

# Prevention Professionals of Northern Middlesex



September 3, 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 Rosh Hashanah!

## Rosh Hashanah

<https://www.history.com/topics/holidays/rosh-hashanah-history>

The Jewish New Year, “head of the year” or “first of the year,” the festival begins on the first day of Tishrei, the seventh month of the Hebrew calendar, which falls during September or October. Rosh Hashanah commemorates the creation of the world and marks the beginning of the Days of Awe, a 10-day period of introspection and repentance that culminates in the Yom Kippur holiday, also known as the Day of Atonement. Rosh Hashanah and Yom Kippur are the two “High Holy Days” in the Jewish religion.

## September is National Recovery and Suicide Prevention Month!

<https://www.samhsa.gov/recovery-month>

National Recovery Month (Recovery Month) is a national observance held every September to promote and support new evidence-based treatment and recovery practices, the emergence of a strong and proud recovery community, and the dedication of service providers and community members across the nation who make recovery in all its forms possible.

## Faces of Recovery

<https://facesandvoicesofrecovery.org/> is dedicated to organizing and mobilizing the over 23 million Americans in recovery from addiction to alcohol and other drugs, our families, friends and allies into recovery community organizations and networks, to promote the right and resources to recover through advocacy, education and demonstrating the power and proof of long-term recovery.

## Community Contacts

Billerica—Mike Higgins  
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Chelmsford—Amanda Glaser  
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Lowell—Lainnie Emond  
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Wilmington—Samantha Reif  
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**Facebook and Twitter**  
**#RegionalPPNM**

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

# Community Partner Spotlight!

## The Phoenix

<https://thephoenix.org/> 291 Summer Street in Lowell

The Phoenix is a national non-profit organization serving individuals in recovery and their supporters. Our mission is to build a sober, active community that fuels resilience and harnesses the transformational power of connection. We provide meaningful activities for all ability levels, from group fitness and yoga to recovery meetings, meditation, and paint nights; the only cost of membership is 48 hours of continuous sobriety.

Since 2006, the Phoenix has helped more than 65,000 people across America rise above addiction and harness the power of self-transformation. It was founded by Scott Strode and a core group of team members to be a safe, sober active community of peers who support each other every day on the journey to recovery. Scott found hope in his own recovery while discovering how ice climbing helped all his problems, fears, and shame of addiction melt away.

Tiffany Foster is the program Coordinator of The Lowell Facility - she volunteered for The Phoenix for 2 years while working as a Substance Abuse Counselor at The Sheenah House (Lowell House) and officially came on as a staff in November. She is a CrossFit Level 1 Trainer and person in Recovery and completely blessed that she gets to bring both passions together to help others build confidence, get healthy mentally and physically, and find a supportive recovery community. She can be reached at Cell : 978.605.3937.

Recovery does happen and can be beautiful!

## 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/>
- Moving into Recovery with The Phoenix-Rise/Recover/Live: Friday September 10<sup>th</sup> 291 Summer Street Lowell Yoga from 5:00PM to 6:00PM.  
Enroll at <https://thephoenix.org/> or write [Tfoster@thephoenix.org](mailto:Tfoster@thephoenix.org)

## Carrying Narcan saves lives!

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Call Maria Ruggiero 978-640-4385 Ext 352.

[mruggiero@tewksbury-ma.gov](mailto:mruggiero@tewksbury-ma.gov) Cell 978-382-4989

