

Community Meal Menus

Stepping Stone

- 1/3 Soup & Sandwiches Salad**
- 1/10 Hamburgers w/mac salad Salad**
- 1/17 Turkey Noodle Casserole Salad**
- 1/24 Chili Salad**
- 1/31 Chicken Divan Salad**

Next Step

- 1/4 Meatloaf w/potatoes Salad**
- 1/11 Chef's Choice Salad**
- 1/18 Pigs in a Blanket Salad**
- 1/25 Chicken w/rice Salad**

Recipe of the Month - Chicken Enchilada Bake

- 4-1/2 c. shredded chicken
- 1 can (28 oz.) green enchilada sauce
- 1-1/4 c. sour cream
- 9 corn tortillas (6 inches), cut into 1-1/2 inch pieces
- 4 c. shredded cheese

Preheat oven to 375°.

In a greased 13×9-inch baking dish, layer half of each of the following: chicken, enchilada sauce, sour cream, tortillas and cheese. Repeat layers. Bake, covered, 40 minutes. Uncover; bake until bubbly, about 10 minutes. Let stand 15 minutes before serving.



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.

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: We decided together to skip Decembers visit due to the busy schedules & holiday month. We hope that everyone has a safe & wonderful holiday! In January, we would like to talk about any plans/goals that anyone has set for themselves for the new year . If you want to join us, please sign up at either site.

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.

Sullivan County Health Care: Two Members go there periodically and do a sing-along with nursing home residents.



Friday, 1/20/2017
Noon-2 PM
Claremont

Sign up for transportation from either site.

Board of Directors News

We're looking for talented and thoughtful volunteer Board members. 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.



An affiliate of
Face It TOGETHER

Newport

Claremont

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

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

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

Newsletter Workgroup
Monday, 1/9, 9:30—11:30 AM
Stepping Stone
Sign up for transportation
from Next Step

Arbor View Connection
Monday, 1/9, 1 PM
Sign up for transportation from either site

Educational Event
What is Consumer Council?
with Ken Lewis, Chair of CC
Wednesday, 1/11, 1 PM
Next Step

Consumer Council Meeting
Tuesday, 1/17, 10 AM—1 PM,
BMHS, Concord.
Please sign up for transportation at
either site

Pizza Hut Buffet
Friday, 1/20, Noon-2 PM
Sign up for transportation from either site

Educational Event
What is Consumer Council?
with Ken Lewis Chair of CC
Tuesday, 1/24, 1 PM
Stepping Stone

Board of Directors Meeting
Wednesday, 1/25, 5:30—6:30 PM
Next Step
Sign up for transportation
from Stepping Stone

NH Mental Health Planning &
Advisory Council
Tuesday, 1/10, 10 AM—2 PM
BMHS, Concord
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.

“Here are the values that I stand for: honesty, equality, kindness, compassion, treating people the way you want to be treated and helping those in need. To me, those are traditional values.”

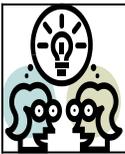
-Ellen DeGeneres

-born January 26, 1958

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

Peer 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.

Next Step

Phone: 448-6941

Fax: 448-0702

Center hours:

Monday–Thursday 9AM–5PM

Friday 11AM–6PM

Saturday 11AM–4PM

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, we need to reduce 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 and we will make the necessary changes.

Editor: Shanon L. Pyatt