

MaPS Newsletter

Mentoring and Peer Support

Food Drive Finale

Though we may seem a little late to the party, we did not forget about the food and supply drive that was done by AMR NH. It was extremely successful!

The Seacoast was able to gather 50lbs worth of donations. Nashua was able to donate five full boxes of food and hygiene products as well as \$205 in cash for the Salvation Army! It is amazing what we can accomplish when we work together!

Thank you to all who participated and we hope to be able to do something like this in the future.



More About Murals...

As you know, we have begun the process of placing murals in each of our stations to symbolize community. Keep your eyes peeled for these! In Nashua, there is a wall of hot air balloons with a white bird to honor one of our fallen paramedics. The seacoast has a wonderful tree that includes a special bird as tribute to a former station member that lost his battle with mental illness. Manchester will have a mural of jigsaw puzzle pieces! We can't wait to see the completed products.

It's Okay to Rest.

As healthcare providers, we are so used to telling everyone else how to take care of themselves. We remind others to rest and to take time to recharge. But, we are not usually so good about following our own advice. It's absolutely okay for us as EMS workers to take time to ourselves! After all, how are we going to help patients if we don't take care of us first? So this is your monthly reminder to do something for yourself. Take a walk, paint a picture, do some yoga. Whatever it takes for YOU to recharge.



“If you take care of your mind, you take care of the world.”

Go Red for Heart Health!



As you all know, AMR NH is able to wear red polos on Fridays as a show of support to our troops. But, February had a very special Friday. No, it wasn't Valentine's Day.. it was Go Red for Heart Health! On Friday, February 5, the nation went red. This movement is not for AMR employees alone. It involved everyone from news anchors to retail employees. Annually, the AHA asks for a showing of red shirts across the country to bring awareness to women's heart health as well as stroke. We are happy to have been able to take part! There were red shirts at all of our stations, though photographic evidence was a bit hard

to obtain due to call volume. If you'd like to read more about this campaign, information can be found at www.goredforwomen.org.

Recipe of the Month: Mango Pepper BBQ Meatballs

Ingredients:

Premade meatballs
Mango pepper jelly
BBQ Sauce
Jasmine Rice

1. Pour meatballs in a saucepan on medium heat.
2. Add 1/2 cup mango pepper jelly.
3. Add 1/2 cup BBQ sauce.
4. Stir and cook until meatballs are heated through. Serve over jasmine rice.

We know, this recipe seems like it's too easy. But it's great for a quick dinner when you're not up for cooking much. Try it and let us know how you like it!



Social Media



MAPS_NH



MaPS (Mentoring and Peer Support)