

## Honoring a Hero Leads to a New Friendship



Tim Weston American Legion Post  
Commander, MACC client and veteran Tom  
W., Denny Hylton VFW District Service Officer.

**Tom, our first recipient of this scholarship,** was drafted and entered the Navy, went to school, and became an Aviation Electronic Technician. He joined the Heliantisubron squadron - 4, known as The Black Nights. He worked on triangulating sonar buoys to have them ping the exact location of foreign submarines, putting the practice to use off the coast of Vietnam. He outfitted helicopters with ship radar units to be used during the Apollo recovery missions. Tom served on the USS Hornet CVS 18 used for the Apollo 11 & 12 Recovery, USS Yorktown CVS 10, And for practicing submarine warfare, USS Wasp CVS 18, USS Ticonderoga CV14 where we sunk 2 submarines off the coast of Vietnam and the USS Iwo Jima LHD-7 CV46, used in the Apollo 13 Recovery. **What a true American hero!**

Thanks to our collaboration with the Jaffrey American Legion and the VFW, veterans like Tom can come to the Center while awaiting approval from the VA.

In September of 2023, I was asked to present to one of our clients at the Monadnock Adult Care Center (MACC) an award for outstanding military service. This award honors veterans who have served our country and are using hospice services. I learned that this presentation usually falls to the local military Chaplain, who was unavailable for a few weeks. The hospice team felt that since time was short, it was only right that it be presented to Gerald at MACC where he could be honored and share this special occasion with all of the friends and staff that he spoke so highly of.

To make this as special as we possibly could for Gerald, we sought out the highest military Navel official in the Jaffrey area to be our presenter of the award, who held the rank of Lieutenant while serving in the Navy during Vietnam. His flying missions involved getting soldiers out of harm's way when an agent orange strike was called in. **As others ran away...Gerald flew in.** The presentation was such an amazing day and it touched all who were present, especially Gerald, who passed away soon after.

Through this presentation process, we were introduced to Denny Hylton, District Service Officer for the VFW, who came and spent some time at the center talking about ways we could collaborate on behalf of our service men and women. I told him that the largest stumbling block that I see is the frustration families feel in how to apply for veteran's services. 'It feels overwhelming and so confusing' they say

Denny returned a few weeks later with a proposal - **a scholarship program for MACC veteran clients** between the Jaffrey American legion and the VFW. With their funds, MACC would provide a one day a week admission to the program to a veteran who is awaiting VA notification of approval for the benefit.

Amazingly, **the sadness surrounding the passing of our beloved Gerald led to a new friendship and scholarship opportunity for services members and their families who were waiting to start at MACC.**

Chris Selmer  
Director, MACC





## Improvement – Redesign – Innovation

Like most other healthcare places everywhere, MFS must continue to fulfill our mission in the best way possible. These days, that means continuous improvement. It means being always open to redesigning our services to meet today's challenges, and being bold with innovations that solve problems in new ways. We understand that, **if we are to have a bright and successful future, these three words – improvement, redesign, and innovation – have to be evident in every facet of our organization.** They have to be in our bones.

Over the last year, we've reported on many new things happening at MFS. These include **our incorporation of a philosophy of care called Solution Focused Treatment.** This is an approach to care that relies on helping clients find the solutions they need to everyday problems that are most meaningful to them; in so doing they discover strengths within themselves that become the fuel they can use to experience health. The new things also include our relocation to 40 Avon St in Keene, and the new electronic medical record. Both of these welcome changes are bringing us to a new level of service and effectiveness.

**Now we begin another improvement:** MFS has been the major provider of mental health crisis services in the region for decades. Our clinicians have been the first responders to people coming to the Emergency Department at Cheshire Medical Center for psychiatric crisis services and, since January 2022, we've participated in the NH Rapid Response Mobile Crisis service. This month, we are opening a new service so that **anyone experiencing a mental health emergency can come to our 40 Avon St. center from 9:00 am to 3:30 pm to be seen by our staff.** We believe that this experience will be quicker, quieter, and closer to what our community needs. We hope to add additional hours in the next few months.

**If you or anyone you know needs urgent assistance for a mental health emergency,** please call 1-833-710-6477. If you would like to schedule a time for a walk-in appointment, please call 603-357-4400 x1 and ask for Acute Care Services.

## May's Mental Health Awareness Month Events

**May 1st**

**Changing the Culture Around Mental Health It's Way Past Time, Wednesday, May 1,**

8:30 am at All Saints Parish, 52 Concord St., Peterborough. MFS CEO Phil Wyzik and Tim Weeks, MFS Incorporator and current client will be participating in the panel discussion. Sponsored by Greater Monadnock Collaborative.

Register for this free event at [greatermonadnock.com/events](https://greatermonadnock.com/events).

**May 9th**

**Embracing Hope Together: A Community Seminar on Suicide Prevention, Thursday, May 9,**

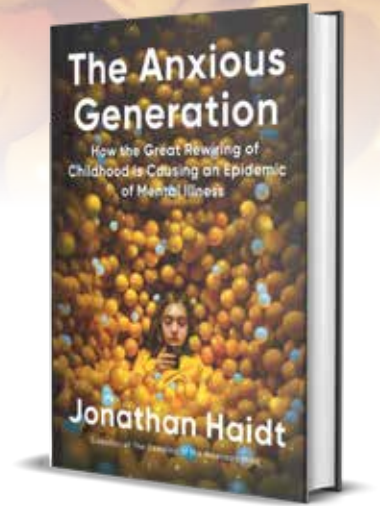
5:30 to 7:00 pm, The Monadnock Center for History and Culture, 19 Grove St., Peterborough. Kevin Stevenson, MFS Director of Acute Care Services will participate in the panel discussion sponsored by the Monadnock Community Church.

To register for this free event, go to [seminars.monadnockhospital.org](https://seminars.monadnockhospital.org).

# Book Talk: The Anxious Generation

Best-selling author Jonathan Haidt offers readers a powerful exploration of an unprecedented and potentially damaging influence on the mental health of young people. MFS invites you to join us in considering the powerful message of *The Anxious Generation: How the Great Rewiring of Childhood is Causing an Epidemic of Mental Illness*.

Many parents, grandparents and others have worried that **the consequences of smartphone technology and social media could have negative health consequences on people, especially children**. A warning was even issued by the US Surgeon General, Vivek Murthy MD.



Haidt's book is a convincing statement that the harmful impact is very real. It affects too many young people around the world.

Starting **Thursday, May 23rd at 7pm, MFS will host a one-hour open discussion about the book, like a book club conversation**. We'd invite the public to get the book and join us.

Then, on **May 30th at 7pm, we'd hold a panel discussion** on this book. Joining me will be Gina DiPasquale PhD, the Exec Director at MAPS counseling service, Jennifer Porschitz LICSW MLADC, Student Assistance Counselor at SAU 29, and Annelise Spykman LICSW the director of MFS' Child and Family Services department.

Lastly, **on June 6th, we hold the final meeting** to discuss and reflect on panel and steps parents or others might take to mitigate the harmful effects of smartphones on youth. All sessions will be facilitated by CEO Phil Wyzik. Things are not all bleak, however. The author offers practical suggestions on how our communities can reverse these alarming trends.

Please join us for one, two or three of these meetings. Participants are encouraged to obtain a copy of the book themselves and read it ahead of time. This event is free and open to the public. Each meeting takes place at The MFS Avon Center, 40 Avon St in Keene. **Please RSVP with Kathy Waters at [kwaters@mfs.org](mailto:kwaters@mfs.org)**.

**For every strawberry cheesecake (yum!) sold at Keene's Granita Enoteca restaurant in May, all proceeds will be donated to MFS.** So, enjoy a delicious dessert during Mental Health Awareness Month and support MFS.



**May 17th**

**The New MFS: A Celebration Fundraiser at the Avon Center, Friday, May 17, 5:00 to 7:30 pm, at 40 Avon Street in Keene (see back page for details). Can't make it? Consider making a donation in CEO Phil Wyzik's honor.**

**May 23rd, May 30th, and June 6th**

**Book Talk: The Anxious Generation, Thursdays, May 23, May 30, and June 6, 7:00 pm at the MFS Avon Center, 40 Avon Street in Keene. See details on this page.**





# The New MFS A Celebration Fundraiser at the Avon Center

Honoring CEO Phil Wyzik for his unique role in creating the new Keene mental healthcare center.

 Friday, May 17, 2024, 5:00-7:30 pm  40 Avon St., Keene, NH  Business Attire

Featuring heavy hors d'oeuvres catered by Mayfair Farm, open bar, live music, tours, and a brief and inspirational presentation.

There will be opportunities to give to some very worthy programs.

**RSVP by May 6 by using the QR code,**  
or giving online at: [MFSFundraiserMay17.eventbrite.com](https://www.MFSFundraiserMay17.eventbrite.com).  
Contact Kathy Waters at [kwaters@mfs.org](mailto:kwaters@mfs.org) or 603-209-5947.



**Unable to attend?**  
Please consider making a  
donation in honor of Phil Wyzik.