

Giving Back

We believe it is important to give back to our communities. If you have an idea for community volunteering or donations, or if you volunteer and want to be recognized, please see Shanon or Mark. Here's what we're doing now:

Arbor View visit: Our October visit went very well. Some folks came & participated in making pumpkin baskets as we had open conversations with each other. It's nice to have kept the connection with them over the years! In November we will be doing some craft around Thanksgiving. If you want to join us, please check in at community meetings to find out the details and let Shanon know.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A member volunteers putting together food boxes.

Dartmouth-Hitchcock Medical Center: A Member in Lebanon volunteers in the housekeeping department and helps with BINGO preparation.

Grafton County Senior Center: A Member in Lebanon volunteers at the front desk and waitresses when needed. She also puts together meals for Meals on Wheels.

Meals on Wheels: A Member in Lebanon volunteers to deliver meals.

Board of Directors News

At our Annual Meeting on 9/28, Members elected our Board of Directors. Thank you to all who participated in this important responsibility.

Congratulations to our Board:

Colleen Fisk, President
Laurie Cummings-Bowen, Vice-
President
Lori Brown, Secretary
Paul Marinelli, Treasurer
Nancy Beaudoin
Laura Byrne
Marilyn Marinelli
Joe Searbo

We're looking for talented and thoughtful volunteer Board members to lead and strengthen our programs. If you can contribute your time and ideas and are interested in exploring this opportunity, contact Shanon Pyatt at 603-543-1388, and she will put you in contact with the Board member in charge of Board Recruitment.

ELECTION DAY

Tuesday, November 8th!



If you have questions about where to vote or who your state and local candidates are, please contact Susan.

Here are some reminders:

- You can register at the polls on the day of the election. You will be asked to show proof of age, citizenship and where you live.
- If you are a person with a disability and understand what it means to vote, Federal law guarantees your right to vote.
- You have the right to get help from a person YOU choose.
- If you can't read or need help voting because of your disability, you can have someone help you vote.
- You can bring a friend, family member or someone else you trust.
- You can also ask the poll worker to help you if you didn't bring anyone with you.
- If you have a problem accessing your voting place, you can get help by calling the Disability Rights Center at 1-800-834-1721.

Community Meal Menus

Stepping Stone

- 11/1 Pork chops-stuffing-rice
Veggies & gravy
Salad**
- 11/8 Corn Chowder w/grilled cheese
Salad**
- 11/15 Spaghetti & meat sauce w/garlic bread
Salad**
- 11/22 Turkey, rice & veggie soup
Crackers/bread & butter
Salad**
- 11/29 Meatloaf-mashed potatoes-veggie
Salad**

Next Step

- 11/2 Chicken Drumsticks w/hot veggies
Salad**
- 11/9 Ground Pork & veggie stir fry w/rice
Salad**
- 11/16 Franks & Beans
Salad**
- 11/23 Chef's Choice
Salad**
- 11/30 Pork Chops w/potatoes
Salad**

Recipe of the Month

Stuffy Sandwich

Preheat oven to 350 degrees.

- 1/4 cup mayonnaise
- 4 hoagie rolls, cut in half
- 1 cup leftover turkey meat, shredded
- 1 cup prepared stuffing
- 1/2 cup leftover turkey gravy
- 1/2 cup cranberry sauce

Spread mayonnaise on each half of the split hoagie rolls.

Layer 1/4 cup turkey, 1/4 cup stuffing, 2 tablespoons gravy, and 2 tablespoons cranberry sauce on each of the four hoagie halves. Top each hoagie with the other 4 pieces of bread. Wrap each sandwich in aluminum foil and place in the oven for 15 minutes or until the sandwiches are heated through.



On the 3rd Friday of every month at Stepping Stone, we have a cake to celebrate all the birthdays in the month.

Please join us for cake and celebration.

Thanksgiving

~by Shanon Pyatt

Thanksgiving is the time of year where nature is changing around us & we move into another season. Looking at all the trees changing, the crisper mornings & the animals preparing for the winter.

With each season comes new adventures & learning about ourselves.

To find out what we like about this season & ways to deal with things that come with it.

Thanksgiving is (for me) a time to reflect on the year & what/who I'm grateful for,

To create memories with the ones that I hold near my heart.

It's also a time for enjoying the flavors of Thanksgiving!

I am thankful for so many things.

One of the biggest things I am thankful for is I.P.S. With I.P.S. I've been able to create many relationships that has a mutual balance.

To work on moving toward something positive.

To know I am worth it & capable of doing so.

So on Thanksgiving this year I encourage you to share the positive side of things,

Pick each other up & be thankful for the day!



2016 FREE Flu Vaccine Clinics

If you have any questions about getting a flu shot this year, for yourself or another family member, please contact your own primary care physician or other provider directly.

- Wednesday, November 2, 9 AM-12 PM, Claremont Senior Program Fall Information Fair and Flu Shot Clinic
- Saturday, November 12, 8 AM-1 PM (adults and children), DHMC
- Monday, November 14, 9 AM-4 PM (older adults), Aging Resource Center



Claremont

169 Main Street
Claremont NH 08743
Tel. (603) 287-7919

Newport

65 Park Street Unit 2
Newport NH 03773
(603) 865-5374

Our Recovery Centers are safe places where recovery development occurs and where individuals will be matched with people offering recovery support services. Our centers are a place where you will be heard; a venue for healthy, drug and alcohol free socialization; and family supports for all stages of recovery. We respect all pathways to addiction recovery and will help individuals and their families with access to supports that work for them. <http://www.hopefornhrecovery.org/our-centers>

**Do You Or Someone You Know Struggle
With Addiction or Substance Use?**
Have questions about what to do next?

Your Recovery Is Our Priority!
Call the NH Statewide Addiction Crisis Line
1-844-711-HELP
hope@keystonehall.org



Confidential

Judgment-free

24 Hours a day

7 Days a week

Upcoming Events & Meeting

Newsletter Workgroup

Monday, 11/14, 9:30—11:30 AM
Stepping Stone
Sign up for transportation from Next Step

Consumer Council Meeting

Tuesday, 11/15, 10 AM—1 PM
BMHS, Concord.
Sign up for transportation at either site

Board of Directors Meeting

Thanksgiving Dinner & Meeting
Wednesday, 11/16, 4-7 PM
Stepping Stone
Sign up for transportation from Next Step

Arbor View Connection

Monday, 11/21, 1 PM
Sign up for transportation at either site

Educational Event

Intro to Computers with Susan Seidler
Tuesday, 11/22, 1 PM
Stepping Stone

Educational Event

Intro to Computers with Susan Seidler
Wednesday, 11/23, 1 PM
Next Step

Community Meetings

Stepping Stone, Tuesday, 1-2PM
Next Step, Wednesday, 1-2PM

NH Mental Health Planning & Advisory Council

Meets quarterly in January, April, July, and October. Please see information posted at both sites.

Stepping Stone and Next Step Peer Support and Crisis Respite Centers is a private, not-for-profit agency dedicated to promoting emotional wellness and recovery. We provide consumer-run services designed and driven by consumers to best meet their own needs. We are committed to the creation of a safe, supportive, and educational environment for people with mental health challenges. Members apply real life experiences to help themselves and their peers attain wellness while casting off the victim identity and replacing it with personhood. We are funded primarily by the NH Department of Health and Human Services, Bureau of Mental Health Services (BMHS). Our supports are free to NH residents.

“I’ve definitely learned that if you really want something, just go for it, no matter how much it scares you.”

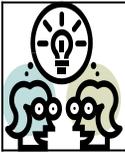
-Bethany Mota

-born November 7, 1995

Check out our website:

www.steppingstonenextstep.org

A work in progress—we continue to improve its content. Stay tuned for updates.



Suggestion Boxes are at both sites for your ideas and suggestions regarding the centers. If you have an idea for Member fundraising, please put it in the box. Please place your constructive suggestions in the box. Your name is optional.



How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11AM–3PM

Monday–Thursday 9AM–4PM

Friday Noon–7PM

Saturday 11AM–4PM

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

Crisis Respite

Our program is free to NH residents who meet the guidelines of being at risk for using mental health services, are already using mental health services, or are referred by other services. Call 543-1388 for more information.

Peer Support Warmline

Our Warmline is available 5–10PM, seven days a week. To access our Warmline, call 543-1388 or 543-0920. If calling long distance within NH, call toll free at 1-888-582-0920.

WE’RE GOING DIGITAL!!

In an effort to reduce costs, beginning this month we need to reduce by 50% the number of Newsletters we send in the US mail. Please consider accessing your Newsletter via email or our website.

The October issue included a postage-paid postcard where you can indicate your choice. Please fill out the postcard and mail it back to us. It’s the best way we have to make the necessary changes.

Editor: Shanon L. Pyatt