

# Prevention Professionals of Northern Middlesex



September 10, 2021

PPNM is a coalition of eight communities working together to help reduce substance use disorder with specific intentions for youth below the age of 18. Communities include Billerica, Chelmsford, Dracut, Lowell, Tewksbury, Tyngsborough, Westford and Wilmington. We wish you a peaceful Yom Kippur!

## Yom Kippur

<https://www.history.com/topics/holidays/yom-kippur-history>

Yom Kippur—the Day of Atonement—is considered the most important holiday in the Jewish faith. Falling in the month of Tishrei (September or October in the Gregorian calendar), it marks the culmination of the 10 Days of Awe, a period of introspection and repentance that follows Rosh Hashanah, the Jewish New Year. According to tradition, it is on Yom Kippur that God decides each person’s fate, so Jews are encouraged to make amends and ask forgiveness for sins committed during the past year. The holiday is observed with a 25-hour fast and a special religious service. Yom Kippur and Rosh Hashanah are known as Judaism’s “High Holy Days.”

## September is National Suicide Prevention Month!

<https://www.nami.org/get-involved/awareness-events/suicide-prevention-awareness-month>

Suicidal thoughts, much like mental health conditions, can affect anyone regardless of age, gender or background. In fact, suicide is often the result of an untreated mental health condition. Suicidal thoughts, although common, should not be considered normal and often indicate more serious issues.

September is Suicide Prevention Awareness Month — a time to raise awareness on this stigmatized, and often taboo, topic. In addition to shifting public perception, we use this month to spread hope and vital information to people affected by suicide. Our goal is ensuring that individuals, friends and families have access to the resources they need to discuss suicide prevention and to seek help.

## Community Contacts

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**Facebook and Twitter**  
**#RegionalPPNM**

**Drug Free Greater  
Lowell Web Page**  
[www.drugfreegreaterlowell.org](http://www.drugfreegreaterlowell.org)

# Community Partner Spotlight!

## Living my Dream Yoga

<http://www.livingmydreamyoga.com>

Kripalu yoga is a gentle, meditative style of yoga that includes breath work (pranayama), warm up movements (pratapana), postures (asanas) including restorative poses (using props to support the body), mudras (hand gestures), meditation and more. In the practice of Kripalu yoga, you are guided to move at your own pace, honoring your body's needs in each moment. The Kripalu approach to yoga is a compassionate, non-judgmental self-inquiry. Using this style of yoga, my classes are designed to cultivate a relaxed state in the body and in the mind.

Yoga is known to encourage balance, improve core strength and increase range of motion, flexibility and relaxation. Students are encouraged to be mindful of the needs of their individual body through the process of self-inquiry with an attitude of curiosity and compassion.

Chris Connolly began her yoga journey 30 years ago by suggestion of a very wise mentor in her life as a means to slow down and relieve stress. Little by little, the practice of yoga began to transform her mind, body and renew her spirit. The gentle approach of Kripalu yoga allowed her to choose the level of physical intensity right for her body. Kripalu yoga asks each individual to listen to their body and honor its needs.

Yoga and meditation is one skill useful in the journey to recovery and beyond and is one of the eight dimensions of wellness!

## Moving Into Recovery This Week!

The Front Line Initiative has partnered with us to bring wellness programs to our communities.

- Meditation at the Tewksbury Library beginning every Friday (weather permitting) at 3PM on the lawn behind the library. Space limited please sign up  
<https://tewksburypl.assabetinteractive.com/calendar/outdoor-meditation-class-free-6-week-series/>

## The Eight Dimensions of Wellness

<https://www.wm.edu/offices/wellness/about/eight-dimensions/index.php>

Wellness is such a broad term and how we think about wellness is affected by our culture and our life experiences. We believe wellness is conscious, self-directed and evolving; holistic and multidimensional; positive and affirming; and inclusive.

## Carrying Narcan saves lives!

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