



# COMMUNITY CONNECTION

A PUBLICATION OF MONADNOCK UNITED WAY

March 24, 2023

Here's what you'll find inside:

- Partner updates and news
- Upcoming Events
- Resources and Wishlist



## Partner Updates

### Monadnock Developmental Services Celebrates Developmental Disabilities Month

March is Developmental Disabilities Awareness Month and [Monadnock Developmental Services](#) is raising awareness about the importance of inclusion, participation, and mutual relationships for all

people at risk of isolation from community. We believe that everyone, from children to the elderly, has the right to experience a safe and supportive family life, in all its many facets. We respect each person's and each family's values as the foundation for strengthening people's lives. The power, authority and responsibility lie with each person for how they will live their life. As Monadnock Developmental Services celebrates 40 years of serving individuals and their families in the Monadnock region, we'd like to thank the community for four decades of support.



If you would like more information about our services and eligibility, please contact [Renee Bryan](#) or call 603-352-1304.



### Adverse Childhood Experiences vs. Positive Childhood Experiences: How Can Everyone Help?

Families all around the Monadnock Region are feeling extraordinary stressors right now. Residual stress from the pandemic combined with economic and personal care stressors as a result of the changes in communities across America are building up and wearing at everyone's resilience and mental well-being. As a result, it is more important than ever for programs working with families to be helping them develop their resilience in the face of challenges (often called protective factors) and working to prevent or mitigate Adverse Childhood Experiences, also called ACEs.

#### Childhood Trauma

ACEs are significantly negative experiences – sometimes one large event and sometime a series of smaller ones – that impact a child’s health and well-being, not only in childhood but continuing into adulthood. Children who experience trauma often have health issues (cardiovascular issues, obesity, etc.) as adults. The greater the number of traumatic events that have occurred, the more significant the health issues. The pandemic started three years ago; now is the time, as professionals, employers, and as communities, to connect with one another to build Positive Childhood Experiences (PCEs) that mitigate the negative impacts of the stressors we’ve all experienced. PCEs help all children thrive.

Experiences that help children thrive include:

- Playtimes that are child directed and open ended.
- Spending time with adults (parents or caregivers). Even just a few minutes of conversation, physical touch, or doing small activities/daily tasks together helps children feel love and a sense of belonging.
- Having a predictable daily schedule and routines.
- Recognizing children’s feelings and supporting them through their emotions.
- Recognizing children’s accomplishments and praising positive achievements.
- Having fun, playing games, reading together, and getting outside to play together.
- Laughing together.

### Adult Challenges

Adults, too, need social connections and information about parenting and child development to thrive. Parenting is hard, even in the best of times, but now, more than ever, it is important to get help when it is needed.

### Lending a Helping Hand

The [Monadnock Alliance for Families](#) is a collaborative supported by [Monadnock United Way](#) and made up of five organizations: [The Grapevine Family & Community Resource Center](#), [Healthy Starts](#) at HCS, [Monadnock Family Services](#), [Rise for baby and family](#), and [The River Center](#). The services offered through Monadnock Alliance for Families are helping families to manage the additional stressors and mitigate the effects of those stressors.

Services offered include 1:1 support (home visiting) that is tailored to the needs of the individual family, connecting families to necessary community and statewide resources, offering parenting classes, and through enriched engagement activities for children and the whole family. These experiences promote resilience and help families to build PCEs. In short, they help make families stronger, for today and tomorrow.



*The River Center in Peterborough offers Mini Explorers, an outdoor play and exploration opportunity for families with children ages 24 months to 5 years. Here’s the group enjoys snowshoeing with naturalist Susie Spikol at the Harris Center in Hancock.*



## Updates from Southwestern Community Services

### SCS Newsletter

[Southwestern Community Services](#) publishes a quarterly newsletter, and the latest edition was recently sent out! To be added to our newsletter distribution list, please email [Diane Lucas Plotczyk](mailto:Diane.Lucas.Plotczyk).

### SCS Website

The agency [website](#) has information on a variety of programs and services, including Head Start, WIC, Energy Services, Energy Conservation, Family Housing, Senior Housing, Housing Stabilization Services, New Hope New Horizons, the annual Economic Impact Report, and more!

### Head Start



Head Start is now accepting applications for the 2023-2024 school year!

#### Benefits for Parents

- Tuition-free
- Nutritionist available for consultation
- Family supports and resources
- Parent-to-parent connections
- Home-to-school connections
- Transportation assistance to all Head Start-sponsored events

#### Benefits for Children

- Healthy, family-style meals
- Meets the developmental needs of individual children
- Inclusive of children with disabilities
- Health screenings: hearing, vision, educational, dental, and health

Head Start has six locations throughout Cheshire and Sullivan counties: Ashuelot, Claremont, Jaffrey, Keene, Newport, and Swanzey!

Please contact Ella Weber at: [eweber@scshelps.org](mailto:eweber@scshelps.org) for more information.

To apply, please scan QR code



## Upcoming Events

### Volunteer Recruitment Fair

People of all ages are invited to the second Volunteer Service Fair on Tuesday, May 16 from 2 – 5 pm. at the Michael EJ Blastos Community Room located at Keene Ice Center at 380



Marlboro St.

The pandemic has been challenging for many people and organizations. There continues to be an increased need for services and a great need for volunteers. Visit with nonprofit and public agencies to learn about them, the resources they offer, and how you can apply your skills and time, whether episodically or regularly, for a rewarding and enjoyable experience that makes a difference in our Monadnock region community.

This event was made possible by a steering committee of agencies committed to service and volunteerism. Attendance is free of charge, the venue is handicap accessible, and there will be a few raffles. We look forward to seeing you there!

## VOLUNTEER RECRUITMENT FAIR

“Volunteers Getting it Done!”



*A steering committee of agencies committed to service and volunteerism invite you to our Volunteer Recruitment Fair.*

*We are inviting Non-Profit agencies in the Monadnock Region to participate in this extraordinary event to meet potentially new volunteers at our recruitment fair. Only 25 spots available...*

**When:** Tuesday, May 16

**Time:** 1:30 pm to 5:30 pm, for set up/breakdown fair will be 2 pm to 5 pm

**Where:** Keene Ice, Blastos Room  
380 Marlboro Street, Keene

**Fee:** \$25

**RSVP By: April 17, 2023**

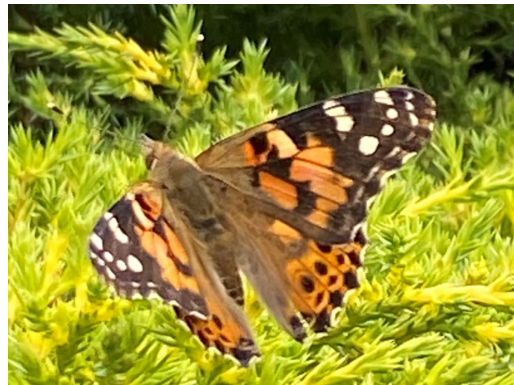
*Please contact Jan Manwaring, Friends of Keene Public Library or Pat Dixe, Monadnock RSVP Volunteer center for more information and to confirm your attendance to the fair at [jan.manwaring@yahoo.com](mailto:jan.manwaring@yahoo.com) or [pdixe@mfs.org](mailto:pdixe@mfs.org)*



## 12th Annual Butterfly Release to Support Home Healthcare, Hospice, and Community Services

The 12th Annual Butterfly Release to support [Home Healthcare, Hospice and Community Services](#) will be held in June. Be part of the magic as butterflies are released in honor or memory of loved ones. This event is open to the public and all are welcome.

HCS is collaborating with [Cathedral of the Pines](#) at 10 Hale Hill Road in Rindge to hold a Butterfly Release event on Thursday, June 15 from 2:00 to 6:00 p.m. We are offering additional Butterfly Releases at Butterfly Park at 320 Marlboro Street in Keene on Saturday, June 17 and Thursday, June 22 from 10:00 a.m. to 6:00 p.m.



To make reservations and order butterflies online, click [here](#). For more information or with questions, please [email](#) or call Tammy at 603-352-2253 x4159. There are a limited number of butterflies available, and orders will be filled on a first-come first-served basis.



## Resources and Wishlists

### Southwestern Community Services Energy Services

[The Fuel Assistance Program](#) at Southwestern Community Services continues to take applications through late March and the month of April! Households can be referred to either the Keene office (603-352-7512) or the Claremont office (603-542-9528). The energy department is currently taking

applications for Fuel Assistance, Electric Assistance, Water Assistance, and more!

