:30pm</div>	<div>29</div> <div>NA Meeting Marlborough Community House 1pm</div> <div>Church 10am to 11am</div> <div>AA Meeting 1pm @ MPS</div>
<div>31</div> <div>Check-in 9:15am - 10am</div> <div>Karaoke 10am - 11am</div> <div>Halloween Party 11am to 2pm</div> <div>Boo</div> <div>You Have a Story to Tell 1:30pm to 3pm</div> <div>Feelings of Anger 3pm to 4pm</div> <div>Check-out 4pm to 5pm</div> <div>Men's Group 5pm to 6:30pm</div>	<div>Center is Open to the Public Monday through Friday 9am to 7pm</div> <div>Joining us via  zoom?</div> <div>Zoom ID: 603 352 5094</div>				



Spot 13 differences



Monadnock
PEER SUPPORT



Halloween Edition

word search



Z	O	X	Z	B	R	O	O	M	S	T	I	C	K	G	W	R
B	P	E	W	T	R	I	C	K	O	R	T	R	E	A	T	P
K	T	R	F	I	S	D	B	C	S	C	A	Y	X	R	Z	G
W	G	M	B	A	T	G	Q	M	T	A	L	R	Z	C	M	G
N	J	F	R	J	C	C	L	P	C	N	T	M	O	O	U	W
C	K	U	D	S	Y	D	H	X	U	D	Y	R	F	S	M	A
A	A	G	T	W	R	Y	A	V	J	Y	P	G	G	T	M	T
U	J	S	K	E	L	E	T	O	N	C	L	J	G	U	Y	D
L	M	C	C	X	S	J	C	K	O	O	G	O	O	M	X	O
D	P	L	W	A	L	E	G	F	L	R	C	T	G	E	O	C
R	M	X	F	Z	A	F	Y	G	L	N	F	O	I	C	A	T
O	O	D	W	S	N	G	O	S	P	I	D	E	R	A	M	O
N	N	S	F	K	T	Z	H	P	U	M	P	K	I	N	R	B
S	S	C	A	R	E	C	R	O	W	C	P	P	L	D	H	E
Y	T	U	Z	E	R	R	C	O	S	F	N	Q	O	Y	T	R
D	E	C	W	E	N	H	K	K	O	T	U	I	T	G	Z	O
P	R	O	N	V	J	H	A	Y	R	I	D	E	S	J	Q	B

SPOOKY	HAYRIDE	OCTOBER	TRICKORTREAT
PUMPKIN	MONSTER	WITCH	MUMMY
CANDY	LANTERN	BAT	COSTUME
SCARECROW	CAT	CANDYCORN	BROOMSTICK
GHOST	SPIDER	SKELETON	CAULDRON

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Member Spotlight



Congratulations from all of us to Kristin who will celebrate 1 year sober on October 1st!! We're proud of you! Keep up the good work!



October Birthday Spotlight

Amanda Bevil - 1
Brandon Boulard - 1
Jordan Goodwin - 1
Tammy Thompson - 1



Chrissie Dix - 14
Liz Dolcin - 15
Meredith Matuszewski - 16
Lissie Majoy - 17



Marla Steffire - 3
Melissa Phippard - 3
Deborah Pond - 7
Matthew Johnson - 12
Seth Abbott - 13



Matthew Zoulis - 20
Zaylah Cassidy - 22
Jonathan Schillemat - 23
Julie Weisburg - 24
Mike Gann - 28

September

MEMORIES



Hi Terri!



Monopoly Time!



Dave and Dave!



Zumba time!



Time at the YMCA!



Baking Time!



Putting away Donations!



Karaoke!

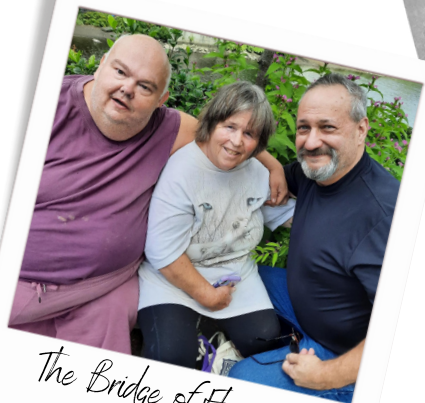


Hey Seth!



Team Development!

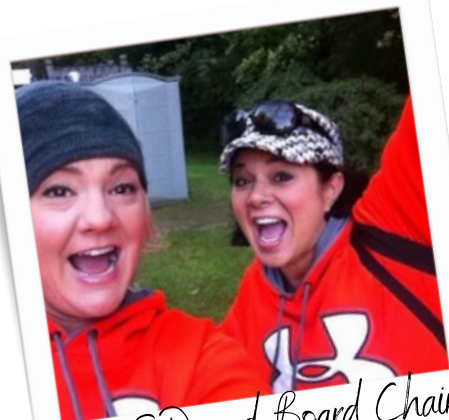
September



The Bridge of Flowers!



Pantry Pizazz!



*Our ED and Board Chair
cheering on a local team!*



Community Meeting!



Congrats Edwina!



Keene Pride Festival!



Zach, Sam + Daisy



Tea Party Time!



Pantry Pizazz!



Join Trish on Wednesdays at
2pm for a trip to the
Monadnock Humane Society!

Two members per week will
be able to go, on a rotation.

Please sign up with Trish.

