The Summer Summan Fall 2021 • Summan Services Summan In the Summan Services Summan In the Summan Services Summan In the Summan I



Getting there:
Tim's pandemic story of hope

Page 4 Lending a Hand Page 5
Trauma-Informed Care

Page 8
Dorothy Peterson's Gift



Board of Directors 2021-2022

CHAIR

Brian Donovan Keene

VICE CHAIR

Alfred John Santos Keene

TREASURER

John Round Keene

SECRETARY

Aaron Moody Keene

ASSISTANT SECRETARY

Sharman Howe Marlborough

Laurie Appel Harrisville

Reba Clough Keene

Glenn Galloway Keene

Julie Green Keene

John Hoffman Sullivan

Christine Houston Keene

Bill Nickey Burlington

Andrew Parsley Keene

Janice Peterson Spofford

Judy Rogers Keene

Joe Schapiro Keene

Honorary Lifetime Board Members

Susan Doyle
Ruth Ewing
Audrey Hadcock
Mary Doyle Hewitt
John D. Hoffman, Jr.
H. Thayer Kingsbury
Helen W. Livingston
Diana MacVeagh
Harry B. Sheldon, Jr.
Peggy Straw



Phil Wyzik Chief Executive Officer



Brian Donovan Chair of the Board of Directors

Dear Friends:

For many years, many health promotion authorities have sent out the message that one way to promote ongoing mental health is for people to get into the habit of a positive mind. Thinking about life and circumstances as a glass half full, instead of half empty, is a way to counteract the myriad of stresses, problems and pressures that confront us each day. A sense of optimism and hope come along with this positive climate of the human brain's magical and mysterious processes.

We suppose that this is true for organizations, too – a healthier one keeps a strong sense of the positive, even as it faces the many challenges and setbacks it often faces. Count Monadnock Family Services (MFS) in that group.

As we tackled another year of the COVID-19 pandemic with its rollercoaster waves of resurgence and recessions, the burdens on our staff and clients were easy to see. The past year has had many a dark day and we know there are many more to face.

Still, the incredible people behind MFS – our dedicated staff, engaged volunteers, and generous community members – made many bright spots shine. For example, we delivered care to our clients both with many more in-person services than last year, while still offering telehealth services to many who need that vehicle. We offered many more groups than previous years which we hoped would be a way to bring services to people faster. We worked to make sure as many of our clients and staff could get the benefits of the nation's vaccination programs and can report that 94% of our employees received the vaccine, the highest level among all ten mental health centers in New Hampshire. Even with the pandemic, many new and talented employees joined our ranks.

Maybe it's best to think of life as both a glass half full and half empty at the same time, for both can be true. In balance, that view is realistic, positive, and sobering. To us, might be the best outlook of all.

Thank you for giving MFS so much this past year. With the growing needs in our community, your support is more precious than ever.

Sincerely,

Phily F Wyzil

Cover: MFS client Tim and his therapist Nan Roberto, MSW

Ruin Down



COVER STORY

Tim: A Pandemic Loss Becomes a Gain

When the lockdown began, like so many people, Tim was isolated – and that could have devastating consequences for his mental health. He could no longer work at the two locations he was used to going to every week. His counseling sessions with Monadnock Family Services were no longer in-person. He shared, "At that moment, it (the lockdown) felt like a loss to me, but when I look back, it was a blessing."

Because of all the hard work with his MFS therapist Nan Roberto, MSW Tim had already begun the process of reconnecting with his family. For fifteen long years, his paranoia had prevented Tim from seeing his mom and siblings as the loving family they were. But because of his determination as well as the expertise and caring hearts of his MFS team, Tim was able to live with his mom during the lockdown.

Tim shared, "Living with my mom for four and a half months was the first time I had lived with someone outside of the hospital or group home as an adult. It was with the help of my therapist that I was able to live with my mom."

"During this time, I learned things about myself that I never knew before. During those months, I grew in ways that I never imagined."

Tim's mom added, "It was a truly transformative and healing time for him as well as for me. We connected on many levels I was deeply touched with how Tim's MFS team supported him even without in-person visits. Tim could rely on daily calls from his therapist and others, just checking on him."

Tim stated, "It felt like before the pandemic, there was a stay-at-home order put on me. I only left my apartment for essential reasons such as for MFS appointments and work." That is the effect mental illness can have on someone's life. He went on to say, "At my mother's... I started to go for walks, go for errands, and practice driving with my mom. I was slowly overcoming my social anxiety."

While Tim has much to be proud of, he is probably most excited about having his own car for the first time. He shared, "The biggest thing that gives me confidence along with freedom and independence is I have a car. Without the help of my family and my MFS therapist, I would not have one."

For people like Tim, it takes a great deal of courage to tell their stories. Those of us who are a part of Tim's journey are deeply grateful for his decision to share this with our MFS supporters.

Lending a Hand

It has been a full year of change. As we adapted practices and services to continue reaching clients, we have been amazed by the resiliency and generosity of Monadnock Family Services (MFS) staff, clients, volunteers, and donors. Over the last year, we have witnessed countless ways our departments have worked together to problem-solve and go the extra mile

to fulfill the most urgent needs of MFS clients.

ZOOM has proven to be a welcome and more accessible way to access services for many, as Adult Case Manager Chris Peterson noted, "I have found that I get more participation when doing telehealth or ZOOM sessions than I do in person." Still, though, there remains a population of clients that are better suited to seeking services in-person and in those cases, we thought creatively to maintain the highest quality of services while also considering the health and safety of staff and clients. Knowing

that being outdoors was likely to provide the safest in-person environment, some staff kept beach chairs in the trunk of their cars to be prepared should a client need to meet with them in person.

Just as this time of crisis called for adaptation in services, our staff recognized that some of our clients were facing other stressors that also impacted their physical and mental health. MFS staff stepped up and started grocery shopping for clients who were unable to leave their homes. With the Keene Community Kitchen unable to allow people in their building, we recognized that helping to deliver food to families facing

food insecurity was necessary to help alleviate new barriers impacting the mental health of MFS clients. The Monadnock RSVP program answered our call to action and helped carry a load of food deliveries to local families. Reflecting on the volunteerism of Monadnock RSVP, Jessica Howard, Community Supports Director added, "Working with RSVP volunteers has been instrumental in keeping our clients fed



▲ ERO staff celebrating Juneteenth with a morning of education and reflection

This effort couldn't have been successful without the outpouring of support from our faithful donors. The generosity was impressive, with a record amount donated. The bighearted actions of our community helped our most vulnerable make it through.

during the pandemic. In the snow, rain, and heat these folks still showed up every week with smiles and were willing to help...we are forever grateful for the generous donation of their time."

Unprecedented has been the word of the year, but that word is equally matched by generosity, innovation, and thoughtfulness. Our year has been defined by the way that employees have reached

across departments and gone beyond their usual scope of services to feed, clothe, and care for children, adults, and families. This effort couldn't have been successful without the outpouring of support from our faithful donors. The generosity was impressive, with a record amount donated. The big-hearted actions of our community helped our most vulnerable make it through.

Trauma-Informed Training



Our clinical and support staff that work with children and families participated in a two-day internal training on Trauma-Informed Care. During the training staff members learned and worked together to understand the shared framework of trauma-informed, holistic care in order to create the best possible experience for the children and families we serve. Some of the topics explored in the training included racial trauma and body response, body-based regulation,

and the stress response system, and the long-term effects created by the pandemic.

▲ Annelies Spykman, Associate Director of Children's Services, facilitating our trauma-informed training

Camp Mental Health Training

MFS offered mental health training to local summer camps. We are always happy to partner with other groups and busi-nesses in our area to help aid in the promotion of mental wellness, and with many children unable to attend summer camps and social gatherings last year, we knew the need for extra support would increase. Our staff had a great time meeting with local camp counselors and discussing ways they can help to support the mental health of children in their programs.



Spotlight

Moments

▲ Training camp counselors at Stonewall Farm



■ Summer therapeutic activity group at a local park in Keene

Summer Children's Activities

The Children's team had a blast this summer moving our services outside and into the warm weather. A therapeutic activity group met weekly to work on their treatment goals in a social setting while participating in fun, creative and engaging activities like arts and crafts and outdoor games. The focus is to develop social skills such as communication,

cooperation and emotion regulation. In our Eastern Region Office, clients were able to plant vegetables in the local community garden. With their education being disrupted by the pandemic, building these social skills was more important than ever!

Art Walk

MFS was proud to display the art of two MFS clients, one of our Board Members, and a staff member in our first floor window at our 64 Main St location. We are grateful to be able to participate in this cherished community event and showcase the fantastic work by MFS' very own.



Filling the Gap



You make the difference. Over the last year, as the need for services grew, our donors stepped up to fill the gap, ensuring that children, adults, and families access the services they needed. Whether it is the donation of warm clothing to help ensure that a young client has what they need for the cold winter months, a donation to our operating fund to ensure that MFS can maintain the quality environment necessary for any healthcare setting, or donated time and expertise from our volunteer board and committees, each contribution helped us bring emotional and mental wellness to our community.

"It is so rewarding to see the new growth in more areas of someone's life when you know what they've been through. Some of these clients I've known for nine or ten years and in many ways I have grown alongside them with the more experience and education I have received. I hope I can keep showing that growth to my clients. The path and progress sometimes feel parallel. It is nice to be able to point out to a client how much they have grown in a moment where they might be struggling."

-Steven Dille, Emerald House

In October 2020 100+ Women Who **Care Monadnock** proved how individuals can come together to make a collective impact. Because of their generosity, our Monadnock Adult Care Center secured the remaining funding necessary to purchase new vans for transporting clients. Program Director, Chris Selmer highlighted the impact of this donation when she said, "We bring services to a very marginalized population in a region that has no public transportation and where there aren't a lot of communitybased programs for adults who have medical, emotional, social, or developmental challenges,"



▲ Monique Fafard in front of one of the new MACC buses

With 96% of clients at the MACC using our buses to access the center, the individual donations of each member of 100+ Women Who Care Monadnock created a large, unifying effect that maintained the accessibility of our program.



▲ MFS' Phil Wyzik and Kathy Waters receiving a generous donation from Bill Fenton, Donovan Fenton, Jackie Fenton, and Bob Swartz at Subaru of Keene

This year, MFS has also been touched by the generosity of businesses in our community. In the spring, MFS was the recipient of the Subaru Share the Love event at **Subaru** of Keene. MFS received a donation of \$20,000 that will go towards a new public health initiative called the Monadnock Assembly on Trauma and Transformation. The Assembly, a partnership between MFS and the Leadership Council for a Healthy Monadnock, is working to raise awareness about the impact of trauma and the paths people can take for their recovery. Subaru's support of this project will help providers of care and family members become more competent in their efforts to help victims by offering the public educational programs and resources. This will mean that we all can build up a community of safety, trustworthiness, empowerment, collaboration, and peer support in a culture rich in diversity, equity, and inclusion.



Men Who Cook

chef, Yves Gakunde stepped up to help to ensure this year's Men Who Cook fundraiser was a success! Yves joined the planning committee, donating his time and expertise to help navigate the new experience of planning a virtual



▲ Yves Gakunde running the virtual Men Who Cook fundraiser

event and our first ever cookbook. In addition to his careful planning, Yves generously volunteered to be the master of ceremonies for the live Zoom event. His knowledge and kindness remains a vital part of the success of this year's fundraiser, which raised over \$13,000 for the Monadnock RSVP Volunteer Center's America Reads program that helps build literacy skills with local children.

When asked about his experience joining the Men Who Cook committee Yves stated, "Being asked to assist with organizing this event by the WOMEN behind "Men Who Cook" was an honor, a privilege, and an excellent opportunity for me to contribute to MFS's good work in our community. It was a good learning experience seeing how these outstanding women work tirelessly to organize the Men Who Cook event. I had an excellent time working alongside many individuals who also care about MFS work and our community. A few words that come to my mind when I look back at this opportunity are grateful, lucky, friendship, kindness, appreciation, fun, and respect!"

Thank you to all of our chefs, sponsors, donors, and especially to our amazing planning committee and our long-time Event Chair, Louise Zerba!

The Batchelder Society

In September 1905 on her property at 91 Court Street in Keene, Mrs. Alice Batchelder gathered some friends and acquaintances for a meeting that would grow to inspire her community for the next century. This meeting sparked what became known as the Associated Charities of Keene, now known as Monadnock Family Services.

The intentions of the original 28 concerned citizens live on today in the generosity of our donors. It was with this caring legacy in mind that we created The Batchelder Society, providing friends and supporters with the opportunity to create their own legacy to benefit MFS.

We are deeply grateful for the generosity of those who have included MFS in their estate plans, choosing to make a lasting difference in the lives of others.

John C. Calhoun +

Susan R. Chollet

Carolyn Crane and Eileen Fernandes

Mary Delisle

Susan Doyle

Ruth Ewing +

JoAnn and Bill Fenton

D. Baldwin Gardner +

Mary Hewitt +

Jean Hoffman

Ken and Carol Jue

Agnes Lindsey +

Helen Livingston +

Douglas Maynard +

Karen Adams-McGhann +

Isabelle F. Miller +

Dorothy D. Peterson

William M. Scranton +

Lucy Shonk

James and Catherine Talbert

Peter and Suzanne Whittemore

Mildred B. Wolfe +

Story and Thomas Wright +

Philip Wyzik

1 Anonymous Friend

"When it became obvious that the overcrowded State Hospital could not handle the number of people who needed mental health care, the legislature decided that mental health clinics should be



set up in all areas of the state. Monadnock Family Services was formed to fill the need in our area. With offices in Keene and Peterborough, it meets the need through counseling and a variety of innovative programs for citizens of every age in all the towns of our area. People with mental health problems, at last, have a place to go for help. Because Walter and I felt this program was so important, we not only gave regularly to support it, but set up a charitable remainder trust so that their important work could be continued."

-Dorothy D. Peterson, First Lady of New Hampshire, 1969 to 1973

+ indicates Deceased

For information about how you can name Monadnock Family Services in your estate plans, please contact Kathy Waters, Director of Development at (603) 209-5947 or kwaters@mfs.org.

We couldn't do it without you!

Thank you to our caring and generous donors.

All gifts listed on the following pages were received during our 2021 fiscal year, between July 1, 2020 and June 30, 2021.

These lists have been prepared with care. If your name has been listed incorrectly or omitted in error, please accept our sincere apology and notify Kathy Waters, Director of Development at (603)209-5947 or kwaters@mfs.org so that we may update our records

Founders \$10,000+

1 Anonymous Donor Sue Dovle *** Mr. and Mrs. John E. Hoffman Jr. ***

Leaders \$5,000-\$9,999

1 Anonymous Donor Mr. and Mrs. Hugh Eaton, III ***

Builders \$1,500-\$4,999

Jill Batty and Daryl Stutes ** Joseph and Stephanie Baute *** Larry and Suzanne Butcher ** George and Lisa Foote *** Mr. and Mrs. Kenneth Jue *** Molly and Kendall Lane * Dorothy Peterson *** Jack and Arria Sands *** Sally Shonk ** Ms. Lucy C. Shonk *** Dr. and Mrs. Paul Vincent *** Thomas and Beverly Westheimer *** Louise R. Zerba ***

Sustainers \$500-\$1.499

5 Anonymous Donors Nathan Alexander Laurie Appel ** Bill and Kathy Baldasaro * Jim and Anne Banghart ** Cheryl Belair and Steve Bragdon Ellen and Ed Bernard Tina Boylan Don and Jill Brehm *** Kevin and Theresa Chamberlain Mike and Kathy Chelstowski ** Mrs. Susan R. Chollet *** Karen Clement and Richard Jordan * Mrs. Ann S. Clarkeson*** Sarah and Jeff Clough **

Augustus T. Crocker Mary Delisle and George Foskett ***

Van W. F. DeWald Brian P. Donovan *

Dr. and Mrs. Robert Englund ***

Rudy Fedrizzi **

Mark and Alona Florenz Carl and Karin Gravina Mark and Kathy Gross **

George Scott and Charlotte Guyer **

Bernard J. Hampsey, Jr. * Mr. and Mrs. John H. Hann *** Nancy and Roger Hansen *** Joan and Preston Haskell* Nancy Hood and Tom Jamison

Christine Houston Mr. John A. Hubbard+ ***

Gilbert W. Hunter

Mr. and Mrs. Edwin M. Kania Jr. * Bruce and Jane Keough *** Megan Burke Kidder ** Jane and Steve Larmon ** Bob and Linda Lester *

Diana and Charlton MacVeagh ***

Bill Millspaugh

Sharron and Denny Monaghan *

Mary Ellen Moore *** Judy and Bob Perry Sandie Phipps *** Heidi Rinehart, MD Butch and Eva Roeder Judy and John Rogers Bob and Mary Rooney ***

John Round **

Dr. and Mrs. Michael Sarson * Winston and Sherry Sims *** Dr. and Mrs. Carl Szot Jim and Cathie Talbert *** David and Lisa Therrien ** Carolyn R. Vogel *

Philip F. Wyzik *

Stewards \$250-\$499

1 Anonymous Donor

Doreen Ames

Christine S. Ballou * Cecily Bastedo ***

Dave and Kim Bergeron **

Peter Bonneau and Kathleen Chertok *

J. Yancey Brame Stacev Caouette

Mr. & Mrs. and Scott Clarke

Reba Clough

Rick and Jan Cohen ** Mrs. Katherine Danis Caroline and Tom Ewing ***

Susan S. Farrell *

Carolyn Crane and Eileen Fernandes **

Glenn and Abigail Galloway *

Katie Hafner

Parker and Sally Hansel * Ann K. Heffernon *

Sharman Howe and Eduardo Moura *

Mike and Tricia Kapiloff Mr. and Mrs. Thomas Lacey **

Drew Paul and Carol Garcia Landry **

Henry and Mary Lee ** Marion Lefrancois * Greg and Sue McConahey ** Mr. & Mrs. Frank Mieso

Michael and Gloria Morison * Anne and Bill Moyle ***

Janice and Roger Peterson

Maureen Powers

Linda Singer and Greg Rothman Jim and Marianne Rothnie * Jeff and Linda Rubin *** Steve and Lucy Ryder * John and Valerie Santos *

Connie and John Schlegelmilch ** Mike and Kendra Shea *

Susan Simonds

(continued on page 10)

Sharon and Nat Stout ***

Bob and Katie Sutherland

Barbara Taft

Cameron Tease and Dixie Gurian ***

Julie and Gregg Tewksbury ***

Denise Thomas ***
Christine Tokarz

Kathy and Bill Weibel ***

Supporters \$100-\$249

17 Anonymous Donors F Kenneth Ackerman

Charles and C Elizabeth Anderson

Ann D. Arthur *

Mr. and Mrs. Herbert Ball

Becky Barrett* Rosaly Bass

Phillip and Linda Bastedo ***

Ken and Lynn Bergman

Paul and Alyse Bettinger *

Kristin Blais and Michael Foot *

Tanya Brown Beth Brown *

Edward and Kathleen Kennedy Burke *

Donna and Joe Calabro ** Dennis and Tiffany Calcutt Rushton and Charles Callaghan *

Mr. & Mrs. Maurice Collins

Deb Coltey

Katherine M. Cook *

Dr. and Mrs. Henry F. Dawes **
Roland and June Despres ***
Mr. and Mrs. Michael DiRusso **

Jay Eason

Matthew and Alicia Emsley Irene and Steve Farrar Bill and JoAnn Fenton ** Thomas and Karen Flavin

Lydia A. Forbes *
Alice B. Foster **
Robert S Foust

Lynette and Jon Frederick

Mary Gannon, Paul and Ella Bogdonoff *

Sarah Biller and Dean Gekas * John and Kristina Germano

Ann Marie Given

Yvonne Goldsberry and Cherie Holmes **

Willard Goodwin ***

Douglas and Julie Green

Mr. and Mrs. Cyrus Gregg ***

Rob and Sherry Guardiano *

LABSAG, LLC

Dick and Marian Hamilton *

Ellie and Paul Hardy

Mr. and Mrs. John Harper *** Mr. and Mrs. Joseph S. Hart ***

Joyce and Don Healy *

Sheila Heffernon and Bill Hattendorf *
Paul Henkel and Sussan Henkel **

Don and Cindy Holshuh

Martha Huckins

Allen and Roz Humes ***

John B. and Lynda Hunt **

Jamie and Lynn Huntington-Meath

Peter and Teresa Imhoff **

Anne-Marie and David Irwin **

Bill and Sally James The Jenness Family * Jay and Cheryl Kahn **

Michael Kane Karen Knowlton

Mr. and Mrs. Leonard Korpi ***
Barbara and Paul Koutras *
Suzy and Paul Krautmann **
Eric and Balmeet Lasky

Iris Leahy

Mr. and Mrs. John Lewis **
William and Barbara Lindsey *
Susan and David Lord ***
Craig and Sylvia McBeth **

Dr. and Mrs. Arthur McGonagle $\ensuremath{^{**}}$

Nina and Archie McIntyre Allen and Ellen Mendelson **

Kelly Milot Kerry Monteiro *

Charles and Mary Louise Montgomery

Dawn Moser and John Woods

David and Alisa Nash Mr. James Newcombe Eric and Tracy Newman Richard and Angela Nicoletti *

Julie Nigro David Orgaz * Mr. Kent Parrott

Sean Radcliffe and Colleen Pascu

James Price

Joel and Cathy Proulx

Judith Putzel * Louise McCagg Anne Quesada Rosemary Rafter

Bill and Martha Raymond **
Peter and Suzanne Read **

Amy Whitney and Gary Robinson

David and Tina Roy Peter and Jinnie Russell *

Joe Schapiro and Nicki Demarest

Daniel V. Scully **

Gary and Jane Shapiro ***
Chuck and Ellie Shaw **
Susan and David Shonk *
Lynn and Arthur Simington

In Honor of the Dedicated Staff at MFS **

Sharon Smith *

Steven and Marya Snow David and Jane Stabler ***

Craig Stockwell and Sarah Mustin **

Mrs. Eve M. Stone ***

Michael and Patricia Stoudt **

Jane F. Taylor

Kimball and Maria Temple *
Jon and Kathy Thatcher
Robert and Lianne Therrien *
Peter and Heidi Thomas *
Marc and Sharon Tieger **
Maich Gardner and Ed Tomey ***

Lucy Truslow

Tom and Heather Tullio Anne D. Twitchell ** Susan Vigeant

In Memory of Todd Walier Phil and Janet Warren * Donna and Rick Webb **

Linda Whalley The White Family

Peter and Suzanne Whittemore *** Samantha and Stefan Wilhelm **

David A. Williams *

Joe and Lorraine Youngs ***

Friends up to \$99

20 Anonymous Donors Ms. Laura B. Allen Katherine Baird Toni Baker

Mimi Barber *

David and Fay Barden

Bryant Beaulieu Jazmin Belcoure Joe Benson Laurel L. Boivin

Gloria Bornstein Harper

Debbie Bowie

Ross and Kim Boyle Barbara A. Bryce Psy.D.

Sally Bulger *

Pamela Cadmus Dr. Owen R. Houghton ** Danece A. Rollins

Ms. Mary Caldwell Jessica Howard Jim and Sharon Rousmaniere

Ann Chamberlain* Philip Jamison and Catherine Scott Richard Scheinblum **

Andrea Cheeney Ann Jillson Julie Schoelzel

Mike and Betty Christiansen *** Evelyn L. John * Jim Schofield

Terry Clark Lee Johndrow Katie Schwerin *

Elizabeth Cleary Sandra and Robert Jones Christine and Timothy Selmer **

Rebecca Clough Malcom and Selena Katz Linda Shaktman and Robert Desrochers

Karen Coleman Katie Kinsella Mr. Jim Shuel
Sally Stoddard Collier * Jean and Robert Kostick Pamela R. Slack

Ed and Liz Coppola Michael and Leslie Kreek Brad and Jenelle Smedley
Louis and Hope Crosier* Dona Lafortune Julie Dickson and Jay Smeltz ***
Diane Croteau * Brittany LeBreeque Jinsook Song and Steve Kim
Mr. and Mrs. Wayne Crowell * Judy LeClair Charles and Marcy Southgate

Debbie Davenport Karen L. Mr. and Mrs. Larry Sportello **
Francis de Marneffe *** Deborah and Edward Madigan Simone St. Denis

Mimi and Pete Delaney
Tina Mariani
Lonni Stapanon
Sharyn K. D'Eon
Ms. Melissa Maurer
Margery Steady
Linda DeSantis
Marianne and John McGauley
Ms. Marla Stefflre

Mrs. Laurette G. Descoteaux ***

Laurie Devoe

John and Sally Miller *

Melanie Diehl

Mary Monahan

Cindy and Tom Stewart *

Rev. and Mrs. David Stinson

John and Helen Stone

Margaret Dineen Michael Moore Betsy Street **

Patricia Dixe Margaret E. Morris Alan and Melissa

Patricia DixeMargaret E. MorrisAlan and Melissa Stroshine *Jackie DonovanPeter MorrisonMs. Jeanie Sy ***

Joanna DumontThomas MullinsAnn Y. Taylor *Ginnie DunnellMr. and Mrs. Eric R. Murphy *Charlie W. ThresherAdriana ElliotBruce Myrick *Sarah Tibbetts

Peter Espiefs ** Margaret E. Nelson Ms. Kristan Tilton
Curtis and Lauren Fanti Susan and Jeffrey Newcomer *** Mrs. Anna Tilton
Charlie and Patty Farmer William Nickey Laura Tobin
Barry and Carol Faulkner Earl and Esther Norris Robin Topper

Richard Fecowicz Susan and Charles North * Anthony and Barbara Tremblay

Kathleen FedorRoger and Joan NuttingKara SerasisShaun M. FiliaultWalter and Donna OpdenbrouwDanielle VanariaDonald and Paula FlemmingChelsea OrdwayMary Warzecha *Wren FournierDavid Orgaz *Dana Wasserbauer

Beth Fox Terri O'Rorke Suzanne Waters
Yves Gakunde Sharmon Perham Kathy Waters

Sherry Gauthier Susan Peterson ** Marjorie Waters and Myles Gordon

Zaven and Linda Giragosian **

Larry Phillips

Terry and Barbara Watkins

Gina Goff

Charcoal Charlie Pini

Todd and Tammy Weeks

Tasha G

Dr. and Mrs. Leonard Weldon

Sarah Grant Gigi Pratt Carol White

Robert and Molly Gray * Benjamin Pratt and Diane Chauncey June Winey
Karen Gray Jean H. Prior ** Julie Wolf
Tim and Sarah Greene Stacey Ricard Yvette Yeager

We and Mrs. William Gurney * Words P. Richardson Gatherine Zorbe

Mr. and Mrs. William Gurney * Wendy B. Richardson Catherine Zerba

Grateful Day Homestead ** Charles Richmond Grace Zerba

Peter and Bridget Hansel * Sally Rinehart and Bert Boyce * Mark and Anna Zerba

Inga Hansen Jolymn Rivera-Paulsen Jim Zerba
Thomas and Anne Havill ** Hope Robbins Brennan Zerba

Bob and Carol Hill * Sandra Roberts

Gifts-In-Kind

21 Bar & Grill

Ann K. Heffernon and Jay Ward

Bill and JoAnn Fenton

Bryant Beaulieu

Daniel and Katherine Rogalski

Dianne Champion

Dr. and Mrs. Michael Sarson

Dr. and Mrs. Paul Vincent

Drs. Robert and Sherry Guardiano

Edward and Elizabeth Coppola

Elm City Brewing Company,

LTD

Glenn and Abigail Galloway

Grand Monadnock Rotary Club

Grand Monadnock Rotary Club (fka Peterborough Rotary)

Gregg and Julie Tewksbury

Jay Eason

Jessica Lawson

John and Valerie Santos

Joshua Morrison

Keene Elm City Rotary Club

Moe Momentum Clothing Store

Monadnock Food Co-op

Mr. & Mrs. and Scott Clarke

Mr. and Mrs. James A.

Rousmaniere, Jr.

Mr. and Mrs. Robert Rooney

Mr. Jim Shuel

Mr. Keith Thibault

Mr. Patrick Brown

Mr. Patrick Brown

Mrs. Louise Zerba

Papagallos Restaurant

Sheila H. Williams

St James Church

Tammy Devlin

Ted's Shoe & Sport

Terri O'Rorke

Thai Garden

The Bread Shed

The Home Depot

United Natural Foods, Inc.

W.S. Badger Company, Inc.

William Millspaugh

Works Bakery Cafe



"We work with such a discriminated and underserved population to find and maintain basic human needs. We help people love and be proud of their life again. I am honored to be involved in that change!"

-Stephanie Drapeau, Engagement Specialist/Case Manager

Financials Fiscal Year 2021 (audited results)

Program Service Fees

174,117
511,782
10,932,581
311,212
1,093,709
591,003
117,693
377,525

Total Revenue\$14,109,622

Expenditures

Personnel	7,555,452
Health Insurance	1,360,593
Payroll Taxes/Benefits	985,435
Occupancy	826,339
Professional Fees and Training	409,711
Transportation	74,111
Equipment/Communications	255,859
Consumables	154,801
Transfer to Affiliate	1,328,441
Other Expenses	489,633

Total Expenditures\$13,440,375

Corporate and Foundation Giving

100+ Women Who Care Monadnock

21 Bar & Grill

All Saints' Parish

Amazon Smile

Ann Henderson Interiors LLC

Athens Pizza & Family Restaurant

Bank of America Charitable Foundation

C&S Wholesale Grocers

Chesterfield Lions Club

Clear Solutions, Inc.

ConvenientMD LLC

Deloitte Services LP

Dobles Foundation

Dublin Community Church, UCC

Dublin Health & Benefit Group

Dublin Historical Society

Edward Jones - Alan Stroshine

Elm City Brewing Company, LTD

Emmanuel Church

Eversource Energy Keene

Fenton Family Dealerships

Filtrine Manufacturing Company

Gar-Wal Lawn Service, Inc.

Grand Monadnock Rotary Club

Grand Monadnock Rotary Club (fka

Peterborough Rotary)

Granite United Way Southern Region

Grove Street Fiduciary, LLC

Hillside Village Friends

Hogancamp PC

Jaffrey Rindge Rotary Club

Johnson & Johnson

Keene Elm City Rotary Club

Kiwanis Club of Keene

Liberty Mutual Group, Inc.

Mascoma Bank

Milestone Financial Planning, LLC

Millipore Corporation

Moe Momentum Clothing Store

Monadnock Community Hospital

Monadnock Disposal Service, Inc.

Monadnock Food Co-op

MORE Than A Thrift Store

Mountainshade LLC

New Hampshire Center for Nonprofits

New Hampshire Charitable Foundation

Papagallos Restaurant

Plethuno Foundation

Ransmeier & Spellman

Roy A. Hunt Foundation

Savings Bank of Walpole-Keene

Servpro of Cheshire County

St James Church

Subaru of America, Inc.

Target Corporation

TD Bank-The GoodCoin Foundation

TD Charitable Foundation

Ted's Shoe & Sport

Thai Garden

The Blackbaud Giving Fund

The Bread Shed

The First Church in Jaffrey, Congregational-UCC

The Gilbert Verney Foundation

The Home Depot

The Home Depot Foundation

The Insurance Source, Inc.

The Kingsbury Fund

The Main Street America Group

(formerly NGM Ins)

The Melamine Cup
The Melanson Company Inc.

The Toadstool Bookshop

Timken Company Charitable and

Educational Fund, Inc.

True North Networks, LLC

Union Congregational Church

Women's Fellowship

United Church of Christ in Keene,

Women's Fellowship

United Natural Foods, Inc.

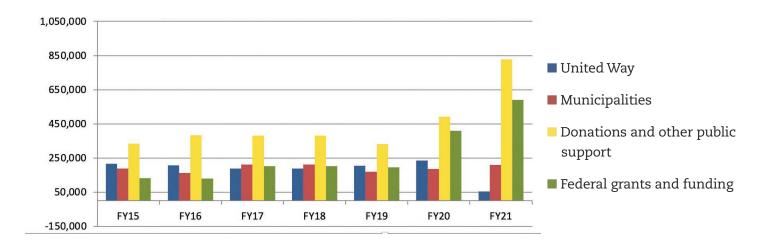
United Way of MA Bay, Inc.

W.S. Badger Company, Inc.

Winchendon Furniture

Works Bakery Cafe

Dollars to MFS from Non-State Sources



In Memory of...

In Memory of Artie Lienhardt

Tom and Heather Tullio Kathy and Bill Weibel

In Memory of Barbara de Marneffe

Dr. Francis de Marneffe

In Memory of Bertha Clark

Glenn and Abigail Galloway

In Memory of Brian Kirby Evelyn L. John

In Memory of Connie MurrayMary Delisle and George Foskett

In Memory of Dennis Griffin Iris Leahy

In Memory of Dottie Howard

Molly and Kendall Lane

In Memory of Eric Bratten

Irene and Steve Farrar

In Memory of George Scott

Mary Delisle and George Foskett

In Memory of James Anthony Meath, Jr.

Mr. & Mrs. James Huntington-Meath

In Memory of James W. Kyle

James Kyle and Lisa Kyle

In Memory of Janna Sears Letricia Sears

Letticia Seats

In Memory of Jean Clark

Eric and Tracy Newman Anonymous

In Memory of Jim Ellis

Mr. and Mrs. Allen Mendelson

In Memory of Joseph Cost

Mrs. Louise Zerba

In Memory of Linda Bastedo

Dublin Historical Society

In Memory of Lt. Col. Christopher E. Round

Mr. John A. Round

In Memory of Meme and Gram

Tasha Goodell

In Memory of Natalie Wyzik

Mary Delisle and George Foskett Gigi Pratt Mrs. Louise Zerba Mr. and Mrs. Michael Chelstowski

In Memory of Nathan Marriani

Tina Mariani

In Memory of Patricia Szydlo

Mrs. Katherine Danis Benjamin Pratt and Diane Chauncey Mr. and Mrs. Kenneth Jue

In Memory of Richard Jue

Mr. and Mrs. Kenneth Jue

In Memory of Sharon Eason

Jay Eason

In Memory of Susan Hood

F Kenneth Ackerman
Ms. Laura B. Allen
Philip Jamison and
Catherine Scott
Michael and Leslie Kreek
Margery Steady
Susan C. Vigeant
Nancy Hood and Tom Jamison

In Memory of Thomas A. Daly

Ann K. Heffernon and Jay Ward

In Memory of Todd Walier

Mr. & Mrs. Joseph Walier

In Memory of Tom Casey

Sandie Phipps

In Memory of William Way

Wendy B. Richardson

In Honor of...

In Honor of William Nickey

Deloitte Services LP

In Honor of Audrey Hadcock

Thomas Stewart and Cindy Rodenhauser Stewart

In Honor of Bob and Dita Englund

Robert S Foust

In Honor of Carla Kirsh

Mrs. Katherine M. Cook

In Honor of Joe and JoAnn Fletcher

Chris Fletcher

In Honor of John and Jeanne Harper

Mr. and Mrs. John R. Harper

In Honor of Kara Serasis

Thomas Van Tassell Karen Knowlton

In Honor of Ken and Carol Jue

Milestone Financial Planning, LLC

In Honor of Marla Stefflre

Ms. Betsy A. Street

In Honor of Martha and Billy Raymond

Charles and Rushton Callaghan

In Honor of Mary Delisle

Mr. and Mrs. Kenneth Appel Gigi Pratt

In Honor of Mary Lodge

Dawn Moser and John Woods

In Honor of Michael Finnegan

Dan Gray

In Honor of Mike Chelstowski

Mr. and Mrs. Allen Mendelson

In Honor of The Dedicated Staff at MFS

Mr. Peter Skalaban

Mr. and Mrs. Michael Chelstowski

In Honor of Tom and Story Wright

TP Wright Fund



"The reason to why being a care coordinator at MFS is so satisfying is because I help eliminate some of the barriers that our client's face when trying to better themselves. Living with mental illness and co-occurring disorders is challenging. My goal is to make MFS services accessible while offering guidance. I thoroughly enjoy acting as a helping hand and offering peer and emotional support to the people we assist. It's an honor watching people grow and accomplish their short term and long term goals."

- Brooke Willard, Care Coordinator, Acute Care

At The Heart of Our Organization

The dedication and devotion of these caring friends is immeasurable – thank you all!

Current MFS Incorporators, Committee Members and Event Volunteers

Frank Abbate Laura K. Appel Cynthia Bagley Ann Ball Christine S. Ballou Phillip R. Bastedo Jill L. Batty Ann Bazan Cheryl Belair Dee Belanger David J. Bergeron Lucia Bergeron Joannie Berriman Tina S. Boylan Patrick Brown Sarah McKelvey Bulger Kathleen Kennedy Burke Deborah Buxton Cynthia S. Caddell Dennis Calcutt Jack C. Calhoun John C. Calhoun Michael Chelstowski Susan R. Chollet Elizabeth Cleary Karen Clement Reba Clough Sarah Clough Evelyn J. Clowes Kirsten O. Colantino Sally S. Collier Ann W. Conway Clifton N. Cooke Raymond Cote

Victoria Cotton-Crowly

James H. Craiglow

Diane Croteau

Mary K. Delaney

Mary Delisle Julie Dickson Brian P. Donovan Susan Doyle Judy Dubriske Thomas Eaton Alfrieda Englund Robert Englund Ruth D. Ewing Susan S. Farrell Donovan Fenton JoAnn Fenton Maryanne Ferguson Carolyn Crane Ferguson Shaun M. Filiault Alona Florenz Lisa Foote Diane Freitas Yve Gakunde Christopher Gallagher Glenn Galloway Mary Gannon Donna Garner Marilyn B. Gemmell Laura Gingras Kay Godsoe Gina S. Goff John Goodhue Barbara Summers Goodwin Willard Goodwin Molly Gray Julie Green Cyrus Gregg Kathy Gross Audrey Hadcock Bernard J. Hampsey John H. Hann

George S. Hansel John P. Hansel Roger Hansen Laura Hanson Bill Hattendorf Michelle Hayward Ann K. Heffernon Sheila Heffernon Jean Hoffman John Hoffman Owen R. Houghton Christine Houston Sharman H. Howe John A. Hubbard Allen Humes Peggy Hussey Sam Jacobs Kenneth Jue Alex Kapiloff Jane Keough Megan Burke Kidder Jean M. Kilham Sarah J. Kingsbury Jane S. Kirk Thomas C. Lacey David Landry Drew P. Landry Molly B. Lane Jeremy LaPlante Jane G. Larmon Marion Lefrancois Arto Leino Betty M. Lowell Diana MacVeagh Mark Madden Robert Marrone Roberta Mastrogiovanni Greg M. McConahey

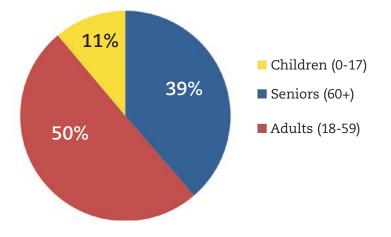
Jan McGonagle Stephen P. McGreal Tim McMahon Curtis Mead Sharon Meany Allen Mendelson Aaron Moody Mary Ellen Moore Tom Moses Bill Nickey Robert Oberlander David G. Orgaz Raleigh Ormerod Andrew Parsley Anne Peirce Dorothy Peterson Susan Peterson Sandie Phipps Tim Pipp Judith Putzel Martha Raymond Margaret Rice Timothy R. Robertson Eva Roeder Walter H. Rohr Robert Rooney John A. Round Linda A. Rubin Judy Sadoski Arria Sands Alfred Santos Eileen Sarson Joseph Schapiro Heather Scheck Lucy C. Shonk Sally Shonk Winston Sims Jenelle Smedley

John E. Smeltz Larry Sportello Christopher Sprague Michael Stoudt Sharon P. Stout Katie Sutherland Margaret M. Straw Jeanie M. Sv Jane F. Taylor Cameron Tease Gregg R. Tewksbury David Therrien Denise C. Thomas Louisa Thoron Sarah Tibbetts Sara R. Timmons Lisa Tirrell Gary W. Tochterman Connor Tollett **Ed Tomey** Robin Topper Jeffery H. Vaine Nancy Vincent Thomas O. Westheimer Theodore G. Whippie Daniel White Peter T. Whittemore Sheila Wilhelm Sheila H. Williams Mildred B. Wolfe Rosemary Wolpe Elsa Worth Barri Wyman Louise Zerba

Serving All Ages

Bridget Hansel

MFS services touched the lives of 2358 friends and neighbors throughout Cheshire County and beyond in FY21.



Services Provided to Friends & Neighbors

For over a century, MFS has been serving the 38 towns and communities that make up the Monadnock region. Below is a summary showing the amount each town has committed to MFS; the number of clients we served in each town from July 1, 2020 through June 30, 2021; and the total hours of care provided to each town.

TOWN	TOWN CONTRIBUTIONS	CLIENTS	HOURS OF CARE
Acworth	\$1,000.00	3	92
Alstead	\$2,421.00	39	568
Antrim	\$3,296.00	40	673
Bennington	\$1,845.00	18	343
Charlestown	\$0.00	4	18
Chesterfield	\$4,505.00	40	1,003
Dublin	\$1,996.00	21	288
Fitzwilliam	\$2,995.00	34	588
Francestown	\$1,953.00	11	165
Gilsum	\$1,016.00	14	218
Greenfield	\$500.00	23	407
Greenville	\$2,631.00	37	718
Hancock	\$2,068.00	23	260
Harrisville	\$1,200.00	7	172
Hinsdale	\$5,058.00	105	2,314
Jaffrey	\$6,821.00	80	1,968
Keene	\$30,000.00	926	24,374
Langdon	\$250.00	2	25
Lyndeborough	\$800.00	8	176
Marlborough	\$2,579.00	69	1,219

TOWN	TOWN CONTRIBUTIONS	CLIENTS	HOURS OF CARE
Marlow	\$928.00	17	2825
Nelson	\$1,000.00	7	137
New Ipswich	\$250.00	34	918
Peterborough	\$7,855.00	99	2,073
Richmond	\$1,444.00	19	215
Rindge	\$6,100.00	51	741
Roxbury	\$286.00	2	15
Sharon	\$0.00	0	0
Stoddard	\$1,540.00	15	261
Sullivan	\$846.00	20	172
Surry	\$915.00	17	296
Swanzey	\$7,500.00	207	3,862
Temple	\$1,708.00	10	268
Troy	\$2,681.00	58	1,053
Walpole	\$2,000.00	85	1,637
Westmoreland	\$2,000.00	15	173
Wilton	\$4,596.00	32	344
Winchester	\$4,069.50	166	3,513
TOTALS	\$118,652.50	2358	54,092

Our Mission is to be a source of health and hope for people and the communities in which they live, particularly as it pertains to mental illness. We create services that heal, education that transforms, and advocacy that brings a just society for everyone.

MFS Office Locations

Administrative Office 64 Main Street Suite 201 Keene, NH 03431 (603) 357-4400

Recovery Support Services 17 93rd Street Keene, NH 03431 (603) 357-4400 Children's Services 64 Main Street Suite 301 Keene, NH 03431 (603) 357-4400

Eastern Region Office 9 Vose Farm Road Suite 120 Peterborough, NH 03458 (603) 924-7236 Winchester Office 83 Parker Street Winchester, NH 03470 (603) 239-4376

Monadnock Adult Care Center 22 North Street Jaffrey, NH 03452 (603) 532-2427

