



**50 DROPS  
OF WATER**





# 50 Drops of Water

As MFS continues to prepare for relocating our Keene service programs into our new location at 40 Avon St, we are creating a unique art project that speaks directly to our work and will adorn the main lobby of our building. In the large two-story entrance, we want to suspend 50 glass drops of water from the two-story ceiling. This installation has many meanings.

Since artworks have many interpretations, visitors will enter and might see 50 raindrops. Water is the most abundant substance on our planet, covering over 70% of the earth's surface. It is a source of life. When we are born, 78% of our body is water. Just as rain nourishes plants, water refreshes us. It is essential to the life of everything on our planet. It gives us energy. **We know instinctively that being near water makes us happy, reduces stress, and gives many a sense of peace.**

**Perhaps visitors will look up and see 50 teardrops.** We want the arrangement to serve as a reminder of our grief each time we lose a loved one and particularly of the sadness we all carry when someone dies by suicide.

The important thing is that visitors will look up. **Looking up is the posture of hope.** The mission of MFS is to bring a message of hope to all our clients. No matter people's circumstances, the future can be better than the past. In the word of one of our clients, 'hope' stands for "hang on; pain ends."





# Creating the Drops

*"These teardrops are special because getting support from MFS is like turning your pain into beauty. Teardrops happen when you are in such a dark place and MFS turns those teardrops into strength and beauty. Doing the teardrop glass blowing there was a process before it turned into something beautiful and I feel that it's the same getting support from MFS. I remember I was in a lot of pain and suffering and there were a lot of tears, but now I feel like my true colors are out and my life is something I'm proud of."*

Jess Spencer, MFS Client (pictured on 1st page)

One of the most central parts of this project was that clients, Incorporators, staff, Board Members, and longtime MFS supporters made up the group of MFS artists who worked to blow each individual glass drop in collaboration with artists and educators Jordana Korsen and Joey Debicari at Hot Glass Art Center in Marlborough, NH. The beauty and originality of each work of art matched the uniqueness of the stories that connected all of the participating artists to MFS.

Julie Bowen, an Incorporator and client at MFS, described the glass-blowing experience as, ***"The opportunity for me to honor my loved one who passed away from suicide, and to contribute to such a beautiful and meaningful art installation, is one I am forever grateful for."***

We're looking forward to being able to display these works of art in our newly renovated space, with the knowledge that their beauty was made from people central to our mission of hope and healing.





# 20TH ANNIVERSARY MEN WHO COOK



On March 11th, we hosted our 20th Anniversary Men Who Cook (MWC) Fundraiser at the Zorn Dining Common at Keene State College. We were thrilled to welcome 300 individuals to our evening of good food and great company as we raised funds for a vital community program. This year, MWC supported RSVP's *America Reads* program, which helps local school children love to learn reading. This year, we raised over \$10,000 for this invaluable literacy program!



**As we celebrated 20 years of MWC, the MFS Board of Directors honored MWC committee members Mary Delisle, Ann Heffernon, Nancy Vincent, and Louise Zerba, Chairperson since its inception, for their dedication to raising funds for MFS through MWC.**

Another warm thank you was extended to the chefs, sponsors, and volunteers that have made the event possible for the last two decades. In addition to the evening's traditional hot meal set-up, attendees were invited to donate non-perishable food. On top of the donations made the night of MWC, C & S Wholesale Grocers and Elm City Church added to the food donations, which benefited MFS clients and the Community Kitchen.



To all of those who have supported MWC in the last 20 years, thank you for filling us up with your generosity and homemade dishes!



# MEET SHAR



Shar Perham, Certified Workplace Incentive Counselor

At Monadnock Family Services, we are committed to addressing the mental wellness of individuals through a holistic lens. To us, this means helping people live to their full potential, expanding the boundaries of possibilities to prioritize what is meaningful to them. **One of the ways the MFS supports clients' goals is by helping them achieve steady, meaningful employment.** For some individuals, it can be hard to navigate the employment sector while maintaining necessary supplementary security income (SSI) or social security disability insurance (SSDI) benefits.

Shar Perham, our Certified Workplace Incentive Coordinator (CWIC) within our supported employment program, works with clients receiving other MFS services to do just that. In 2017 Shar began her career at MFS in a temporary role. Our culture of caring spoke to her after learning more about the mental health sector and having the personal experience of having a child who has mental health challenges. When her temporary position was coming to a close, she applied for a full-time position and later transitioned to becoming a CWIC.

*"The goal of my job is to help clients maintain financial independence," said Shar, **"Clients feel like their best selves when they work, and it can help boost their confidence."** Shar takes pride in "meeting clients where they are" and helping navigate complex benefits systems so that they don't lose their support when returning to work.*

***"I focus on what clients can do, not what they can't,"** said Shar, "I recently had a client who was able to successfully increase her working hours to 30 a week. Working has improved her mental health by giving her something to focus on and helping to improve her interpersonal skills. **She is proud of herself, and I am proud of her."***

People like Shar embody the commitment to quality mental healthcare we pride ourselves on at MFS. Thank you, Shar, for helping our clients meet their wellness goals!





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*We are responsible  
for the world in  
which we find  
ourselves, if only  
because we are the  
only sentient force  
which can change  
it.*

James Baldwin

Joelle and his family find the support they need at MFS

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## Make the Most Important Gift of Your Life

You care deeply about your family. **It's clear that you also care about families dealing with mental health challenges.** Families in our community that turn to Monadnock Family Services for hope and healing.

Please consider joining other community members in our Batchelder Society and **include MFS in your Will.**

Make what might be the most important gift you will ever make.

Contact Kathy Waters, the director of development at 603-209-5947 to discuss this important matter. **Check out Freewill.com** for simple and straight forward guidance at no charge.



## Update from Tim Weeks, MFS Client and Incorporator

Many of you may remember me from last year when I shared my journey into recovery. I've had a deep appreciation for all that MFS has done for me. I can't thank the people I've worked with enough for helping me get to where I'm today.

I'm still a client at MFS who receives services through the ACT Team. I'm in remission. I've come to the realization that I am so much more than my mental illness. **My mental illness is only a part of who I'm and doesn't define me.** Realizing this helped me take control of my life again.

As I got better, I wanted to give back to the agency. In the fall of 2021, I was asked if I wanted to become an Incorporator. As I thought about it, it felt natural for me to continue sharing my journey into recovery. I was already fulfilling one of the roles of an Incorporator. **This made my decision to become an Incorporator easy.**

I was asked to take part in a glass blowing project (see page 1). It was to make a water drop. The cool thing about the one I made and all of the others is no two look identical. They remind me of how different each one of us is.

**By sharing my story, I want to give hope to others.** I want others to realize that if MFS can help one person, which it did in my case, think of all of the people it could help through the services provided. To make this possible I'm asking that you, as a supporter of MFS, donate to the agency.

Tim Weeks  
MFS Incorporator



## Whitney Brothers Builds Furniture for Children's Program



Whitney Brothers Owner and President  
Mike Jablonski at their Keene Facility

One of the most important benefits of our consolidation of all Keene-based MFS services to our new 40 Avon Street location is the welcoming and comfortable environment we will provide for clients as they seek care and healing. During our capital campaign to support the acquisition of this new space, MFS received an incredibly generous donation of children's furniture from Whitney Brothers to furnish our new, bright office. Whitney Brothers is a manufacturer of high-quality, sustainable furniture that has been operating in the Monadnock region since 1904.

*"Whitney Brothers® is proud to support Monadnock Family Services and the important work they do for our community," said Mike Jablonski, President and owner of Whitney Brothers. **"When we unexpectedly found ourselves in a difficult situation, MFS employees were quick to respond with care and compassion. I can't imagine how we would have been able to get through that situation without their help. Donating the Children's Furniture to the new MFS facility is the least we could do. We're excited to see the new space and how it reflects the quality of work that they do"**.*

Thank you to Whitney Brothers for your commitment to Keene, the region, and to supporting mental healthcare. We are excited to welcome our youngest clients into a positive and inviting space made possible by your generosity.





*Your Community Mental Health Center*

64 Main St • Keene, NH 03431

### **Your Spring 2023 Summit Newsletter**

- 50 Drops of Water
- 20th Anniversary Men Who Cook
- Meet Shar
- Update from an Incorporator
- Donation from Whitney Brothers

# **Spring Events**

- May 21st: The Anxiety Show, performance at the Showroom in Keene, NH
- June 2nd to 11th: Art Walk at 64 Main St. in Keene, NH
- June 4th: Anxious Nation, film screening at the Showroom in Keene, NH
- June 6th and 7th: NH Gives

