Infinity Community Meeting

Wed., Nov. 18, 12:00 pm—2:00 pm
A representative from Haven will present their domestic violence programs.

Seeking Board Members

Are You Passionate about the Power of Lived Experience and Strength of Community-Driven Wellness?

Our members are dedicated to building a community with an alternative, peer-oriented approach to mental health wellness and recovery.

Board members are asked to attend monthly board meetings, and serve on at least one committee (e.g., planning & development, fiscal, governance and/or others), which meet as necessary.

Contact:
603-948-1036
agency@
infinitypeersupport.org

Use the QR Code to Apply to the Infinity Peer Support Board of Directors!

peer-led, peer-driven behavioral health support

November 2026 Newsletter

Infinity Peer Support

Chronic Obstructive Pulmonary Disease (COPD) Awareness Month

This month focuses on raising awareness about COPD, its risk factors, symptoms, and available treatments.

Purpose and Activities

This month promotes early diagnosis and prevention of COPD. Encourages smoking cessation and awareness of environmental risk factors. Provides educational materials, screenings, and community events led by organizations such as the COPD Foundation and the American Lung Association.

Themes and Participation

The COPD Foundation promotes advocacy and awareness activities throughout November.

Social media campaigns use hashtags like #COPDAwareness, #LungHealth, and #COPDAwarenessMonth.

National COPD Awareness Month is also recognized by the American Lung Association, emphasizing education on causes, symptoms, and prevention.

What is COPD?

Chronic Obstructive Pulmonary Disease is used to describe chronic lung diseases like emphysema (damage to the air sacs in the lungs) and chronic bronchitis (damage to the bronchial tubes in the lungs). It is characterized by breathlessness. Some people also experience tiredness and chronic cough.

Smoking keeps the lungs from coughing out mucus. If mucus builds up, this causes more damage to the lungs.

COPD is uncurable, but treatments are available.

Continued on p. 2

Warmlines

Connections Peer Support Center, Portsmouth, NH: Every Day: 5 pm to 10 pm, 603-427-6966 or 1-800-809-6262
H.E.A.R.T.S. Peer Support Center, Nashua, NH: Every Day: 5 pm to 10 pm, 1-800-306-4334
On the Road to Wellness, Manchester, NH: Every Day: 5 pm to 10 pm: 1-800-306-4334 and 1-800-809-6262
Stepping Stone, Claremont, NH: Fri.: 4 pm to 8 pm, Sat. to Thurs.: 4 pm to 9 pm, 603-543-1388 or 1888-582-0920
North Country Peer Support Center, Conway, NH: Every Day: 6 pm to 9 pm, 1-866-447-1765
One Peer to Another, Laconia, NH: Every Day: 5 pm to 10 pm, 1-800-306-4334
Monadnock Peer Support, Keene, NH: Every Day: 5 pm to 10 pm
NH Rapid Response: 1-833-710-6477
Suicide Prevention Lifeline: 1-800-273-8255

NH Mental Health Peer Alliance

Monthly Remote Meeting: Third Tuesday of each month at 10 am. Visit **nhmhpa.org** and scroll down to the bottom of the web page to sign up for meeting invitations.

NH Behavioral Health Planning & Advisory Council (BHPAC)

The BHPAC meets **quarterly** (January, April, July & October) on the second Tuesday of the month from 9:30 am to 12:00 pm. Meetings are held in **hybrid format**.

In-person meetings are held in the Fox Chapel, Main Building, 129 Pleasant Street, Concord, NH.

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Signs and Symptoms of COPD

Shortness of breath and coughing can be a normal part of aging, but these symptoms could be signs of COPD. COPD can progress for years without noticeable shortness of breath.

Talk with your health care provider as soon as you notice these symptoms. Ask your health care provider for a Spirometry test.

These are common COPD symptoms:

- Increased shortness of breath,
- Frequent coughing,
- Wheezing,
- Tightness in the chest, and
- Unusual tiredness.

by Sharon Reynolds, Peer Facilitator

National Diabetes Awareness Month

Diabetes Awareness Month 2026 is observed globally in November, with many organizations running campaigns to increase understanding of diabetes, promote early detection, reduce discrimination, and support people living with the condition.

What is Diabetes?

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces.

Insulin is a hormone that regulates blood glucose. Hyperglycemia, also called raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to severe damage to many of the body's systems, especially the nerves and blood vessels.

In 2022, 14% of adults aged eighteen years and older worldwide were living with diabetes, an increase from 7% in 1990. In 2022, more than half of adults aged 30 years and over living with diabetes were not taking medication for their diabetes.

In 2021, diabetes was the cause of 1.6 million deaths globally and 47% of all deaths due to diabetes occurred before the age of 70 years. Another 530,000 kidney disease deaths globally were caused by diabetes and 11% of cardiovascular deaths.

Symptoms

In type 2 diabetes, the symptoms can be mild and may take many years to be noticed.

These are symptoms of diabetes:

- Frequent thirstiness
- Urinating frequently
- Blurred vision
- Feeling tired
- Losing weight unintentionally

by Sharon Reynolds, Peer Facilitator

Diabetes Facts

- **115+ million Americans are living with diabetes.**
- 25%+ American adults do not know they have diabetes.
- **1.5 million Americans are diagnosed each year.**
- Diabetes can cause blindness, kidney failure, heart attacks, strokes, and lower limb amputations.
- **A healthy diet, regular physical activity, avoiding tobacco use, and maintaining a normal body weight are ways to prevent or delay the onset of type 2 diabetes.**
- Diabetes can be treated and its consequences avoided or delayed with a healthy diet, physical activity, medication, and regular screening and treatment for complications.

Pumpkin Chocolate Chip Bars

Ingredients

1 package (17.5 oz) chocolate chip cookie mix

1 can (15 oz) pure pumpkin (not pumpkin pie filling)

Optional: 1 teaspoon cinnamon or pumpkin pie spice for extra flavor

Instructions

1. **Preheat** your oven to 350°F (175°C) and line or grease a 9x9-inch baking pan.

2. **Combine** the dry cookie mix and the canned pumpkin in a large bowl. Stir until it is completely smooth and fully combined.

3. **Spread** the thick batter evenly into your prepared baking pan.

4. **Bake** for 25 to 30 minutes (or up to 45 minutes depending on your preferred moist texture) until the center is set.

5. **Cool** completely before slicing into soft, cake-like bars.

Brie L. with her Lived Experience Integration Award.

Brie L.'s Lived Experience

The calendar full of fun free activities like art, journaling and photography brought Brie L. to Infinity Peer Support.

She appreciates the group routine of art and hands-on activities. Infinity is a safe place where she can explore the arts. Groups on gratitude and goals decrease her stress levels.

Currently, Brie serves on a Residential Round Table for Better Together, a partnership between the University of New Hampshire (UNH) and the Division of Children, Youth, and Family (DCYF). The round table includes former youth in care, foster parents, birth parents, caregivers, and DCYF staff.

On the round table, Brie shares her lived experience dealing with the state and going through the system. She had seven different placements in one year; was homeless for three days as a youth; her bio mom didn't want her; and she was forced into therapy.

"Don't force talk therapy," Brie says. It increased her anger. "They will talk when they're ready." If therapy is required, she recommends art therapy or music therapy.

From 2022 to 2026, Brie served on the DCYF Youth Action Board, helping change DCYF policies around youth and care. The effort was youth led.

Continued on p. 4

Pumpkin Gratin

(from Jacques Pepin's *Fast Food My Way*)

The only way Jacques Pepin ate pumpkin as a child was in a savory gratin, so the first time I had it in the United States--sweet, in a pie--I thought it was a mistake. I have come to love pumpkin pie and I still enjoy pumpkin in the gratin of my youth. The combination of Swiss cheese, eggs, and cream comes together into something like a smooth and creamy soufflé, capturing the flavors of fall.

Canned pumpkin speeds things up.

Yield: 4 servings

Ingredients

1 can (15.5 ounces) 100% pure pumpkin puree (not pumpkin pie filling)
3 large eggs
1 cup heavy cream
3/4 cup grated Swiss cheese
3/4 teaspoon salt
1/2 teaspoon freshly ground black pepper
1 teaspoon unsalted butter
1 tablespoon grated Parmesan cheese

Instructions

1. Preheat the oven to 350 degrees Fahrenheit.
2. Spoon the pumpkin puree into a food processor and add the eggs, cream, cheese, salt, and pepper. Process for 10 to 15 seconds to combine.
3. Coat a six-cup gratin dish with butter.
4. Fill the dish with the pumpkin mixture.
5. Sprinkle the Parmesan cheese on top and bake for 35 to 45 minutes, until set and lightly brown on top. Serve.

Brie's Lived Experience (continued)

Brie also served as a Co-Facilitator at DCYF, training inexperienced staff on how to offer adolescent support and positive youth development.

In November 2025, Brie learned and practiced leadership skills at the Family Engagement Lived Experience Integration Academy (FELEIA). It was a twelve-week pilot program for former youth in care with lived experience. As a facilitator, Brie learned how to step back, conduct mindfulness activities, and grounding exercises.

From 2024 to 2025, Brie was the Co-Founder and first Youth Leader for Waypoint's Youth Advisory Board (YAB). It took one to two years to get the program up and running. The YAB changed Waypoint's policies to make them youth friendly, understandable to youth. Brie was also involved in putting together resources: housing, food stamps, medical benefits, and pet resources.

Brie provided resources and helped organizations understand youth homelessness. "It doesn't look like adult homelessness." She advised organizations on the best ways to support homeless youth.

From 2022 to 2025, Brie facilitated Strategic Sharing for DCYF. She taught other youths how to share their lived experience by knowing your audience; being trauma-informed; and prioritizing what part of their story they want to share.

In 2024, her lived experience of youth homelessness was printed in The Boston Globe.

In 2023, Brie served on a Ending Hunger in NH Panel. As a NH Hunger Soldier, she shared how vital food stamps are, especially at the beginning of the month.

In 2023, Brie was nominated for 603 Forward Award by the Forward Foundation. As a former youth in care, she earned an award for Exemplary Leadership.

In 2022, Brie visited Washington, D.C. She advocated for Medicaid Dental Coverage. Thanks to Brie, and advocates like her, we now have Medicaid Dental Coverage.

In 2022, Brie worked with Chaos and Kindness and created a tee shirt with them for Recycled Percussion.

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Pumpkin Cheesecake

(from Libby's label)

Crust

1½ c. graham cracker crumbs
¼ c. sugar
1/3 c. butter, melted

Cheesecake

3 pkgs. (8 oz. each) cream cheese
1 c. sugar
¼ c. light brown sugar
1¾ c. pumpkin
2 eggs
2/3 c. evaporated milk
2 T. cornstarch
1¼ tsp. cinnamon
½ tsp. nutmeg

Topping

2 c. sour cream, room temperature
¼ c. to 1/3 c. sugar
1 tsp. vanilla extract

1. Combine crumbs, sugar, and butter in medium bowl. Press onto bottom of nine-inch springform pan. Bake in 350-degree oven for six to eight minutes. Cool.
2. Beat cream cheese and sugars in large bowl until fluffy. Beat in pumpkin, eggs, and evaporated milk. Add cornstarch, cinnamon, and nutmeg. Beat. Pour into crust.
3. Bake at 350 degrees for fifty to sixty minutes until edge is set but center still moves slightly.
4. Combine sour cream, sugar, and vanilla in small bowl. Spread over warm surface. Bake in 350-degree oven for eight minutes. Cool. Chill for several hours or overnight.

Create a Custom Bookmark

Supplies

Coloring pages
Crayons
Markers
Colored pencils
Glue stick
Hole punch
Ribbon

Instructions

1. Color your desired coloring page. Cut out images for bookmark.
2. Glue images to bookmark, punch hole in the top and add ribbon.

Pumpkin & Spinach

Serves: 4 to 6
Time: 1½ hours

3 lbs. sugar pumpkin or butternut squash
3 tablespoons peanut oil
1 large white onion, diced finely
4 cloves garlic, minced
1½ teaspoons garam masala
¼ teaspoon ground cinnamon
½ teaspoon coarse/kosher salt
1/8 teaspoon cayenne pepper
1 cup water
1-inch cube fresh ginger, peeled
10 oz. fresh spinach (about 2 bunches), washed well and coarsely chopped
Juice of ½ lime

Preheat the oven to 350-degrees Fahrenheit.

1. **Bake the pumpkin or butternut squash:** Carve out the top of the pumpkin to remove the stem. Use a strong knife to cut the pumpkin in half along the vertical. Remove the seeds and scrape out the stringy stuff with a spoon. Place the pumpkin halves, cut side down, on a greased baking sheet. Bake for about 45 minutes, until a fork can pierce the flesh.

2. Let the pumpkin cool completely. Peel away the skin and chop it into 1-inch chunks.

3. Preheat a Dutch oven over medium-high heat. Sauté the onions in the peanut oil for about 5 minutes. Add the garlic and sauté for 2 to 3 minutes more.

4. Add the pumpkin and cook until heated through, about 3 minutes. Add the spices and salt, and grate the ginger directly into the pot (use a micro plane grater). Add the water and cook for about 5 minutes, stirring often. Use your mixing spatula to mush

Continued on p. 7

2026 Peer Support Services Survey

We want to hear about your experiences at Infinity Peer Support.

Share your thoughts through our satisfaction survey!

This survey can be filled out online using a phone, tablet, laptop, or desktop. You can also fill out a paper copy.

Ask your staff for more details or complete the online survey now. The survey can be found at https://nh-dhhs.my.site.com/Survey/response?su=ZrQ7DS.

Please read this section before taking the survey or have a peer provide the information to you.

The New Hampshire Department of Health and Human Services is asking for your feedback about your experiences with Peer Support Agencies in NH. Your input will help us understand how peer support works in NH. This annual survey provides us with information on the benefits of peer support and helps your peer support agency with reflecting on what is working well and looking at opportunities to improve addressing the needs of the community. Your answers here also help the State of NH to better understand how peer support services are a good investment of public funds.

Pumpkin & Spinach (continued)

the pumpkin up a bit but leave some pieces chunky.

5. Add the spinach in batches (three or four should work), mix well after each addition.

6. Cook for about 10 more minutes, stirring often. Add the lime, taste and adjust the salt.

7. This is best if it has had time to sit but if you want to eat it immediately, we understand.

Member Photos

Brie L.

Brie L.

NAMI Walk 2026

Members took part in the 2026 National Alliance on Mental Illness (NAMI) Walk in Concord, NH on October 4. Seated: Mike O., Brian M., and Stephanie Auclair (Executive Director). Second row: Diana B. and Niki O. Third row: Shakir F. from ASA Medicaid Transportation, Brenda E., Tommy H., and Gary B.

Walkers expressed interest in Infinity Peer Support's offerings.

November 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:45 Daily Check In 10:30 Fear in a Hat 12:30 Smartphone Photography Safari/Walk 1:15 Creative Problem-Solving Challenge	**3** 9:45 Daily Check In 10:30 Reverse Bucket List 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**4** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group 12:30 Eight Dimension of Wellness Activities **2:00 Closed for Staff Meeting**	**5** 9:45 Daily Check In 10:30 Mindful Coloring Questions 12:15 Setting Holiday Boundaries 1:15 Art as Recovery **7:00 NA Meeting**	**6** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
9 9:45 Daily Check In 10:30 Veterans Day Trivia 11:00 NAMI Presentation 12:30 Recovery Journey Board Game 1:15 I am Poem	**10** 9:45 Daily Check In 10:30 Desert Island Strengths 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**11** **CLOSED** 	**12** 9:45 Daily Check In 10:30 Mindful Coloring 12:15 Coping Skills Charades 1:15 Poetry/Pictures **7:00 NA Meeting**	**13** 9:45 Daily Check In 10:30 Bingo 12:00 Movie and Discussion
16 9:45 Daily Check In 10:30 Inside/Outside Box Activity 12:30 Photography Slide Show 1:15 Values Auction	**17** 9:45 Daily Check In 10:30 Anger Management 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**18** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group **12:00 Community Meeting/Presentation from Haven**	**19** 9:45 Daily Check In 10:30 Mindful Coloring 12:15 Gratitude Turkey 1:15 Cooking with Sharon **7:00 NA Meeting**	**20** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
23 9:45 Daily Check In 10:30 Thankful Jar Exchange 12:30 Recovery Journey Board Game 1:00 Compliment Bag Activity	**24** 9:45 Daily Check In 10:30 Paracord Craft 12:00 Reiki with Amy 12:30 All Recovery **7:00 NA Meeting**	**25** 9:45 Daily Check In 10:30 Men's Group 10:30 Women's Group 11:45 Thanksgiving Trivia 12:15 Closing Thanksgiving Holiday	**26** **CLOSED** 	**27** 9:45 Daily Check In 10:30 Bingo 12:00 Making Parade Decorations
30 9:45 Daily Check In 10:30 Native American/Indigenous Day History 12:30 WRAP 1:15 Healthy Habits Trivia			**Narcotics Anonymous Tuesdays and Thursdays 7 pm**	**Manna Food for the Hungry Wednesdays 3 pm to 5pm in the Back Parking Lot Infinity Peer Support**

Calendar Subject to Change

Group Types & Examples

Emotional Well-Being

- **All Recovery Support Group**
  Discussing various kinds of recovery—from mental health conditions, from substance use disorders—and how to move forward in your lives.
- **Journaling/Drawing**
  Learning that journaling does not require eloquent writing and shows how it can be used for practical emotional regulation and cognitive clarity.
- **Coping with Post-Traumatic Stress Disorder (PTSD)**
  A safe and confidential space for individuals to share and process their personal journeys with stress and complex trauma.
- **Men's Group**
  A vulnerability-safe zone where men can discuss unique challenges, societal pressures, and communication styles often associated with men's mental health.
- **Women's Group**
  A vulnerability-safe zone where women can openly discuss unique challenges, societal pressures, and communication styles often associated with women's mental health.
- **NAMI NH Walk Preparation**
  Preparing for the National Alliance on Mental Illness (NAMI NH) Walk.
- **Living in Balance**
  A member-led group discussing the important balance of various aspects of one's life for a well-rounded recovery.
- **Dance of Connection Activities/Games**
  Members learn ways to connect with each other through activities and games.

Physical Health

- **Nutrition, Culinary, Healthy Habits and Routines**
  Interactive discussions and activities on diet, exercise, and other positively important habits.
- **Nature, Flora and Fauna, and Mood**
  Outdoor activities, education, and discussions on the impact of nature on mental health.
- **Reiki**
  A Japanese technique that promotes relaxation and healing by channeling "universal life force energy" for both physical and emotional health.
- **Nervous System Regulation**
  Is the body's ability to shift between activation and calmness—primarily through the autonomic nervous system (ANS), which balances sympathetic (fight-or-flight) and parasympathetic (rest-and-digest) responses.

Skill Building

- **Art as Recovery**
  An approach that uses artmaking as a non-verbal way to communicate, process emotions, and achieve therapeutic goals.
- **Poetry/Pictures**
  An approach that uses poetry/picture making as a verbal/non-verbal way to communicate a theme.
- **Smartphone Photography Safari**
  Wander the neighborhood and take photos that catch your interest and share them with members.
- **Crafts, Calming Coloring, etc.**
  Therapeutic activities that decrease both anxiety and stress and promote relaxation.
- **Team Building**
  Members do activities that help them build comradery with each other.
- **TED Talks**
  TED Talks are influential videos from expert speakers on education, business, science, technology, and creativity.

Life Skills & Independence

- **Recovery Jeopardy/Trivia/Games**
  Test your recovery knowledge with Jeopardy-format answers and trivia questions.
- **Mental Health Recovery Games**
  Playing games that demonstrate your mental health recovery knowledge and progress.
- **Vision Boards**
  Members make goals and use magazine pictures/words to display them.
- **Book Club**
  Members agree to read, listen to, and discuss a book/audio.