

NEWSLETTER-May 2022



Infinity Peer Support

Longer Days—Better Moods—More Motivation

Now that we are practicing Daylight Savings Time, there are more hours of daylight. As a result, you may notice your overall mood improving.

I find that I am more motivated in the Spring to clean my apartment. First, I need to de-clutter my apartment to pass inspection. It's great to be able to see the tops of my counters and coffee table and sit on my sofa.

It's also nice to recline under a warm fleece and watch TV, read a book or meet with friends.

Unfortunately, I stockpile paper, periodicals and books. Dealing with the paper explosion in my apartment is a constant challenge.

When I finally de-clutter enough to clean, I save a fortune on cleaning products by making many of my own. Reader's Digest has a book on making your own cleaning products: furniture polish, window cleaner, carpet freshener, drain cleaner, etc.

Important: We are planning to have a Spring-Cleaning Day at Infinity Peer Support in May. Look for it on your calendar or in your newsletter.

Recommended Books

Author/Editor	Book Title	Reason for Recommendation
Better Homes and Gardens	Store It With Style	This book helps you determine what to toss, what to keep and how to stay organized.
Reader's Digest	Homemade	Book on how to make hundreds of everyday products, fast, fresh and more naturally.
Ann T. Sullivan	The Learning Annex Presents Uncluttering Your Space	This book gives you a smarter approach to organizing your space.
Stephanie Winston	Getting Organized	This book describes the easy way to put your life in order and make the time and let it work for you.

Mental Health Conditions and Substance Use Disorders are Challenging for Peers and their Families

Having adult children that have mental health conditions and substance use disorders are a very hard thing to deal with. I have three adult children, all three of them have mental health conditions and two of them also have substance use disorders. It took me years to realize that I did nothing wrong it was about choices that my adult children have made. Choices that have that affected each and every one of our family members.

My daughter's drug of choice is fentanyl and occasionally amphetamines. She has depression and anxiety and she is also not physically well as she has endometriosis. She chooses to self-medicate rather than getting professional help. She has told me that there will never be a day that she is not high on something. I have cried many tears over this. How could my sweet daughter be in so much pain that she wants to be high every day? What am I going to do if I get THAT call? What if I find her almost dead again? How could she choose drugs over her children that are now in foster care? How can I try and be nice to her when all I want to do is yell at her and say "you took my grandchildren away from me"? All I pray for every day is that she will come to her senses and say I've had enough mom will you please help me.

My son's an alcoholic and he smokes marijuana. My husband and I have tried to get him mental health help but he doesn't want it. He has been to the state hospital and prescribed meds but has refused to take them. Unfortunately, this has led to him being arrested for assault, stealing a car and violating probation. He has been court ordered to go get mental health help and to get into an Intensive Outpatient Program. He has yet to get the mental health help he needs and says the IOP program is stupid and doesn't participate unless specifically asked a question. He has been to jail but he hasn't learned anything from this experience either. This has made me cry many tears too.

My oldest son also has a mental health condition but he made different choices. He chooses to take medication and go to counseling. He is an active member of this agency and participates in the groups we offer here. He is also here to give support to other members who need it. He has been in a little trouble in the past but has done everything that was asked of him to make amends and become a better person. I have often asked myself why he is different from the other two? The answer is he isn't different he just chose to make different choices. Healthy choices.

Wishing you well, Carole Otash, Program Coordinator

Member of the Month

Delores Stoehrer



Delores has been coming to Infinity Peer Support for 8 or 9 years. She likes coming here because it gets her out of the house, she is able to socialize with other members and she also attends groups for support. Her favorite group is Boundaries. The book that is read teaches her about boundaries and the discussion about it teaches her how to implement them into her life.

When Delores is not at the center she likes to watch tv and do dishes.

One thing that no one knows about Delores is that she is a widow.

The characteristic that Delores admires most in people is their personality.



MAY 2022

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>3</p> <p>Question of the day 9:45 Walking 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>4</p> <p>Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Newsletter Group 1:00 Vision Board/Collage</p>	<p>5</p> <p>Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan 6:30 NA Meeting</p>	<p>6</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>9</p> <p>Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>10</p> <p>Question of the day 9:45 Walking 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>11</p> <p>Spring Cleaning</p> <p>Free Pizza for those who help</p> <p>12:30 Community Meeting/Neuro-psych evaluations</p>	<p>12</p> <p>Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan 6:30 NA Meeting</p>	<p>13</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
<p>16</p> <p>Question of the day 9:45 Walking 10:15 Wellness Topic 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>17</p> <p>Question of the day 9:45 Walking 10:00 NH Mental Health Peer Alliance 10:15 Journaling 10:30 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>18</p> <p>Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 1:00 Healthy Meals on a Budget</p>	<p>19</p> <p>Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Bingo 1:00 Wellness Recovery Action Plan 6:30 NA Meeting</p>	<p>20</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Singing and Dancing</p>
<p>23</p> <p>Question of the day 9:45 Walking 10:15 Wellness Topic 11:00 Scenic Ride/Ice cream 11:15 Calming Coloring 1:00 Trauma Survivors</p>	<p>24</p> <p>Question of the day 9:45 Walking 10:00 Journaling 10:15 Creative Arts 12:30 TED Talks 7:00 NA Meeting</p>	<p>25</p> <p>Question of the day 9:45 Meditation 10:15 Boundaries 11:15 Men's Group 12:30 Gardening 5:00 Board Meeting via Zoom (Members Welcome!)</p>	<p>26</p> <p>Question of the day 9:45 Walking 10:15 Woman's Group 11:00 Trivia 1:00 Wellness Recovery Action Plan 6:30 NA Meeting</p>	<p>27</p> <p>Question of the day 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Crafts</p>
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Cantaloupe, Cucumber, Feta Salad

Ingredients

½ cantaloupe, cut into chunks

½ English cucumber, thinly sliced

1 to 2 oz. feta cheese

1 T. toasted sesame seeds (optional)

3 T. lime juice

1 T. extra-virgin olive oil

On large plate or platter, arrange cantaloupe chunks and cucumber slices. Sprinkle with feta cheese and sesame seeds.

Shake lime juice and olive oil in sealed container. Pour over salad mixture **just before serving**.

Will serve one person as a meal or two people as an appetizer.

Bean, Tuna and Onion Salad on Bed of Baby Spinach

Ingredients

1 28-oz. can beans (I prefer chickpeas or garbanzo beans), rinsed and drained

1 6 oz. can tuna, packed in water (I prefer solid white tuna), drained and flaked

1 small onion (I prefer yellow or red), diced

1 tsp. to 1 T. dried herb (I prefer dill weed)

1 T. Dijon mustard

1 T. mayonnaise

1 c. to 2 c. baby spinach

In a medium bowl, pour beans, tuna fish, onion, herb, mustard and mayonnaise. Mix well. On a large plate or platter, arrange baby spinach. Arrange mixture from bowl on top.

Will serve two people as a meal or three to four people as an appetizer.

Resource Guide for Strafford County			
Resource	Organization	Address	Phone Number
Shelters: Contact prior to arrival to make sure they're open.	Willand Warming Center: Nights & Weekend Nights (Closed 04/01/2022)	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
Homelessness Services	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 & NH Emergency Rental Assistance Program)	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
Affordable Housing	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)	Infinity Peer Support Staff has Applications	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
Credit	Consumer Credit Counseling Service	Help with credit standing, budgets, loans, etc.	1-800-431-8157
Food Pantries/ Meals	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
	Gerry'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
Clothing	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	
Employment Services	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
	Haven (formerly A Safe Place and SASS)	24-Hour Hotline	603-994-7233

Domestic Violence	NH Coalition Against Domestic & Sexual Violence	P.O. Box 353, Concord	603-224-8893
General Health	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
Non-Emergency Medicaid Transportation	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			
Transportation	Alliance for Community Transportation	42 Sumner Drive, Dover	603-743-5777 x120
	COAST	42 Sumner Drive, Dover	603-743-5777
Mobile Phones & Mobile Phone Service for Medicaid Recipients	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)
	Assurance Wireless	assurancewireless.com	\$0 to \$9.95/mo. to those qualified
	QLink Wireless	qlinkwireless.com	\$0+/mo. to those qualified
	SafeLink Wireless	safelinkwireless.com	\$0+/mo. to those qualified
	ServiceLink Wireless	servicelinkwireless.com	\$0+/mo. to those qualified
Mental Health	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
Substance Use Disorder	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
Harm Reduction	Hand Up Health Services	5 Hale St., Dover	207-370-7187
		Signal St. & Olde Farm Ln., Rochester	
		84 Elm St., Somersworth	
NH Harm Reduction Coalition	Rochester	603-534-0932	
Child & Elderly Services	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	577 Central Ave., Dover	603-652-0990
	Women, Infants & Children (WIC)		1-800-942-4321
Government Programs	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 (local) or 1-800-772-1213 (national) FAX 1-833-950-3589
Welfare Offices	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

Infinity Peer Support Revision 10 Updated 04/01/2022	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

www.infinitypeersupport.org

Limited Transportation in April and May: 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 Visit our website at 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 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 or call 603-271-5980.

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 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.