

Introducing



peer-led, peer-driven organization

November 2023 Newsletter



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Heather Walker-McConihe

"I believe in approaching every interaction with another person and viewing them as being credible, capable, intuitive and able to collaborate."

Heather Walker-McConihe brings extensive experience in Intentional Peer Support (IPS), a social-rights movement that focuses on self-determination: "for us, by us."

She joined Infinity Peer Support on October 16. Within her first week, she submitted a grant application to the Greater Rochester Community Health Foundation (GRCHF) for \$10,000 Continued on p. 2.



This graphic of beans, corn and squash is geared towards species recognizability and physical relationships between plants rather than planting density (much denser than this) or harvest synchronicity (plants may reach maturity at different times and seasons).

Native American Heritage Month

We are celebrating the crops developed by the Indigenous People of the Americas.

These crops were native to the Americas and were not found in Europe before that time. Many of these crops are now grown around the world and have often become an integral part of the various cuisines (e.g., potatoes in Ireland, tomatoes in Italy).

More than 60% of the food eaten today was developed in the Americas by Indigenous People.

It took more than eight thousand years to select these crops from the wild plants Indigenous People used as starting points.



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Heather

Walker-McConihe

for general operations.

It was an opportunity to “get my feet wet” in grant writing. I pitched the application as an enhancement of member services and an opportunity to “invest more in our members and their journey toward wellness and recovery.”

She has also spent her first fortnight at Infinity Peer Support by getting to know members, learning their names and building connections with them. She may honor policies and procedures but she makes decisions based on individual needs.

Heather is dually certified in IPS in both Maine and New Hampshire. She is a Certified Intentional Peer Support Specialist (CIPSS) in Maine and a Certified Peer Specialist (CPS) in New Hampshire. She is also a Registered Peer Recovery Coach in Maine and is working toward credentials as a Certified Recovery Support Worker (CRSW) in New Hampshire. She just needs to file the paperwork to complete her CRSW.

She brings crisis de-escalation and conflict-resolution skills to Infinity Peer Support. She also brings her lived experience with mental health, substance use and being unhoused.

How did Heather find out about Infinity Peer Support? When she joined Community Partners as a Peer Support Specialist, she introduced herself to community stakeholders. She introduced herself to our previous Executive Director, who invited her to join the board.



World Kindness Day: November 13

World Kindness Day 2023 is a global observance dedicated to promoting and celebrating acts of kindness. This day serves as a reminder of the positive impact that kindness can have on individuals, communities, and the world at large. It encourages people to perform intentional acts of kindness and foster a culture of compassion and generosity.

World Kindness Day encourages individuals to practice kindness in their daily lives. It highlights the importance of empathy, understanding, and cooperation to create a more harmonious and caring world.

World Kindness Day is observed on November 13th each year. In 2023, it falls on a Monday, providing an opportunity for people to start their week with acts of kindness and goodwill.

Participating in World Kindness Day is a simple yet impactful way to make a positive difference in the world. Here are ways to get involved:

- **Perform Acts of Kindness:** Throughout the day, consciously perform acts of kindness, such as helping a neighbor, complimenting a colleague, or donating to a charity.
- **Spread Positivity:** Share uplifting and positive messages on social media to inspire others to be kind and compassionate.
- **Volunteer:** Offer your time to volunteer for a local charity or nonprofit organization that aligns with your values.
- **Donate:** Give to a charitable cause that you believe in, whether it's for humanitarian aid, education, or healthcare.
- **Teach Kindness:** Educate children and young people about the importance of kindness and empathy through storytelling or classroom activities.
- **Random Acts of Kindness:** Surprise someone with a random act of kindness, such as buying a stranger's coffee or leaving an encouraging note for a friend.



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Heather

Walker-McConihe

She spent 1½ years on the board—with less than one year as President.

She sees Infinity as a “small, little underdog agency that’s gotten some rough breaks that needed someone to step up.” Heather stepped up and we are all grateful that she did. She already sees us as “her people.”

History of World Kindness Day

World Kindness Day was introduced by the World Kindness Movement in 1988. It was established to encourage individuals and communities to prioritize kindness and goodwill as fundamental values.

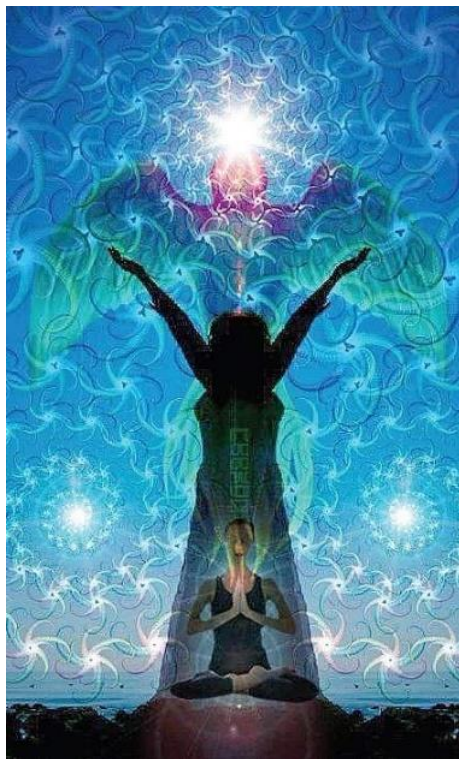
Since then, World Kindness Day has gained recognition and participation from people around the world, making it a day to celebrate and promote positive human interactions.

Yours in wellness, Carole Otash, Director of Operations



Willand Warming Facility News

Heather plans to keep a close eye on the low-barrier, weather-dependent warming facility. Heather expects a decision this week or next. Both the Strafford County Commissioners and the Tr-City Mayors need to weigh in on which entity is awarded the contract. Both Karlee’s Home Team and Strafford CAP are in the running. Heather will work with whichever agency is awarded the contract.



Light to the Soul

Setting the light as it grips on to me
Sculpting a presence that I seek
Courageous self, roaming through life

Speculating my feelings, myself
Never have to fake prudent in my future

Storming through a masterpiece of mine

Being aware all of the sacrifice I have done

Believing everything that sprung ahead

I have a lot of potential as I say
Nothing in my life could destroy
Leaping in life towards my destiny

by Erica Byrne, Peer Facilitator



Recommended Thanksgiving Movies

1. Friendsgiving
2. Avalon
3. Paul Blart: Mall Cop
4. House of Yes
5. A Charlie Brown Thanksgiving
6. The Scent of a Woman
7. Little Women
8. An Old-Fashioned Thanksgiving
9. Turkey Hollow
10. The Turkey Bowl
11. Sweet November
12. Free Birds
13. A Family Thanksgiving
14. Planes, Trains and Automobiles
15. Hannah and Her Sisters
16. The Ice Storm
17. Home for the Holidays
18. Pieces of April
19. A Walton Thanksgiving Reunion



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Native American Heritage Month



Crops Developed by the Indigenous People of the Americas	
Cereal	little barley, maize, maygrass, wild rice
Pseudocereal	amaranth, chia, knotweed, goosefoot, quinoa, sunflower, sumpweed (extinct as a crop)
Fruit	açaí, acerola, avocado, blueberry, cashew apple, chayote, cherimoya, cranberry, chili pepper, curuba, custard apple, strawberry, feijoa, fox grape, Muscadine grape, guava, huckleberry, jabuticaba, jervá, jurubeba, macaúba, naranjilla, papaya, pawpaw, passionfruit, peppers, American persimmon, pineapple, pitanga, pitaya, prickly pear, soursop, squashes and pumpkins, sugar-apple, White sapote, Black sapote, yellow sapote, babaco, achacha, tamarillo, tomato, tomatillo, tucum
Nuts	chestnut, Araucaria, black walnut, brazilnut, cashew, hickory, pecan, shagbark hickory, vanilla, hazelnut, ice cream bean, peanut
Spices	allspice
Seed crops	achiote, guaraná, cocoa bean
Beans/Legumes	common bean, lima bean, peanut, scarlet runner bean, tepary bean
Root	arracacha, jicama, canna, cassava, leren, sweet potato, yacón
Tubers, rhizomes, bulbs, etc.)	arrowroot, sunroot, camas bulb, hopeniss, mashua, oca, potato, ulluco
Leaf	agave, coca, tobacco, yerba mate, yucca
Fluid	balsam of Peru, chicle, maple syrup, rubber
Wood	logwood
Fiber	some cotton species

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by Sharon Reynolds, Peer Facilitator

Spinach Salad with Apples and Walnuts

- 2 to 4 c. baby spinach
- 1 apple, cored and cubed
- ¼ to 1/3 c. walnuts
- 1 to 2 Tbs. almond butter
- 2 to 4 Tbs. balsamic vinegar

In bottom of large bowl mix almond butter and vinegar. Add spinach, apples and walnuts and toss all together. Serve immediately.






November 2023

Monday	Tuesday	Wednesday
<p>Commemorative Markers for Teenage Mutant Ninja Turtles</p>  <p>November 8th at 12:00 pm</p>	<p>Festival of Trees</p>  <p>December 1st at 4 pm</p>	<p>1 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>6 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:30 Hearing Voices Network</p>	<p>7 Riddle of the day 9:45 Meditation 10:30 Dare to Lead 12:30 Newsletter Workgroup 7:00 NA Meeting</p>	<p>8 Riddle of the day 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 11:00 Woodman's Museum/ Teenage Mutant Ninja Turtles 11:15 Men's Group 12:30 Reiki with Renee</p>
<p>13 Riddle of the day Newsletter Submissions Due 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>14 Riddle of the day 9:45 Meditation 10:30 Dare to Lead 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>15 Riddle of the day 8:30 Staff Meeting 9:45 Meditation 10:15 It's Grief: The Dance of Self Discovery 12:00 Community Meeting/Harvest Dishes/Granite Recovery Centers</p>
<p>20 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>21 Riddle of the day 9:45 Meditation 10:00 NH Mental Health Peer Alliance 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>22 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>27 Riddle of the day 9:45 Meditation 10:30 The Letting Go Guided Journal 11:30 Digital/Book Coloring 12:15 Hearing Voices Network</p>	<p>28 Riddle of the day 9:45 Meditation 10:30 Dare to Lead 12:30 Reiki with Renee 7:00 NA Meeting</p>	<p>29 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 pm Board Meeting</p>



November 2023

Thursday	Friday	
<p>2 Riddle of the day 9:45 Meditation 10:30 Ted Talks 11:30 Painting Rocks 1:00 Make Your Money Count 7:00 NA Meeting</p>	<p>3 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Singing and Dancing</p>	<p>The Letting Go Guided Journal Learn how to remove your inner blocks to happiness, about love and success. Mondays at 10:30 am</p> <p>NH Mental Health Peer Alliance Meet peers from around the state and learn about resources and programs at other peer support agencies. Third Tuesday at 10:00 am</p> <p>It's Grief: The Dance of Self Discovery Examine the emotional impact of loss and trauma. Wednesdays at 10:15 am</p> <p>Community Meeting/Harvest Dishes/Granite Recovery Centers Join us for the community meeting where we will indulge in harvest dishes and have a presentation by Granite Recovery Centers. Wednesday November 15th at 12:00 pm</p> <p>Ted Talks Gather together to listen to dynamic speaker's present information on different topics of interest to members. Thursdays at 10:30 am</p> <p>Art as Recovery Come relax and paint with artistic freedom. Fridays at 10:30 am</p>
<p>9 Riddle of the day 9:45 Meditation 10:30 Ted Talks 11:30 Crocheting and knitting lessons 1:00 Planning for Special Events 7:00 NA Meeting</p>	<p>10 CLOSED VETERANS DAY</p> 	
<p>16 Riddle of the day 9:45 Meditation 10:30 Ted Talks 11:30 Thanksgiving Craft 1:00 Free Events Near You 7:00 NA Meeting</p>	<p>17 Riddle of the day 9:45 Meditation 10:30 Art as Recovery 11:30 Clean Team 1:00 Games and Puzzles</p>	
<p>23 CLOSED FOR THANKSGIVING</p> 	<p>24 CLOSED FOR THANKSGIVING</p> 	<p>Art as Recovery Come relax and paint with artistic freedom. Fridays at 10:30 am</p>
<p>30 Riddle of the day 9:45 Meditation 10:30 Ted Talks 11:30 Mystery Craft 1:00 Soup Making 7:00 NA Meeting</p>	<p>Saturdays 7 pm Alcoholics Anonymous</p> <p>Rochester Holiday Parade December 3 at 3 pm Rain Date: Dec 4 at 6 pm</p>	<p>Board Meeting Join us for our Board meeting. All members welcome. If interested talk to Heather Walker-McConihe for zoom link. All you need is a functioning phone. Wednesday November 29th at 5:00 pm</p>

