

Community Meal Menus

Stepping Stone

6/6 Chicken Chow Mein Salad

6/13 Beef Stew Salad

6/20 Chicken Stir fry Salad

6/27 Hamburger w/beans Salad

Next Step

6/7 Hotdogs w/chips Salad

**6/14 Spaghetti w/meat sauce
Garlic bread
Salad**

**6/21 Egg Salad sandwiches w/chips
Salad**

**6/28 Chef's Choice
Salad**

Recipe of the Month - Simple Roasted Butternut Squash

- 1 Butternut Squash—peeled, seeded and cut into 1 inch cubes
- 2 TBSP Olive Oil
- 2 cloves garlic—minced
- Salt & Pepper to taste

Preheat oven to 400 degrees.

Toss first three (3) ingredients in large bowl. Season with salt and pepper. Arrange a single layer on baking sheet. Roast until squash is tender and lightly brown, 25-30 minutes.

Groups:

There are some group changes for both Stepping Stone & Next Step.

Please see calendars for more information.

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 May visit went great as it usually does. Folks there really seem to like us coming every month. 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.

Valley Regional Hospital: A Member Volunteers to answer phones and direct people to where they need to go.



Berry Picking

Saturday, 6/24, 10–1 PM

Wellwood Orchard

Springfield, VT.

Sign up for transportation
at either site.



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.

Trip & Event Planning

Meetings #1:

Tuesday, June 6, 2017, 1 PM @ Stepping Stone.

Wednesday, June 7, 2017, 1 PM @ Next Step.

Join us to brainstorm ideas.

Meeting #2:

Friday, June 9, 2017, 1-4 PM @ Next Step.

See sign up for transportation from
Stepping Stone.

Join us to evaluate brainstorming ideas and create
a ballot for FY18.

Voting:

The ballot will be available 6/12-6/19, and next year's
results will be announced in the July Newsletter.

Consumer Council call-in option...

Consumer Council wants to increase attendance by having conference calls
with the Peer Support Centers throughout NH. If you would like to listen in or
have things to share, here is some information:

- The number to call in for the Consumer Council meeting is 1-888-245-8770.
- You will be asked to key in your "Guest Room Number" which is 480682.

The Giving Room

The Giving Room, which will contain items donated by Members which can be taken (free of charge)
by other Members will be up and running in June. Details are available at both Centers. We will
announce at Community Meetings when we are ready to take donations.

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 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, 1-2 PM
Next Step, Wednesday, 1-2 PM

Trips & Events Meeting #1

Tuesday, 6/6, 1 PM
Stepping Stone

Trips & Events Meeting #1

Wednesday, 6/7, 1 PM
Next Step

Trips & Events Meeting #2

Friday, 6/9, 1-4 PM
Next Step

Sign up for transportation from
Stepping Stone.

Newsletter Workgroup

Monday, 6/12, 9:30—11:30 AM
Stepping Stone
Sign up for transportation
from Next Step.

Educational Event

Granite State Independent Living
Employment
Tuesday, 6/13, 1 PM
Stepping Stone

Educational Event

Granite State Independent Living
Employment
Wednesday, 6/14, 1 PM
Next Step

Arbor View Connection

Monday, 6/19, 1 PM
Sign up for transportation from either
site.

Consumer Council Meeting

Tuesday, 6/20, 10 AM—1 PM,
BMHS, Concord.
Sign up for transportation at
either site. See page 3 for call-in
option.

Berry Picking

Saturday, 6/24, 10 AM—1 PM
Springfield, VT.
Sign up for transportation at either site.

NH Mental Health Planning &

Advisory Council

Meets quarterly in January, April,
July, and October.

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.

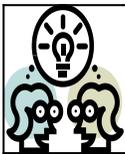
“The best and most beautiful thing in life cannot be seen or even touched, they must be felt with the heart.”

-Helen Keller

-born June 27, 1880

Check out our website:

www.steppingstonenextstep.org



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

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.

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'VE GONE 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.

Contact Shanon at shanon.pyatt@steppingstonenextstep.org to indicate your preference.

Editor: Shanon L. Pyatt