

# MaPS Newsletter

## Mentoring and Peer Support

### Who Are We?

The mission of the MaPS group is to provide a safe, non-judgmental, confidential resource to any employee that may be struggling with emotional or physical distress that might be directly caused by or related to the stress associated with the first responder job role.

We are here to listen, support, and aid you in accessing additional resources that may be necessary to help you through difficult times. MaPS will not replace the EAP or CISD program; it will serve as immediate access and provide ongoing support as needed. We cannot replace ongoing counseling.

This group is dedicated to helping each of our fellow employees feel like a valued member of our community.

### Got Mentors?

*We've started a mentorship program! This allows our community to give or receive support as needed on an individual basis. How does it work? Simple! Let us know that you'd like to become a mentor or a mentee. Sign up, get matched, and support each other!*



### What's Quackalackin'?

By now, you've heard about the swarm of ducks that has been let loose on the state of NH. These rubber duckies are a way to spread awareness about MaPS as well as to help someone to maybe "quack" a smile. They're a good way to communicate with other members of the EMS community that you're thinking of them when you're unsure of a what to say. We love to see the pictures that have been posted and we hope to see this continue! Don't forget to tag us on instagram (@maps\_nh) and remember #ducks4ems and #essentialducks!

**"Alone, we can do so little;  
together, we can do so much."**



## Did Someone Say Murals?

That's right! We have officially begun the process of putting up murals at our three AMR NH locations. These will allow us to visualize the fact that we are all a part of the same community. It doesn't matter if you are a chair car driver or a 911 paramedic. We are all working towards the same goal of excellent patient care! The seacoast has kicked us off by placing a mural on the wall of the garage. Each employee will have their name on a piece of this mural going forward. When you're having a bad day, remember to look at the wall and remember that your 'family' has your back. Stay tuned, because similar murals will be coming to our Manchester and Nashua stations! Work for another service? Show us what you are doing to foster a sense of community!

### Recipe of the Month

#### Ingredients:

- 15oz can black beans
- 15.25oz can corn
- 10oz can Rotel tomatoes
- 1 package Ranch dressing mix
- 1tsp cumin
- 1Tbsp chili powder
- 1tsp onion powder
- 1 8oz block cream cheese
- 2-3 chicken breasts



1. Drain and rinse the black beans. Place chicken at the bottom of the crock pot, then pour the beans as well as undrained corn and tomatoes on top of the chicken.
2. Top with seasonings and ranch dressing mix. Stir.
3. Place cream cheese block on top. Cook on low 6-8 hours.
4. When cook time is over, remove the chicken to shred and then replace. Stir and enjoy!

Share your voice! Have something you'd like to see in the newsletter? Email us at [nhmaps328@gmail.com](mailto:nhmaps328@gmail.com)

## Social Media



MAPS\_NH



MaPS (Mentoring and Peer Support)