



BING

The newsletter of the Rotary Club
of Dover, NH



SERVE TO CHANGE LIVES

February 9, 2022 – 121 Broadway, Dover, NH

Welcome one and all to the greatest Rotary Club in the world.
We are all here to Serve to Change the World.

Program: Classification - Heather Blumenfeld, Exec. Dir., Triangle Club of Dover

One of seven children from a large Catholic family, new member Heather Blumenfeld lives in Eliot, Maine where she and her husband have raised four children. They've been in Eliot for 17 years after several moves around the country for her husband's job. Heather was a stay-at-home mom until she was about 40. At that time, she learned that her younger brother had developed serious addiction issues, all stemming from a broken hip injury when he was in high school and was prescribed opiates. He'd been addicted for years and his habit led to heroin and IV heroin. He was 28 and uninsured.

There were few recovery resources or sober home options available then. He had burned through and ruined most family relationships by that point. Heather turned to Southeastern Services in Dover who would accept NH Medicaid. For the next 5 years, her brother was in and out of recovery and relapses. He passed away 7 years ago of endocarditis—essentially a fatal heart attack at age 33.

Heather resolved to do more to increase opportunities for support, recovery, and treatment for addicts, but also provide additional support for families of addicts. After consulting with Eliot PD and Bob McKenzie, Heather took a 40-hour class and became a recovery coach. She volunteered, then was hired, at Safe Harbor in Portsmouth, eventually becoming Director. Her

UPCOMING MEETINGS & EVENTS

Feb. 16 – 12:15 pm. Ken Mendis and Cora

Quisumbing-King, Racial Unity Team

Feb. 17 – 1 pm, joint zoom meeting of RC Dover, NH and RC UK (notify Marion if planning to attend)

Feb. 23 – Social Event, TBA

Pledge: Ron R.

4-Way Test: Cate R.

Guests: none

Rotary moment: Feb. 23 is World Rotary Day with many clubs celebrating 107 years of Rotary generosity worldwide. RC of Dover will Zoom with the RC in Dover, England and the Dist. Governors on Thurs., Feb. 17 at 1pm to jointly celebrate this occasion.

*Today's newsletter
authored by Cathy B.*

focus continued on family advocacy: helping families of those addicted. After 5 years there, she took a new job as Exec. Director of the Triangle Club in Dover which had been in operation for about 35 years, mostly run by volunteers offering 12-step programs and meetings.

Her role primarily involves fundraising, but an important additional goal is to treat the whole person and their families. The Triangle Club now offers not only AA and NA meetings (ca. 8 per day) but also wellness activities and programming, including hiking, art, yoga, dances, and a Super Bowl party! There is a Grief Group, Al-Anon and Nar-Anon meetings, and a new recognition that abstinence (12-step program) is not the only route to sobriety.

The Triangle Club's renovation/addition a few years ago (partly funded by RC of Dover) has greatly expanded their capacity. They can accommodate 85 in their meeting room now. Heather urged any Rotary member to come for a tour! She still works with Bob O'Connell (who many remember). She can also do a Narcan demo if interested.

Questions:

Ron R.: How has closing of Willand Pond encampment affected them?

Heather: Not too much. The distance was far enough away so that they go to Warming Shelter instead.

Gregg D.: How many served?

Heather: Average 100 per day. Open all day, every day. Some days up to 140 people come in. 50 people attend weekly Heroin Anonymous group. 30 people attend weekly Crystal Meth group.

Gregg: Heather will now serve on the District 7780 Recovery Team.

Jim M: How did Triangle Club begin?

Heather: Varying stories, but basically started by a couple of guys. Volunteers ran the organization for years, until 2017 when paid staff hired. She is the 6th Exec Director.

Jim V: Stressed that our stereotypes about addicts are wrong. Original volunteers were people in recovery themselves!

Heather: Agreed! Her job involves updating policies: attitudes and methods of recovery are much different than 40 years ago. 12-step abstinence is not suited for all; for instance, MAT (Medically Assisted Treatment) is now available.

Cathy B: Can people hang out in a lounge during the day, even if not attending a meeting?

Heather: Yes, conditionally this is allowed. No sleeping though!

Marion C: Covid-19 impact on services?

Heather: Very negative impact on recovery. A Zoom meeting is not the connection they need. And many do not have a phone or computer to connect. Often lose contact with clients when they can't come in person. Numbers dropped in late 2021 but are recovering now. They're seeing more people.

No joke today—it's too early!

Announcements—Next week's meeting 12:15pm. No food will be served. Bring your lunch!

Donation: BOD agreed to donate \$2400 to Dover Friendly Kitchen. This will purchase a 4-month supply of takeout containers for meals (they currently cannot serve food in-house due to Covid.)

Bingo: Phil R. announced a \$50,000 profit between October and December 2021. We are averaging ca. \$14,000 monthly income from Bingo. Ron R. updated on bingo hall expansion. Soon we'll need even more help on Thursdays!

Social Committee—Beth F. noted the group met via Zoom on 2/8. Tentative plans (always 4th Wednesday from 5-7pm) include:
February and March—Fellowship gatherings at local restaurants
April—Woodman Museum
May—Noreen's backyard
June—Carey Cottage, Portsmouth—membership recruitment event
July—Historic Dover walking tour downtown, ending up "Milling Around the Mill"
August—Gregg's patio
Sept/Oct—Wentworth Greenhouses family event with critters from Wildlife Encounters on site
Nov/Dec—TBD

Foundation—Gregg D.: spoke about polio eradication in Pakistan and presented a Paul Harris Fellow pin and certificate to Harry Cheney for all his great work for the club.

Fines: Doug fines himself for technical issues connecting on Zoom and fines himself and Gregg for not telling a joke!

Drawing—\$510. Jim V. Has winning number but draws 7 of Hearts. Pot grows!

Happy dollars:

Gregg D. \$2 for only 2 weeks left on knee rehab

Cathy B. \$2 for moving into new house finally

Cate R. whose vacation getaway was cancelled by the blizzard, happy to complete some home projects instead and also happy no sunburn!

Doug L. - A cameo appearance was made on Zoom by Malcolm's dog who is vacationing at Doug's house.

Birthdays:

Kathy L. 2/15

Cara S. 2/28

Anniversaries:

Laurie W. 22 years

Kristin S. 6 years

Tracey D. 11 years

Naila A. 2 years