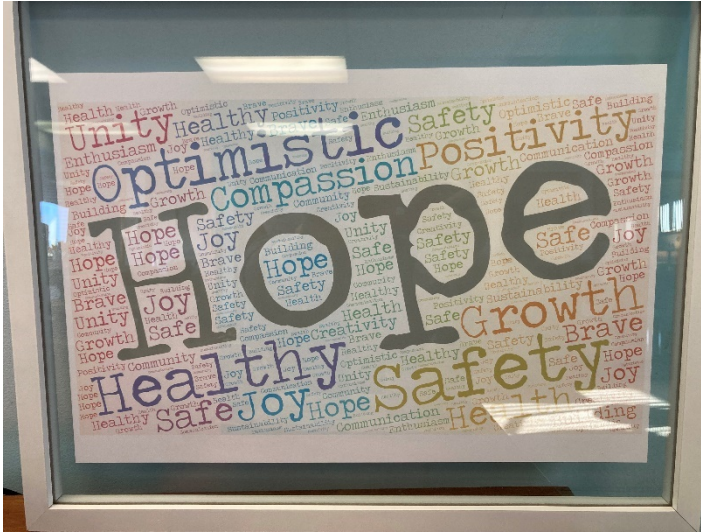


## NEWSLETTER-November 2021



# Infinity Peer Support

### Executive Director's Desk



**Hope Matters-** We recently held our Community Meeting and our Annual Meeting. At the Annual Meeting, we asked each person to introduce themselves and say one word they would like to use to recognize the future of Infinity Peer Support. The common themes were hope, safety, healthy, growth, optimistic and unity to name a few.

This month I saw a member that had been searching for housing for over 6

months find an apartment where she is able to walk to centrally located businesses and services. While there were days and weeks of discouraging news, she continued her search and the staff supported her each step of the way. She was finally able to secure housing, change all of her utilities over, pack up her belongings and move this past weekend. She never gave up HOPE, and neither did we. We are so proud of the strides she has made and are grateful that she just wouldn't give up. It is really tough out there trying to find housing with a .05% vacancy rate in Strafford County, but we must continue to support our members as they navigate the tricky waters of apartment hunting and gaining affordable, and safe housing. Please, continue to hope, and we will be by your side doing the leg work with you.

In wellness,

Melissa Silvey, Executive Director

**Your Opinion Matters-** Each year you are asked to submit your opinions, concerns and compliments as a member of a Peer Support Agency, Infinity Peer Support. Please click the link <https://www.surveymonkey.com/r/6H66DJX> or use your phone and scan the QR code below. Tell us how we are doing...



2021 Peer Support Survey

### **Program Coordinator's Desk**

The other day I had a member come in who was really having a rough day. He had just recently got out of rehab and had many stressors he was dealing with. Unfortunately, he relapsed. The good thing is that he came straight here for support. He felt so lost and didn't know what to do. He was telling me things about his past and how he has been treated. He trusted me enough to cry and let everything out. He just needed someone to listen to him and not judge him. This is what Intentional Peer Support is about. Being there to listen and not judge, and acknowledging their feelings.

I wrote a poem in my Intentional Peer Support Class that I would like to share  
Support flows like the lyrics of a song.

Please ask what happened to me no  
What's wrong.

Mutuality is how we know we both care.  
Alone our power won't be shared.

I hope we all find it before we reach  
Our grave. Connection is something we  
all crave.

Our worldviews may be different. But together  
They will be magnificent.

There can be no substitution for moving  
Toward a resolution.

Conflict is a type of strife that we all  
Deal with in our life.

Relationships may come and go  
but that is how we truly grow.

We'll spread our wings and learn to  
Fly. Anything is possible if we try.  
Helping, learning, hope and fear with  
Intentional Peer Support we lend an ear.

Stay Well,  
Carole Otash, Program Coordinator

### Member Spotlight-



Hi, my name is Heather Bushby. I started coming to the peer support agency in the year 2012 when it was located on Wakefield St..

One thing that no one knows about me is that I survived a stroke, at the age of 37, in the year 2009. My neurologist informed me that I have a hereditary issue of narrowing of the arteries. I had partial paralysis and used a walker and wheelchair for a period of time. Thank God I had a full recovery and no one can tell by looking at me that I had a stroke.

When I am not at the center, I enjoy getting together with friends, jamming and playing my guitar, knitting, going for nature walks and reading.

### News from our Peer Facilitator-

#### **New Housing Pilot Program for People with Felonies: Integrative Housing Voucher Program**

The Bureau of Mental Health Services (BMHS) now offers a housing program for people with felonies: Integrative Housing Voucher Program.

Twenty-five people are currently served by this pilot program. A waitlist is being set up in the hope that the pilot program will be expanded.

Melissa, Carole, Wayne and Sharon can help you fill out the application.

Once you fill out the application, you can send it to Celyne Godbout at [CGodbout@LRMHC.org](mailto:CGodbout@LRMHC.org). If there are any questions, please call either Celyne Godbout at 603.524.1100 ext. 197 or Jamie Kelly at 603.271.6991.

Also, I am available to do one on one's Monday's, Wednesday's, Thursday's and Friday's in the afternoon hours. Please let me know how we can support your mental health and wellness. Sharon Reynolds

**Transportation Impacted in November and December-** Our dear staff member Wayne will be out on medical leave beginning November 9<sup>th</sup> and we do not have a firm return date just yet. We had to make the difficult decision to curtail some days that transportation is offered to and from Infinity Peer Support. Please refer to our November Calendar to see the scheduled changes. If you have any questions, please contact Melissa.



# November 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 9:45 Meditation 10:30 Calming Coloring 11:30 TED Talks 12:30 Trauma Survivors</p>	<p>2 9:45 Morning Walk 10:15 Journaling 11:00 Creative Arts 12:30 IPS Topics <b>7:00 NA Meeting</b></p>	<p>3 9:45 Meditation 10:15 Boundaries 11:15 Trivia 12:30 Budgeting</p>	<p>4 9:45 Morning Walk 10:15 Irrational Beliefs 11:00 Crafts 12:30 WRAP <b>6:30 NA Meeting</b></p>	<p>5 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Movie <b>7:30 AA Meeting</b></p>
<p>8 9:45 Meditation 10:15 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors</p>	<p>9 <b>No Transportation</b> 9:45 Morning Walk 10:15 Journaling 11:00 Creative Arts 12:30 IPS Topics <b>7:00 NA Meeting</b></p>	<p>10 9:45 Meditation 10:15 Boundaries 11:15 Trivia 12:30 Dream Jobs</p>	<p>11 <b>Closed Veterans' Day</b></p>	<p>12 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Virtual Tour <b>7:30 AA Meeting</b></p>
<p>15 9:45 Meditation 10:15 Calming Coloring 11:00 TED Talks 12:30 Trauma Survivors</p>	<p>16 <b>No Transportation</b> 9:45 Morning Walk 10:15 Journaling 11:00 Creative Arts 12:30 IPS Topics <b>7:00 NA Meeting</b></p>	<p>17 9:45 Meditation 10:15 Boundaries 11:15 Trivia 12:30 <b>Community Meeting</b></p>	<p>18 <b>No Transportation</b> 9:45 Morning Walk 10:15 Coping Skills Card Game 11:00 Crafts 12:30 WRAP <b>6:30 NA Meeting</b></p>	<p>19 9:45 Meditation 10:30 Adult children of Alcoholics/Dysfunctional families 12:00 Movie <b>7:30 AA Meeting</b></p>
<p>22 9:45 Meditation 10:30 Calming Coloring 11:30 TED Talks 12:30 Trauma Survivors</p>	<p>23 <b>No Transportation</b> 9:45 Morning Walk 10:15 Journaling 11:00 Creative Arts 12:30 IPS Topics <b>7:00 NA Meeting</b></p>	<p>24 9:45 Meditation 10:15 Boundaries 11:15 Trivia 12:30 Budgeting <b>5:00 Board Meeting via Zoom (Members Welcome!)</b></p>	<p>25 <b>Closed Thanksgiving</b></p>	<p>26 <b>Closed Thanksgiving</b></p>
<p>29 9:45 Meditation 10:30 Calming Coloring 11:30 TED Talks 12:30 Trauma Survivors</p>	<p>30 <b>No Transportation</b> 9:45 Morning Walk 10:15 Journaling 11:00 Creative Arts 12:30 IPS Topics <b>7:00 NA Meeting</b></p>			

Calendar subject to change.

# Autumn Scavenger Hunt

-  Red leaf
-  Fern
-  Pine Needles
-  Acorn
-  Rock
-  Pine Cone
-  Squirrel
-  Yellow Leaf
-  Birds Nest
-  Scarecrow
-  Winged Seed
-  Bark
-  Brown Leaf
-  Feather
-  Mushroom
-  Red Berry
-  Orange Leaf
-  Animal tracks
-  Spider Web
-  Worm
-  Wild Flower
-  Conker
-  Green Leaf

How many different colours can you see?

<http://3dancingdandelions.blogspot.co.uk/>



### 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

### IN-Person Groups

During the COVID-19 pandemic, we are open for in-person groups.

You are required to have your temperature taken, wear a face mask and answer a few questions before you can enter the building.

**Please note before entering the building:**

- Enter through the front door.
- Answer a few questions. If you answer **Yes** to any question, you will not be allowed to enter the building.
- If your temperature is above 100.0-degrees Fahrenheit, you will be asked to leave the building and seek medical advice.
- Wear a face mask when entering the building. If you do not have a mask, one will be given to you before you are allowed to enter the rest of the building.  
**Wear your face mask the entire time you're in the building.**
- Practice social distancing, 6 feet apart, while in the building. **If the staff feels you are showing signs of being sick or being disruptive**, you will be asked to leave the building.
- Clean areas (e.g., computer, bathroom) that you use. Supplies are provided.

If you have any questions, call Infinity Peer Support at (603) 948-1036.

**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.

**The Alternative Life Center**, Conway, NH: (603) 447-1765

**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.

**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%20id=8479) or call 603-271-5980.

### **Food Pantries/Free Meals**

Call ahead to make sure the pantry/organization is open.

- Community Action Partnership of Strafford County, 577 Central Avenue, Suite #10, Dover, NH, 603-430-4237 or 603-435-2500,
- Community Food Pantry, 176 High Street, Somersworth, NH, 603-692-2907,
- Dover Food Pantry, 1 Silver Street, Dover, NH, 603-749-7827,
- First Church Congregational Church, UCC Food Pantry, 63 South Main Street, Rochester, NH, 603-332-1121,
- Grace Community Church, 57 Wakefield Street, Rochester, NH, 603-332-9689,
- Rochester Fellowship Kitchen, 34 South Main Street, Rochester, NH 207-200-6983,
- Saint Joseph's Church Food Pantry (Our Daily Bread), 150 Central Avenue, Dover, NH, 603-742-4837,
- Salvation Army, 10 Olde Farm Lane, Rochester, NH, 603-332-2623,
- Seymour Osman Community Center, 40 Hampshire Circle, Dover, NH, 603-749-6692 and
- Strafford Nutrition & Meals on Wheels, 25 Bartlett Ave., Ste. A., Somersworth, NH, 603-692-4211.

### **Shelter**

- For My Friend's Place, 368 Washington Street, Dover, NH, call 603-749-3017.
- For Cross Roads House, 600 Lafayette Road, Portsmouth, NH, call 2-1-1 or 603-436-2218.

**Community Action Homeless Outreach** – 603-435-2500 – Speak with the Outreach Coordinator who reaches out to unhoused individuals.

**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 Misuse Support:** SOS Recovery Community, located at 4 Broadway in Dover, 603-841-2350, ext. 2 and are located on 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.

### **Non-Emergency Medical Transportation**

- NH Medicaid Recipients (One Call), call 833-303-0653 (48-hour notice required).
- NH Healthy Families (MTM), call 888-597-1192 (3-day notice required).
- WellSense (One Call), call 844-909-7433 (48-hour notice required).
- AmeriHealth Caritas NH (CTS), call 833-301-2264 (48-hour notice required).

### **Welfare**

Dover City Welfare – 603-516-6500; Rochester City Welfare – 603-332-3505; Somersworth City Welfare – 603-692-9509; Farmington Town Welfare – 603-755-3100 or your local town can help you.