

NEWSLETTER-January 2022



# Infinity Peer

# Support

## Program Coordinator's Desk

The lack of bathroom facilities made the month of December a challenging one for members and staff. We had to close for a few days during the month while we were dealing with this situation. The days we were closed and the days we were open with no facilities impacted the help we were able to give our members.

The month started with us snaking and plunging the toilets ourselves trying to clear whatever blockage was in the pipes. The next step was calling a plumber, their snake only reached so far so we were referred to Roto Rooter, they had a longer snake, a scope and a hydro-jetter. After using the snake and hydro-jetter, a scope was performed which showed that we had sand in the line which indicated a broken pipe.

We called a private contractor to excavate out front and put in a new 10-foot piece of pipe and clean the extending pipes as far as they could in either direction. Unfortunately, at this time the pipes are still backing up indicating another broken pipe or dirt still in the pipes preventing sewerage from going through. We are currently using a Porta potty to keep the center open. It's not ideal in the winter but it is the only option we have at this time.

Thank you to the staff and members that have persevered during this challenging time. They have been supportive, attended groups, and helped do whatever was needed to keep the center running.

Carole Otash  
Program Coordinator

## News from our Peer Facilitator- Create Healthy Habits for 2022

Like many members, I have daily routines that don't always give me the health results I desire:

- ∞ I eat too much sugar;
- ∞ I don't eat enough fruits and vegetables;
- ∞ I don't eat three meals at a predictable time each day; and
- ∞ I don't get 8,000 to 10,000 steps each day.

For 2022, I need to make myself a priority and establish boundaries that will enable me to have better health outcomes in the new year:

- ∞ Load up on fruits, vegetables, whole grains and legumes;
- ∞ Enjoy plant-based milks, tofu/tempeh, whole grain flours/breads and whole nuts/seeds and nut/seed butters in moderation;
- ∞ Avoid/minimize white flours/breads/pastas, dairy products, eggs, meat, poultry, seafood, oils, refined sweeteners and white rice;
- ∞ Walk 8,000 to 10,000 steps/day;
- ∞ Sleep 10 hours/night; and
- ∞ Drink 8 glasses of water/day.

Visit <https://www.forksoverknives.com/what-to-eat/> for more details about transitioning to a different lifestyle. It's not a diet. It's a different way of eating that focuses on whole-foods and plants. No calorie counting. No obsessing about specific nutrients. If you don't want to make the complete plant-based transition, you don't have to. You can eat one, two or three plant-based meals a day and get positive health benefits and save money.

### For lasting change:

1. Put starches (whole grains, beans, starchy vegetables) and fruits at the center of your plate.
2. Eat more healthy food, not less.
3. Focus on whole-foods and plant-based foods you enjoy.
4. Say no to oils because they have no nutrients. (I use nut butter or water as a substitute for oil).
5. There is no food math required. No counting calories. No focusing on specific nutrients.

The Forks Over Knives (Plant-Based Recipes) App is available on iPhone and Android. A one-time cost (approx. \$4.99) is charged when you download the app.

There are numerous recipes on this app:

- ∞ 78 breakfast,
- ∞ 128 sides and salads,
- ∞ 41 snacks and appetizers,
- ∞ 60 pastas and noodles,

- ∞ 132 soups and stews,
- ∞ 55 amazing grains,
- ∞ 102 baked and stuffed,
- ∞ 74 wraps and burgers,
- ∞ 83 condiments and sauces and
- ∞ 119 decadent desserts.

Each month, a few new recipes are uploaded to the app. You can use the app to generate an electronic shopping list and choose your favorite recipes.

Here are a few books I recommend. If you'd like to look at them while you're at Infinity Peer Support, I have many of them available.

There are also several EatingWell magazines available at Infinity Peer Support. They offer tasty and nutritious breakfasts, snacks, sides, soups, salads, vegetarian/vegan, poultry, fish, beef, pork and sweet recipes.

<b>Book</b>	<b>Author</b>	<b>Reason for Recommendation</b>
Forks Over Knives: The Cookbook	Del Sroufe	Offers a variety of whole-food, plant-based recipes.
Forks Over Knives Flavor: Delicious, Whole-Food, Plant-Based Recipes to Cook Every Day	Darshana Thacker	Offers 150 recipes featuring plant-based recipes from around the world.
The Forks Over Knives Plan: A 4-Week Meal-by-Meal Makeover	Alona Pulde, MD & Matthew Lederman, MD	Helps you slowly transition (meal-by-meal) from your current eating pattern to a whole-food, plant-based eating pattern.
EatingWell on a Budget: Offers Amazing Meals for Less than \$3/Serving	Jessie Price & The EatingWell Test Kitchen	Offers tasty recipes for less than \$3/serving.
Milk Street The New Rules: Recipes That Will Change the Way You Cook	Christopher Kimball	Offers fresh, bold, international dishes.
Milk Street Tuesday Nights	Christopher Kimball	Offers recipes that are ready in under an hour, inspired by international flavors.

## Member Spotlight

### Aaron Rowell



Aaron Rowell has been coming to Tri City Co-Op/ Infinity Peer Support for 3 years. Aaron's favorite group is Meditation as it helps him relax and get rid of stress. When Aaron is not at the center he enjoys reading historical novels, watching Harry Potter movies and reading the books, watching cooking shows (especially Jamie Oliver), going for scenic rides and going to the farmer's market.

Something that people might know about Aaron is that he is an Eagle Scout and has earned the highest award in The Venture Crew, the Silver award.



# January 2022

Monday	Tuesday	Wednesday	Thursday	Friday
				1  <b>Closed Happy New Year!</b>
3 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	4 9:45 Chair Chi 10:15 Journaling 10:30 Creative Arts 12:30 Wellness <b>7:00 NA Meeting</b>	5 9:45 Meditation 10:15 Boundaries 11:15 Fun & Games 12:30 Healthy Habits for the New Year <b>5:00 Board Meeting via Zoom (Members Welcome!)</b>	6 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan <b>6:30 NA Meeting</b>	7 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Movie <b>7:30 AA Meeting</b>
10 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	11 9:45 Chair Chi 10:15 Journaling 10:30 Creative Arts 12:30 Wellness <b>7:00 NA Meeting</b>	12 9:45 Meditation 10:15 Boundaries 11:15 Fun & Games 12:30 Healthy Meals on a Budget	13 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan <b>6:30 NA Meeting</b>	14 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Virtual Tour <b>7:30 AA Meeting</b>
17 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	18 9:45 Chair Chi 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 Wellness <b>7:00 NA Meeting</b>	19 9:45 Meditation 10:00 Boundaries 11:00 Community Soup Making <b>12:30 Community Meeting</b>	20 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan <b>6:30 NA Meeting</b>	21 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Movie <b>7:30 AA Meeting</b>
24 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors	25 9:45 Chair Chi 10:15 Journaling 11:00 Creative Arts 12:30 Wellness <b>7:00 NA Meeting</b>	26 9:45 Meditation 10:15 Boundaries 11:00 Trivia 11:00 Cooking <b>5:00 Board Meeting via Zoom (Members Welcome!)</b>	27 9:45 Chair Chi 10:15 Woman's Group 11:00 Crafts 12:30 Wellness Recovery Action Plan <b>6:30 NA Meeting</b>	28 9:45 Meditation 10:30 Adult Children of Alcoholics/Dysfunctional Families 12:00 Virtual Tour <b>7:30 AA Meeting</b>
31 9:45 Meditation 10:00 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors				Calendar subject to change.

<b>Resource Guide for Strafford County</b>			
<b>Resource</b>	<b>Organization</b>	<b>Address</b>	<b>Phone Number</b>
<b>Shelters:</b> Contact prior to arrival to make sure they're open.	Willand Warming Center: Nights & Weekends	30 Willand Dr., Somersworth	603-435-2500
	Home for Now	202 Washington St., Rochester	603-332-3065
	My Friend's Place	368 Washington St., Dover	603-749-3017
	Cross Roads House	600 Lafayette Rd., Portsmouth	2-1-1 or 603-436-2218
<b>Homelessness Services</b>	2-1-1 NH		2-1-1
	Coordinated Access (Shelter Referral)		603-435-2448
	Community Action Partnership of Strafford County (Homeless Outreach & Drop-In Center)	577 Central Ave., Suite 10, Dover	603-435-2500
	Seacoast St. Outreach (ages 12-22)		603-851-1320 or 603-716-6083
	ServiceLink	1 Wakefield St., Rochester	603-332-7398
	Waypoint (ages 12-24)	Family Resource Center, 279 Locust St., Ste. B, Dover	603-742-5662 or 1-800-640-6486
<b>Affordable Housing</b>	NH Emergency Rental Assistance Program	577 Central Ave., Dover	603-435-2500
	NH Housing Finance Authority	32 Constitution Dr., Bedford	603-472-8623
	Integrative Housing Pilot Waitlist (People with Felonies)	<b>Infinity Peer Support Staff has Applications</b>	CGodbout@LRMHC.org
	Dover Housing Authority	62 Whittier St., Dover	603-742-5804
	Rochester Housing Authority	77 Olde Farm Ln., Rochester	603-332-4126
	Somersworth Housing Authority	28 Franklin St., Somersworth	603-692-2357
<b>Credit</b>	Consumer Credit Counseling Service	Help with credit standing, budgets, loans, etc.	1-800-431-8157
<b>Food Pantries/ Meals</b>	Barrington Community Food Pantry	105 Ramsdale Ln., Barrington	603-664-0233
	Community Action Partnership of Strafford County	577 Central Ave., Ste. 10, Dover	603-430-4237 or 603-435-2500
	Community Food Pantry	176 High St., Somersworth	603-692-2907
	Dover Food Pantry	1 Silver St., Dover	603-749-7827
	End 68 Hours of Hunger	33 Coe Dr., Durham	603-389-3310
	First Congregational Church, UCC Food Pantry	63 South Main St., Rochester	603-332-1121
	Gery's Emergency Food Pantry	150 Wakefield St., Ste. 14, Rochester	603-330-3468
	Grab & Go	Dover Transportation Center, Dover	Facebook.com/Dover NH Homeless Community Group
	Grace Community Church	57 Wakefield St. Rochester	603-332-9689
	Grace Place	9 Mechanic St., Farmington	603-332-9689
	Meals 4 Kids	31 Emerson Ave., Rochester	603-436-0641
	Red's Good Vibes Food Truck	Dover Transportation Center, Dover	Facebook.com/Dover NH Homeless Community Group
	Rochester Fellowship Kitchen	34 Main St., Rochester	207-200-6983
	St. Joseph's Church Food Pantry, Our Daily Bread	150 Central Ave., Dover	603-742-4837
	St. Thomas Food Pantry	6 Madbury Rd., Durham	603-781-0945
	Salvation Army	10 Olde Farm Ln., Rochester	603-332-2623
	Seymour Osman Community Center	40 Hampshire Circle, Dover	603-749-6692
	Strafford Nutrition & Meals-on-Wheels	25 Bartlett Av., Ste. A, Somersworth	603-692-4211
	We Care Food Pantry	370 White Mountain Hwy., Milton	603-923-9456
	Wilkinson Food Pantry at Lee Congregational Church	17 Mast Rd., Lee	603-659-2681
<b>Clothing</b>	CERV	96 New Rochester Rd., Dover	
	First Congregational Church, UCC Food Pantry	63 South Main St., Rochester	603-332-1121

	First Parish Church	218 Central Ave., Dover	603-742-5664
	Gerry's Emergency Food Pantry	150 Wakefield St., Ste. 14, Rochester	603-330-3468
	Goodwill	450 High St., Somersworth	603-343-5560
		720 Lafayette Rd., Portsmouth	603-430-2040
	Salvation Army	28 Signal St., Rochester	603-332-2698
	Second Chance	1 Winter St., Ste. 5, Rochester	603-395-0762
	Thrift & Gift Shop	180 Rochester Hill Rd., Rochester	603-332-1376
	Trinkets & Treasures	125 Milton Rd., Rochester	603-332-8282
<b>Employment Services</b>	Complete Labor & Staffing	314 Central Ave., Dover	603-343-2661
	Express Personnel Services	472 High St., Somersworth	603-742-0880
	McIntosh Staffing Resources	65 Belknap St., Ste. 6, Dover	603-742-8325
	NH Employment Security	6 Marsh Brook Rd., Somersworth	603-749-7515
	People Ready	517 Central Ave., Dover	603-740-0891
<b>Domestic Violence</b>	Haven (formerly A Safe Place and SASS)	24-Hour Hotline	603-994-7233
	NH Coalition Against Domestic & Sexual Violence	P.O. Box 353, Concord	603-224-8893
<b>General Health</b>	Families First Healthcare Van	10 Olde Farm Ln., Rochester	1-888-922-0005
	Frisbie Memorial Hospital	11 Whitehall Rd., Rochester	603-332-5211
	Goodwin Community Health	311 Route 108, Somersworth	603-749-2346
	Wentworth-Douglass Hospital	789 Central Ave., Dover	603-742-5252
	Wentworth Health Partners	10 Members Way, Dover	603-609-6930
<b>Non-Emergency Medicaid Transportation</b>	NH DHHS (One Call)	48-Hour Notice Required	1-833-303-0653
	NH Healthy Families (MTM)	3-Day Notice Required	1-888-597-1192
	Well Sense (One Call)	48-Hour Notice Required	1-844-909-7433
	AmeriHealth Caritas NH (CTS)	48-Hour Notice Required	1-833-301-2264
	TTY Services and Hearing Impaired		7-1-1, 1-800-735-2964
	Family & Friends Mileage Reimbursement	Advance Approval Required	NH DHHS 1-833-303-0653 NH Healthy Families 1-888-597-1192 Well Sense 1-844-909-7433 AmeriHealth Caritas NH 1-833-301-2264
<b>Transportation</b>	Alliance for Community Transportation	42 Sumner Drive, Dover	603-743-5777 x120
	COAST	42 Sumner Drive, Dover	603-743-5777
<b>Mobile Phones &amp; Service for Medicaid Recipients</b>	AmeriHealth Caritas NH	Must provide Name, Date-of-Birth, Medicaid Number and potentially ID.	603-493-0311 (Gina)
	NH Healthy Families		603-263-7208 (Jo Ann)
	Well Sense		603-540-1223/603-263-3084 (Jenny)
<b>Mental Health</b>	Community Partners	50 Chestnut St., Dover & 25 Old Dover Rd., Rochester	603-516-9300
	Goodwin Community Health	311 Route 108, Somersworth	603-749-2346
	Great Bay Mental Health Associates	35 Second St., Dover	603-742-9200
	Infinity Peer Support	55 Summer St., Rochester	603-948-1036
	National Alliance on Mental Illness NH	85 N. State St., Concord	603-225-5359
	Peer Warmline	544 Islington St., Portsmouth	603-427-6966 or 1-800-809-6262
	Suicide Prevention Hotline		1-800-273-TALK
	Veteran Crisis Hotline		1-800-273-TALK
<b>Substance Use Disorder</b>	The Doorway	798 Central Ave., Dover	2-1-1
	Better Life Partners (Suboxone Counseling)	44 South Main St., Suite 2, Hanover	1-866-679-0831
	Hope on Haven Hill	158 Route 108, Somersworth	603-841-5353
	Ruthie's Manner (Sober Living Home)	16 Pine St., Rochester	603-403-4523
	SOS Recovery Community Organization	4 Broadway, Dover & 14 Signal St., Rochester	603-841-2350
	Southeastern NH Services	272 County Farm Rd., Dover	603-516-8160
	Hand Up Health Services	5 Hale St., Dover	207-370-7187

<b>Harm Reduction</b>		Signal St. & Olde Farm Ln., Rochester	
		84 Elm St., Somersworth	
	NH Harm Reduction Coalition	Rochester	603-534-0932
<b>Child &amp; Elderly Services</b>	Bureau of Elder & Adult Services	Concord	603-271-7014 or 1-800-949-0470
	Child Protective Services	Concord	603-271-6562 or 1-800-894-5533
	ServiceLink	25 Old Dover Rd., Rochester	603-332-7398 or 1-866-634-9412
	Strafford County Head Start Women, Infants & Children (WIC)	577 Central Ave., Dover	603-652-0990 1-800-942-4321
<b>Government Programs</b>	Birth Certificate	31 Wakefield St., Rochester	603-332-1167
	Driver's License/Non-Driver ID	50 Boston Harbor Rd., Dover	603-227-4000
	Food Stamps	150 Wakefield St., Rochester	1-800-852-3345 ext. 4238
	Home Base (Veteran Support & Recovery)		617-724-5205
	NH Legal Aid	15 Green St., Concord	603-639-5290
	NH Legal Assistance	117 N. State St., Concord	603-224-1407
	NH Department of Health & Human Services	150 Wakefield St., Rochester	1-800-862-5300
	Social Security Administration	80 Daniel St., Portsmouth	1-888-397-9796 or 1-800-772-1213
<b>Welfare Offices</b>	Barrington	333 Calef Hwy., P.O. Box 660, Barrington	603-664-0155, 603-396-4469, 603-862-1392
	Dover	61 Locust St., Dover	603-516-6500
	Durham	15 Newmarket Rd., Durham	603-868-8043
	Farmington	356 Main St., Farmington	603-755-3100
	Lee	249 Calef Hwy., Lee	603-969-8251
	Madbury	13 Town Hall Rd., Madbury	603-742-5131
	Middleton	182 Kings Hwy., Middleton	603-473-5230
	Milton	424 White Mountain Hwy., P.O. Box 310, Milton	603-403-2320
	New Durham	4 Main St., P.O. Box 207, New Durham	603-859-2091 ext. 2
	Rochester	31 Wakefield St., Ste. 3, Rochester	603-332-3505
	Rollinsford	667 Main St., P.O. Box 309, Rollinsford	603-534-1049
	Somersworth	157 Main St., Somersworth	603-692-9509
	Strafford	12 Mountain View Dr., P.O. Box 23, Strafford	603-664-2192 ext. 108

**Infinity Peer Support  
Location and Contact**

55 Summer Street, Rochester, NH 03867 • **Phone:** 603-948-1036 or 603-948-1048

[info@infinitypeersupport.org](mailto:info@infinitypeersupport.org)

[www.infinitypeersupport.org](http://www.infinitypeersupport.org)

**Limited Transportation in November and December:** Call 603-948-1036

**Business Hours:** Monday—Friday (In-Person) 8 AM—5 PM, Tuesday, 8-4

Providing a non-medical approach to mental health wellness and recovery for adults 18 years of age and older who reside in Strafford County.

**All services are free-of-charge.**

**To receive our calendar and newsletter,** call (603) 948-1036 or email us at

[info@infinitypeersupport.org](mailto:info@infinitypeersupport.org) Visit our website at [www.infinitypeersupport.org](http://www.infinitypeersupport.org)

for more information.



### **Infinity Peer Support Mission Statement**

Mission Statement: Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

### **Warmlines**

Warmlines are located all over the State of NH. These telephone lines are staffed by peers and provide support to people who are struggling to cope. **You do not have to be in a crisis to contact warmlines.**

**To be on a Warmlines' Outreach Call List**, call Infinity Peer Support at 603-948-1036.

**Alternative Life Center**, Conway, NH: 1-866-447-1765, Every Day: 5 PM—9 PM

**Connections Peer Support Center**, Portsmouth, NH: 603-427-6966, 1-800-809-6262, Every Day: 5 PM—10 PM

**CornerBridge**, Laconia, NH: 1-800-306-4334, Every Day: 5 PM—10 PM

**Monadnock Peer Support**, Keene, NH: 1-866-352-5093, Every Day: 5 PM—10 PM

**Stepping Stone**, Claremont, NH: 1-888-582-0920, Sun., Mon., Wed: 4 PM—9 PM, Tues., Thurs., Fri., Sat.: 4 PM—8 PM

### **Helpful Phone Numbers**

Suicide Prevention Lifeline: 1-800-273-TALK

Bipolar Support Group: (603) 431-6703 x 3167 (Diane Cyr)

Sexual Assault Hotline: 1-800-277-5570

Domestic Violence Hotline: 1-866-644-3574

### **Peer Respite**

Due to COVID-19, some peer respites are operating at reduced capacity or are shut down.

**H.E.A.R.T.S. Peer Support Center**, Nashua, NH: (603) 864-8769 or (603) 882-8400

**Monadnock Peer Support**, Keene, NH: (603) 352-5093 or (866) 352-5093

**Stepping Stone**, Claremont, NH: (603) 543-1388 or (888) 582-0920

### **Vaccine Update**

Visit [vaccines.nh.gov](http://vaccines.nh.gov) for more information about vaccines: qualification and registration. You have to register before you can be scheduled for a vaccination date and time. If you do not have a medical provider, call 2-1-1 for more information.

### **Rochester Fixed Vaccination Site: No Appointment Needed. Walk-Ins Welcome.**

Spaulding Commons, 306 North Main Street, Rochester, NH 03867. Open Monday through Friday 10 am to 7 pm and Saturdays 9 am to 2 pm.

### **COVID-19 Testing**

If you would like to be tested for COVID-19, call your medical provider, call Convenient MD at 1-822-263-0131, register at [https://prd.blogs.nh.gov/dos/hsem/?page\\_id=8479](https://prd.blogs.nh.gov/dos/hsem/?page_id=8479) or call 603-271-5980.

Infinity Peer Support [info@infinitypeersupport.org](mailto:info@infinitypeersupport.org) [www.infinitypeersupport.org](http://www.infinitypeersupport.org) Phone: 603-948-1036

**Community Action Partnership of Strafford County** – 603-435-2500 – Help with food, shelter, jobs, healthcare, fuel & electrical assistance.

**Information Referral – Call 2-1-1** or 866-444-4211 – 24 hours per day.

**NH Legal Aid** – The Centers for Disease Control extended the eviction ban until January 31, 2021. Visit [nhlegalaid.org](http://nhlegalaid.org) or call 800-639-5290 for more information.

**Seacoast Street Outreach (ages 12 to 22)** – 603-851-1320 or 603-716-6083

**Shelter Referral via Coordinated Access** – 603-435-2448

Call first and they will attempt to locate shelter in the area. May need to leave number and wait for call back.

### **Additional Services**

Bureau of Elderly & Adult Services: If you suspect an elder or adult needs help, call 1-800-949-0470 or 603-271-7014.

**Peer Substance Use Disorder Support:** SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located at 14 Signal Street in Rochester, 603-841-2350, ext. 1.

### **Hand Up Syringe Exchange Service**

- Mondays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.
- Tuesdays, 5 to 6 pm, St. Thomas Church, Dover, NH.
- Wednesdays, 6 to 7 pm, Elm Street, Somersworth, NH.
- Fridays, 6 to 7:30 pm, Olde Farm Lane, Rochester, NH.

### **Transportation**

COAST Bus (New Schedule): (603) 743-5777. If you need bus tickets for wellness appointments or court obligations, visit Infinity Peer Support.