

September 2023 Newsletter



Sonnet 18

Shall I compare thee to a
summer's day?
Thou art more lovely and
more temperate:
Rough winds do shake the
darling buds of May,
And summer's lease hath
all too short a date:
Sometimes too hot the eye
of heaven shines,
And often is his gold
complexion dimmed;
And every fair from fair
sometimes declines,
By chance or nature's
changing course
untrimmed;
But thy eternal summer
shall not fade,
Nor lose possession of that
fair thou ow'st;
Nor shall death brag thou
wander'st in his shade,
When in eternal lines to
time thou grow'st:
So long as men can
breathe, or eyes can see,
So long lives this, and this
gives life to thee.

by William Shakespeare

Real Riches

Tis little I could care for
pearls
Who own the ample sea;
Or brooches, when the
Emperor
With rubies pelteth me;
Or gold, who am the
Prince of Mines;
Or diamonds, when I see
A diadem to fit a dome
Continual crowning me.

by Emily Dickinson

A Word

A word is dead
When it is said,
Some say.
I say it just
Begins to live
That day.

by Emily Dickinson

Benefits of Journaling for Mental Health

I recently lost my dad and have been having a hard time going through all the feelings I feel and all the thoughts I have. Grief is a very strange thing. We all experience it but we also all deal with it differently.

Journaling has been a positive way for me to express my feelings and my thoughts. I can say exactly how I feel and what I think without hurting anyone else's feelings. What is in my journal is my business.

Journaling for Mental Health

Journaling has long been recognized as an effective way to reduce stress,

help with depression and anxiety, focus your mind, and organize your life. It can be a great tool to use for meditation, to open up, and let go of anxious thoughts that bother you, in a healthy way.

Why is Journaling Good for Mental Health?

Keeping a journal helps you create order when your world feels like it's in chaos. You get to know yourself by revealing your most private fears, thoughts, and feelings.

Look at your writing time as personal relaxation time. It's a time when you can de-stress and wind down.



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Quotes

Age

“Age is just a number. It's not for who you are.”

by Mandy Moore

Erica Byrne, Peer Facilitator

Our Own Story

“Owning our story and loving ourselves through that process is the bravest thing that we will ever do.”

by Brene Brown, PhD, LMSW

Imperfection

“The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself.”

by Anna Quindlen

Three Essential Life Skills

1. “School should have taught you how to choose and find a **job** that matches your gifts, skills and experience.”
2. School should have taught you how to choose and find an appropriate **partner** or **significant other**.
3. School should have taught you how to think and how to make **good decisions**: principles for making good decisions and avoiding the bad.”

by Richard N. Bolles



National Night Out: Rochester Commons

On August 1, 2023 Erica Byrne, Carole Otash, Wayne Otash, Aaron Rowell and Heather Walker-McConihe, represented Infinity Peer Support at

National Night Out. We greeted people, explained what our agency is about and got some new members.

Carole Otash, Program Director

Recipes: Savory & Sweet

Savory: Thai Red Curry with Shrimp or Tofu

(from *Thai Kitchen Red Curry Paste* label)

Serves four

Ingredients

- 2 14-oz. cans of coconut milk (light or full fat)
- 1 to 2 T. red curry paste
- 1 T. fish sauce
- 4 T. brown sugar
- 2 lbs. frozen peas, broccoli or other vegetables
- 2/3 c. water
- 1 lb. frozen shrimp, thawed or tofu



Optional: Serve with Basmati rice (white or brown).

Important: If serving with basmati rice, start rice **before** starting steps 1 to 3.

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What Does Journaling Do to the Brain?

Journaling helps keep your brain in tip-top shape. Not only does it boost memory and comprehension, it also increases working memory capacity, which may reflect improved cognitive processing. Boosts Mood. Want more sunshine in your life?

Does Journaling Help with Anxiety?

Writing in a journal may be a valuable tool to process, manage, and reduce anxiety. It can also help a person: lessen feelings of distress. improve their mood and overall well-being.

Does Journaling Help with Trauma?

Journaling is an important and integral part of any healing process, and is especially important in healing from trauma.

Journaling provides a safe container for emotions that may feel out of control, allowing for more peace, clarity, and focus.

Old Movies

It Happened One Night with Claudette Colbert and Clark Gable

His Girl Friday with Rosalind Russell and Cary Grant

The Philadelphia Story with Katherine Hepburn, Jimmy Stewart and Cary Grant

Types of Journals and Journaling

Stream-of-Consciousness Journal	Write down your thoughts as they happen. The words and thoughts don't need to make sense, you're simply capturing your thoughts in action.
Dream Journal	Take note of your dreams each night as a way of getting in touch with your subconscious. Remember to make your journal entries right when you wake up.
Food Journal	Make a note of what you've eaten each day. This will help you be more mindful about the foods you choose to eat. If you're struggling with a healthy weight-loss journey, documenting what you ate can offer insight into areas you may need to change.
Fitness Journal	Keep track of your workouts so you can stay committed to an active lifestyle. The best part of keeping this type of journal is seeing the progress you made over time.
Gratitude Journal	Before going to sleep, make a list of everything you were thankful for that day, week, or month.
Sketch Journal	Express your feelings, thoughts, and ideas through illustrations, doodles, or sketches.
Day's Events Journal	Keep track of your experiences throughout the day. Whether it's making note of a funny conversation or describing a new recipe you enjoyed.
To-Do List	Instead of keeping a running tally of to-do items in your head, write them down. You can cross things off as you complete them and get a great sense of accomplishment.

No matter which type of journal you decide to keep, remember there is no right or wrong approach. It's all up to you. The simple act of taking the time to get in touch with your mind, body, and spirit is what's truly important.

Yours in Wellness,
Carole Otash, Program Director



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Savory: Thai Red Curry with Shrimp/Tofu

1. In Dutch oven, simmer coconut milk and red curry paste over medium heat for five minutes.
2. Add fish sauce, brown sugar, frozen vegetables and water. Simmer ten to fifteen minutes, stirring occasionally.
3. Stir in fish or tofu and continue cooking three to five minutes, until fish or tofu is cooked.





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Recipes

Sweet: Rice Pudding with Cardamom

(from *Bengal to Punjab: The Cuisines of India*)

Serves four

Ingredients

- 1 c. long-grain rice (like Basmati), uncooked
- 5 c. whole milk
- 5 to 6 T. sugar
- 2 T. golden raisins
- 2 T. slivered blanched almonds
- 8 cardamom pods
- 3 to 4 drops rose essence (optional)

1. Pick the rice over, wash well and drain.
2. In Dutch oven (large pot) over high heat, bring the milk to a boil.
3. Add the rice, reduce the heat to medium-low, cover and cook until the rice is done and the pudding fairly thick (about 25 minutes), stirring occasionally.
4. Add the sugar, raisins and almonds and cook for about 4 minutes.
5. Remove the seeds from the cardamom pods and grind the seeds. Remove the pudding from the heat and let cool, then add the ground cardamom and the rose essence. Serve chilled.

Sweet: Peanut Butter Cookies

(from *The Fanny Farmer Baking Book* by Marion Cunningham)

Yield: 40 cookies

Ingredients

- 16 T. (2 sticks or 1 c.) butter, softened
- 1 c. sugar
- 1 c. light-brown sugar
- 2 eggs, well beaten
- 1 c. peanut butter, creamy or chunky
- 3 c. flour
- 2 tsp. baking soda
- ¼ tsp. salt

1. Preheat the oven to 350°F. and line rimmed cookie sheet with parchment paper.
2. Beat together the butter and sugars. Add the eggs and beat until light and fluffy.
3. Add the peanut butter and mix well.
4. Pour the flour into the peanut-butter mixture, then sprinkle on the baking soda and salt. Beat until all ingredients are well mixed.
5. Roll spoonfuls of the dough between the palms of your hands into balls about ¾ inches in diameter, and place about 1 inch apart on the parchment-lined cookie sheet.
6. Press each cookie with the back of a fork, pressing first in one direction then the other, to make a crosshatch design (the pattern looks like a tick-tack-toe), and flatten each cookie to a round about 1½ inches across and 1/3 inch thick.
7. Bake for 8 to 10 minutes or until the edges are slightly brown in color.
8. Remove from the oven and transfer to a rack to cool.

Sweet: Chocolate Chip Cookies

(from *The Fanny Farmer Baking Book* by Marion Cunningham)

Yield: 40 cookies

Ingredients

- 16 T. (2 sticks or 1 c.) butter, softened
- ¾ c. sugar
- ¾ c. dark-brown sugar
- 2 eggs
- 1 tsp. vanilla extract
- 2¼ c. flour
- 1 tsp. salt
- 1 tsp. baking soda
- 1 tsp. hot water
- 2 c. chopped walnuts (optional)
- 2 c. (12 oz.) semisweet chocolate morsels or 2 c. coarsely chopped semisweet chocolate

1. Preheat the oven to 375°F. and line rimmed cookie sheet with parchment paper.
2. Beat together the butter and sugars. Add the eggs and vanilla and beat until light and fluffy.
3. Combine the flour and salt. Stir and toss them together.
4. Stir the baking soda into the hot water and add to the butter-sugar mixture.
5. Add half the flour mixture to the butter-sugar mixture. Add the remaining flour and beat until completely mixed.
6. Stir in the walnuts and chocolate.
7. Drop the dough by heaping teaspoonfuls onto the cookie sheet, placing them about 2 inches apart.
8. Flatten each cookie slightly with wet fingertips into a disk about 1/3-inch thick and 1½-inches across.
9. Bake for 10 to 12 minutes, until the cookies have spread slightly and are lightly browned all over. Do not under bake; they should be crisp and crunchy.
10. Remove from the cookie sheet and cool on a rack.

Monday	Tuesday	Wednesday
Submit Crafts for Craft Contest by September 15th		
<p>4</p>  <p>CLOSED: LABOR DAY</p>	<p>5</p> <p>Riddle of the day 10:00 Walking Group 10:30 Dare to Lead 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>6</p> <p>Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Journaling</p>
<p>11</p> <p>Riddle of the day 9:45 Meditation 10:15 Raising Self Esteem 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>12</p> <p>Riddle of the day 9:30 Walking Group 10:30 Dare to Lead 12:30 Trivia 7:00 NA Meeting</p>	<p>13</p> <p>Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Journaling</p>
<p>18</p> <p>Riddle of the day 9:45 Meditation 10:15 Raising Self Esteem 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>19</p> <p>Riddle of the day 9:30 Walking Group 10:00 NH Mental Health Peer Alliance 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>20</p> <p>Riddle of the day 8:30 Staff Meeting 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 12:30 Community Meeting/BBQ/Live Free Recovery NH</p>
<p>25</p> <p>Riddle of the day 9:45 Meditation 10:15 Raising Self Esteem 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>26</p> <p>Riddle of the day 10:00 Walking Group 10:30 Dare to Lead 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>27</p> <p>Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:15 Men's Group 1:00 Journaling 5:00 Board Meeting</p>
<p>Calendar Subject to Change</p>		<div style="background-color: #008000; color: white; width: 40px; height: 40px; margin: 0 auto; display: flex; align-items: center; justify-content: center;">5</div>

Thursday

Friday

Upcoming Events

Submit Crafts for Craft Contest by September 15

**Newsletter Submissions:
Due September 15th**

7
Riddle of the day
10:00 Walking Group
10:30 Awaken to Your True Self
11:15 Finishing Flower Pots
1:00 Budgeting
7:00 NA Meeting

14
Riddle of the day
10:00 Walking Group
10:30 Awaken to Your True Self
11:15 Crocheting and Knitting Lessons
11:15 Heritage Walking Tour
7:00 NA Meeting

21
Riddle of the day
10:00 Walking Group
10:30 Awaken to Your True Self
11:15 Making Lip Gloss
1:00 Healing from Trauma
7:00 NA Meeting

28
Riddle of the day
8:30 Deerfield Fair Field Trip
10:00 Walking Group
10:30 Awaken to Your True Self
11:15 Painting Rocks
1:00 Budgeting
7:00 NA Meeting

1
Riddle of the day
9:45 Meditation
10:15 Art as Recovery
11:30 Clean Team
1:00 Free Events Nearby This Month

8
Riddle of the day
9:45 Meditation
10:15 Art as Recovery
11:30 Clean Team
1:00 Singing and Dancing

15
Riddle of the day
Newsletter Submissions Due
9:45 Meditation
10:15 Art as Recovery
11:30 Clean Team
1:00 Games and Puzzles

22
Riddle of the day
9:45 Meditation
10:15 Art as Recovery
11:30 Clean Team
1:00 Singing and Dancing

29
Riddle of the day
9:45 Meditation
10:15 Art as Recovery
11:30 Clean Team
1:00 Trivia

Saturdays
7 pm
AA Group

Raising Self Esteem

Join us for a group where you talk about strategies to raise your self-esteem.
Mondays in September at 10:15 am

Hearing Voices Network

Have sensitivities that no one else experiences? Hear voices? See visions? Smell scents? Feel sensations? Taste flavors?
Lauranne Wingard, peer with similar experiences, facilitates this group.
Mondays in September at 12:15 pm

NH Mental Health Peer Alliance

Join us for a remote conversation about topics of interest to peers. Learn what is going on statewide.
Tuesday, September 19 at 10 am

Community Meeting/BBQ/Live Free Recovery NH

Important: Food will be served to **only** community meeting attendees who sign up. We value your input.
Sign up early. Wednesday, September 20 at 12:30 pm

Heritage Walking Tour

Join us for a tour of a local historic area. Learn details about the people that have made this area special. **Sign up for a seat on the van.** Thursday, September 15 at 11:15 am

Board Meeting

Join us for a monthly meeting to discuss agency business. All members are welcome!
Wednesday, September 27 at 5 pm via Zoom. **Ask staff for the link to the Zoom meeting.**

Deerfield Fair Field Trip

Join us for a visit to the Deerfield Fair. **Rain date:** September 29. **Sign up for a seat on the van.** Thursday, September 28 at 8:30 am.