



NEWSLETTER-MARCH 2021

Tri-City Consumers' Action Co-Operative

Tri-City Co-Op

55 Summer Street, Rochester, NH 03867

Phone: 603-948-1036 • **Fax:** 603-948-1047

tricitycoop@gmail.com • tricitycoop.org

Limited Transportation: Call 603-948-1036

Business Hours: Monday—Friday (In-Person) 8:00 AM—4:00 PM

Saturday (Virtual) 8:00 AM—12:00 PM

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 tricitycoop@metrocast.net. Visit our website at tricitycoop.org for more information.

Mission Statement

We are dedicated to providing an alternative, non-medical approach to wellness and recovery. We offer a non-judgmental, non-critical, safe, supportive and educational environment for individuals struggling and recovering with a variety of mental health issues. Staff and members share leadership and decision making. This agency is a place where people practice relational skills, patience, respect and tolerance for diversity. Members learn to see themselves as citizens of the greater community.

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 Tri-City Co-Op 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: 1-800-809-6262, Every Day: 6 PM—9 PM

Cornerbridge, Laconia, NH: 603-306-4334, 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, Every Day: 5 PM—10 PM

Hybrid and Virtual Groups

During the COVID-19 pandemic, we are open for **Hybrid (H)** and **Virtual (V)** groups through our website: tricitycoop.org calendar, but you can only stay in the building for the length of the group. If you use computers to enhance wellness or seek resources, you can stay longer.

Space is limited. Ten people, including staff, are allowed in the building at any given time.

To attend a hybrid group in-person, contact Tri-City Co-Op at (603) 948-1036 to make a reservation.

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:

- Call ahead and make a reservation. **Space is limited.** Ten people, including staff, are allowed in the building at any given time.
- 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 Tri-City Co-Op 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

Monthly Meetings

NH Seacoast Vet-to-Vet: 2nd & 4th Wednesdays of each month from 6 PM—7 PM. Contact Ken Stanley at (603) 948-1036 for more information. A Spouse's Support Group is also available.

Groups

We offer Intentional Peer Support (IPS) and Wellness Recovery Action Plan (WRAP) groups on a weekly basis.

Join our groups online, in-person or via telephone. You don't need a computer or smartphone to join Zoom groups—all you need is a telephone and the **passcode** necessary to join the group. Click on the **group name** on the **Calendar** page and enter the **passcode** 5555.

If you need transportation, call (603) 948-1036 in advance. We offer transportation to members who attend hybrid groups. Before boarding the van, your temperature will be taken and you will be asked to wear a face mask.

You can stay in the building as long as the group lasts. If you use computers to enhance wellness or seek resources, you can stay longer.

Space is limited. Ten people, including staff, are allowed in the building at any given time.

Thank you for your patience and understanding as we navigate the pandemic together!

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.

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.

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/Warming Center

Contact each facility before you arrive to be sure they are open and have room.

- For **Garrison Hotel Seasonal Shelter**, 181 Silver Street, Near Exit 8E, Dover, NH, you must have a referral from Welfare Office, 2-1-1 or advocate. You cannot walk in. Shelter will not be long-term. Maximum stay up to 7 days. Anyone on a waitlist for a local shelter should stay on that waitlist. Shelter is low barrier. Dan Clark is the Shelter Manager, with two or three outreach staff.
- For **Willand Warming Center**, 30 Willand Drive, Somersworth, NH, call 857-323-0388 to reach Connections for Health.
- 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 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 moving to 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, visit Tri-City Co-Op.

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.

Letter from the Interim Executive Director

I want to thank the Board of Directors for Tri-City Co-Op for bringing me on for an interim basis. I have been busy getting to know the staff, and now we are ready and open to invite members into the Co-Op after a long period of virtual only groups and meetings.

I am a peer and it feels so good to be able to share that. I have spent far too many years trying to hide the fact that I have a mental illness and at the Co-Op it is celebrated. I look forward to members assisting us in rebranding the Co-Op with a new name, a new website, a new electronic newsletter and utilizing Facebook and email to reach members, or soon-to-be members.

Please come to the Co-Op and get involved in one of our many group offerings. Isolation can keep us sick and the opposite of isolation is connection. So, come and join your Peer Support Agency in a group or a one-on-one meeting. We want to be a resource for you to feel connected. Our staff is well-trained and we want to welcome back all members to the Co-Op.

In wellness,
Melissa Silvey

Letter from the Program Coordinator, Dawn Mellencamp **Seasonal Affective Disorder (SAD) is Very Real — and Very Common**

It's the time of year when days are shorter, the weather is colder and snow always seems to be on the way. Many of us start work before the sun rises and don't finish or get home until long after it sets, leaving us little time to enjoy the daylight.

Cue the winter blues. This seasonal depression is called seasonal affective disorder or SAD. We asked a primary care doctor to recommend habits that can be helpful in fighting the funk.

"SAD is a form of depression that temporarily affects people during the winter months but tends to

go away during the spring and summer months as the days begin to lengthen again,” explains Dr. Gwendolyn Alexandria Bodkin, a family medicine doctor at Geisinger Lycoming.

Symptoms of seasonal affective disorder:

Most people with SAD feel moody or grumpy, lose motivation for activities they would normally enjoy doing and may sleep more but still feel tired. They also crave more carbohydrates—think comfort foods like macaroni and cheese, other pastas and bread.

“People who already have low-grade depression—including confinement, irritability and anxiety spurred by the current pandemic—may experience a marked increase in their symptoms.” - Dr. Gwendolyn Alexandria Bodkin, Family medicine at Geisinger Lycoming

If you’ve experienced feelings of sadness and depression during the winter over the past two years, you may have SAD.

Who does SAD affect?

While seasonal affective disorder can affect anyone, those who are more likely to develop the condition include:

- Women,
- People who live farther from the equator, where the days are shorter and
- Those between age 15 and 55.

“Doctors and researchers aren’t exactly sure what causes SAD, but many suspect it’s got something to do with the lack of sunlight we face when the days are shorter,” says Dr. Bodkin.

Five tips to feel better if you’ve got the “winter blues”

If the colder season has you (as well as your fingers) blue, Dr. Bodkin recommends developing a few habits to help you feel more like yourself.

1. **Go outside.** It may be cold outside but getting out of your house or office can help you shake the blues. Try taking a walk during your lunch hour or spending time outside on the weekends to expose your body to more natural light.
2. **Exercise.** Elevating your heart rate with a brisk walk, bike, run, swim or other workout can stave off feelings of moodiness. When you exercise, your brain releases chemicals called endorphins that boost your mood.

3. **Consider light therapy.** During the winter months, a light-therapy box can provide some relief from the symptoms of SAD. A light-therapy box uses a special fluorescent light bulb that mimics daylight. “Light therapy should be done within an hour of waking up for about 20 to 30 minutes,” says Dr. Bodkin. “The key is to keep the light box near your face but not to look directly at the light.”
4. **Eat healthy.** While you may crave comfort foods, eating a more heart-healthy diet can help treat SAD. Research has shown that a diet with plenty of fruits, vegetables, whole grains and healthy proteins decreases the risk of feeling down.
5. **Keep a set sleep schedule.** Getting enough sleep and maintaining a consistent sleep schedule can help you combat SAD. “Most people need about 8 hours of sleep each night, and to fight SAD, it’s helpful to wake up with the sun in the morning,” notes Dr. Bodkin.

If these natural remedies don’t seem to be helping, let your doctor know. Like other forms of depression, seasonal affective disorder may also be treated with medication, like antidepressants, and talk therapy.

Five ways to beat the winter blues. (n.d.). Retrieved February 24, 2021, from <https://www.geisinger.org/health-and-wellness/wellness-articles/2017/03/23/13/53/beat-the-blues-this-winter>.

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