

Community Meal Menus

<u>Stepping Stone</u>		<u>Next Step</u>	
2/7	BBQ Pork Chops Salad	2/1	Lasagna w/garlic bread Salad
2/14	Tacos Salad	2/8	Beef Stew Salad
2/21	Shepard's Pie Salad	2/15	Chef's Choice Salad
2/28	Corn Chowder Salad	2/22	Shepard's Pie Salad

NOTE: The second day for laundry tickets at Next Step is Thursday. Please see Susan.

Recipe of the Month - Honeymoon Mousse

- 1 c. cold evaporated milk
- 4 oz. unsweetened chocolate, finely chopped
- 2 c. heavy whipping cream
- Chocolate curls
- 1/4 tsp. salt
- 3 tsp. vanilla extract
- 1 c. sugar

In blender, combine milk, vanilla, sugar, chocolate & salt; process until smooth (about 1 minute). Transfer to large bowl.

In small bowl, beat cream until soft peaks forms. Fold into chocolate mixture. Spoon into dessert dishes. Refrigerate until serving. Garnish with chocolate curls. 6-8 servings.



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: In February, we plan to do some sort of craft. 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.

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.



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

**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



Imperial Buffet
Claremont
Saturday, 2/25
12-2 PM
Sign up for transportation
from either site.

Upcoming Events & Meeting

Community Meetings

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

Newsletter Workgroup

Monday, 2/13, 9:30—11:30 AM
Stepping Stone
Sign up for transportation
from Next Step.

Arbor View Connection

Monday, 2/27, 1 PM
Sign up for transportation from either site.

Educational Event

HIV/HCV
with Laura Byrne
Wednesday, 2/15, 11 AM
Next Step
Sign up for transportation from
Stepping Stone.

Consumer Council Meeting

Tuesday, 2/21, 10 AM—1 PM,
BMHS, Concord.
sign up for transportation at
either site.

Imperial Buffet

Claremont
Saturday, 2/25, 12-2 PM
Sign up for transportation from either site.

Board of Directors Meeting
There is no meeting in February

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 go to bed every night thinking about all the possible ways I can succeed.”

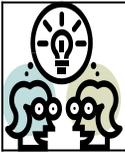
-Ronda Rousey

-born February 1, 1987

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.

CONSIDER 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.

Editor: Shanon L. Pyatt