

Save Me

I can't see the light
Everything is a mess
I need to scream out loud
For everyone to hear me
As I am lost in the crowd yeah yeah
Save me save me from me
Everything about me is a blur
Save me from this misery
I can't take it no more
Needing power in my life
Focusing on what is right
Can't stop feeling this way
As my heart starts to ache
Save me from this pain
Save me save me from me
Everything about me seems to be a blur
Save me from this misery
I can't take it anymore
I need to be strong
I need to be brave
I need to sacrifice for me to be saved
I am me I am who I was meant to be
Everything is clear I'm now saved I can now be free
I can now see the light in me I'm not scared everything is fine
I finally found where I belong
Now I know that I am saved.

By Erica Byrne

All The World's Alive Again

by Jennifer Gunner

The rabbit hops its gentle step
The lark sings lyric songs
All the world's alive again
Spring rights the winter wrongs.

Mother hen protects her chicks
White blossoms are in bloom
All the world's alive again
No snowy clouds to loom.

A kitten chirps her tiny mew
The child blinks his eyes
All the world's alive again
A new world crystalized.

YOUR
DICTIONARY

peer-led, peer-driven organization

April 2024 Newsletter

Infinity
Peer Support



Earth Day: April 22, 2024

Earth Day is an annual event on April 22 to demonstrate support for environmental protection. First held on April 22, 1970, it now includes a wide range of events coordinated globally by earthday.org (formerly Earth Day Network). More than 1 billion people in more than 193 countries now participate in Earth Day. The official theme for 2024 is "Planet v. Plastics."

What Can You Do to Reduce Plastic Pollution?

When you purchase food, pay attention to the plastic code on the container. Some cities and towns only allow you to recycle certain numbers (e.g., Dover accepts, 1s, 2s and 5s). It's not easy to see those codes. A magnifying glass might be a worthy investment.

What Can You Do for the Planet Every Day and Save Money?

- Shop food pantries, then go to the grocery store for the rest of what you need.
- Eat more plants (e.g., beans, greens, onions, mushrooms, berries, seeds) every day. They need less water to grow—much less than meat.
- Shop thrift stores. They make use of vintage items and save you money.
- Ride a bus or walk for errands. If you use a car, carpool and fit your errands into one big trip, if possible.
- Use dishpans to wash/rinse dishes or load the dishwasher to capacity before using.

Infinity
Peer Support

continued on page 3

Italian Stuffed Meatloaf

Ingredients

- 1 lb. lean ground beef
- 1 cup oats (quick or old fashioned) uncooked
- 1 15 oz jar spaghetti sauce
- 1/2 cup chopped onion
- 1/3 cup grated parmesan cheese
- 1 egg beaten
- 1 tbsp. Worcestershire sauce
- 1 tsp. black pepper
- 1/3 cup of mushrooms sliced, black olives sliced
- 1/3 cup shredded mozzarella cheese
- 1/3 cup shredded zucchini
- Save mozzarella cheese and olives for top after cooking

Directions

1. Heat oven to 350 degrees
2. Grease square baking pan
3. Combine ground beef, oats, 1/2 cup of spaghetti sauce, onion, and black pepper. Mix well and separate into 2 equal parts.
4. Shape each part into a patty about 7 inches in diameter.
5. Place stuffing choices on one patty to within 1/2 inch of edge.
6. Top with other patty, pinch sides together to completely enclose stuffing. Smooth edges into rounded loaf.
7. Place in prepared pan. Bake for 40-45 minutes or until meat is done.
8. Top loaf with 1 cup of spaghetti sauce and mozzarella cheese.
9. Garnish with olives and serve with remaining sauce. (6 servings)

**Submitted by
Diana Bastian**



[This Photo](#) by Unknown Author is licensed under [CC BY-NC](#)

About Music Therapy & AMTA

Music Therapy is an established health profession in which music is used within a therapeutic relationship to address physical, emotional, cognitive, and social needs of individuals. After assessing the strengths and needs of each client, the qualified music therapist provides the indicated treatment including creating, singing, moving to, and/or listening to music. Through musical involvement in the therapeutic context, clients' abilities are strengthened and transferred to other areas of their lives. Music therapy also provides avenues for communication that can be helpful to those who find it difficult to express themselves in words. Research in music therapy supports its effectiveness in many areas such as: overall physical rehabilitation and facilitating movement, increasing people's motivation to become engaged in their treatment, providing emotional support for clients and their families, and providing an outlet for expression of feelings.

The **American Music Therapy Association (AMTA)** is a 501(c)3, non-profit organization whose mission is to *advance public awareness of the benefits of music therapy and increase access to quality music therapy services in a rapidly changing world.* AMTA is committed to the advancement of education, training, professional standards, credentialing, and research in support of the music therapy profession. AMTA currently serves approximately 3,500 diverse members consisting of clinicians, faculty, business owners, internship directors and supervisors, researchers and students. AMTA offers education, professional development, networking, and advocacy opportunities through an annual conference, academic journals, research efforts, government relations activities, social media and volunteer activities.

What is Reiki?

Renee Napolitano is a holistic wellness coach and master level Reiki and IET (Integrated Energy Therapy) practitioner. Energy healing is a holistic practice where universal life force (or healing energy or chi) is transferred to the client and used to help balance and remove blockages from the physical body, clearing our major energy centers, or chakras, and the layers of our energetic aura. This process helps release trauma, reduce physical and emotional pain, and helps healing in mind, body and spirit. It relaxes the nervous system and allows us to shift into rest and restore which promotes healing in many ways.

Treatment can be performed with hands on or off the body, as preferred by the client. Seated sessions usually involve contact with or close to the head and shoulders; reclined sessions also involve on or above the body contact at the head, shoulders, knees and feet. Essential oils, sound therapy and crystals are also often utilized during sessions as well. Sessions can be performed individually in 15-minute increments or in small groups.

We also discuss and incorporate other wellness practices to support the ongoing healing process, like breathing and meditation techniques, and tips to help calm or energize the system. It does not conflict with any religious or spiritual ideologies, and is appropriate for anyone interested in optimizing their mental, emotional, and physical health.



continued from page 1

- Shorten showers or take them less frequently.
- Lower the thermostat several degrees Fahrenheit by using blankets and layered clothing.
- Install a heat pump to save energy and money.
- Buy EnergyStar appliances to save energy and money.
- Buy an electric or hybrid, reliable vehicle to save energy and money.

The New Hampshire Carbon Challenge – co-directed by Blaha and Dundorf and financed with seed funding from the Institute for the Study of Earth, Oceans, and Space.

The chief tool of the Carbon Challenge is a web-based carbon calculator called the New England Carbon Estimator™.

With it, people identify actions they can take to reduce energy consumption, costs, and greenhouse gas emissions. Based upon those actions, the tool estimates potential savings tailored to that specific household. This process, which takes only 10 to 15 minutes to complete, is "Taking the Challenge."

New Hampshire Climate Action Plan is a joint initiative with Clean Air-Cool Planet – a non-profit organization dedicated to finding and promoting solutions to global warming. The merger will broaden the program's reach beyond New Hampshire and towns in bordering states to the entire New England region, the Northeast, and, eventually, across the nation.

Sources: Wikipedia; EOS (Earth, Oceans, Space) Spheres by David Sims, Fall 2009.



April 2024

Monday	Tuesday	Wednesday
<p>1 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Sharing Healthy Recipes 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>2 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>3 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Photographic Safari 2:00 Clean Team 7:00 AA Meeting</p>
<p>8 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>9 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>10 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Wellness Recovery 2:00 Clean Team 7:00 AA Meeting</p>
<p>15 Riddle of the day Newsletter Submissions 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Sharing Healthy Recipes 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>16 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:00 NH Mental Health Peer Alliance 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>17 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 12:00 Community Meeting/Lucy Anderson SOS 7:00 AA Meeting</p>
<p>22 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Virtual Tour 12:30 Hearing Voices Network 2:00 Clean Team</p>	<p>23 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 7:00 NA Meeting</p>	<p>24 Riddle of the day 8:30 Staff Meeting 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Field Trip Planning for May 5:00 Board Meeting 7:00 AA Meeting</p>
<p>R25 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Sharing Healthy Recipes 12:15 Hearing Voices Network 2:00 Clean Team</p>	<p>26 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Art of Positive Thinking 12:00 Reiki with Renee 12:00 Help with Housing Applications 7:00 NA Meeting</p>	 <p>Limited Van Transportation Available Call Infinity Peer Support for Details 603-948-1036</p>

Thursday	Friday	
<p>4 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Crocheting and Knitting Lessons 1:00 Boundaries 7:00 NA Meeting</p>	<p>5 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>	<p>Hearing Voices Network Hearing Voices Groups are simply people with shared experiences coming together to support one another. Mondays at 12:15 pm The Letting Go Guided Journal Learn how to remove your inner blocks to happiness, about love and success. Wednesdays at 10:30 am The Art of Positive Thinking</p>
<p>11 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Spring Craft 1:00 Budgeting 7:00 NA Meeting</p>	<p>12 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>	<p>The benefits of positive thinking and how to slowly change a negative thought pattern so that you can be happier. Discover effective ways to alter a negative thought pattern so that you can have a more positive outlook on life. Tuesdays 10:30 am NH Mental Health Peer Alliance Meet peers from around the state and learn about resources and programs at other peer support agencies.</p>
<p>18 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Scrap Glass Craft 1:00 Living Within Your Means 7:00 NA Meeting</p>	<p>19 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>	<p>Third Tuesday at 10:00 am It's Grief: The Dance of Self Discovery Examines the emotional and devastating impact of loss and trauma. The book illuminates how the brain holds the complex circuitry of grief and then provides choices to help deal with it. Wednesdays at 10:15 am</p>
<p>25 Riddle of the day 9:45 Meditation 10:00 Clean Team 10:30 Ted Talks 11:30 Needle Felting 1:00 Field Trip 7:00 NA Meeting</p>	<p>26 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles Closing at 2:00 pm for staff meeting</p>	<p>Community Meeting/Educational Presentation Join us for the community meeting where we discuss what is going well and what we would like to see change. Third Wednesday at 12:00 pm Ted Talks Gather together to listen to dynamic speaker's present information on different topics of interest to members.</p>
 <p>Closing 4 pm on April 2 and April 30</p>	<p>Alcoholics Anonymous 7 pm Wednesdays & Sundays</p>	<p>Thursdays at 10:30 am Art as Recovery Come relax and paint with artistic freedom. Fridays at 10:30 am Board Meeting Join us for our Board meeting. All members welcome. If interested talk to Heather Walker-McConihe for zoom link. Last Wednesday of the month at 5:00 pm</p>