



# Community Meal Menus

## Stepping Stone

- 8/1 **Burgers w/pasta salad  
Salad**
  
- 8/8 **BBQ Pork Chop w/rice  
Salad**
  
- 8/15 **Spaghetti, meatballs w/garlic bread  
Salad**
  
- 8/22 **Meatloaf, mashed potatoes w/veggies  
Salad**
  
- 8/29 **Sliced hotdog, pepper, onion & cheese  
grinder rolls w/chips  
Salad**

## Next Step

- 8/2 **Tuna sandwiches w/chips  
Salad**
  
- 8/9 **Spaghetti w/garlic bread  
Salad**
  
- 8/16 **Hotdogs w/mac & cheese  
Salad**
  
- 8/23 **Chicken macaroni salad w/chips  
Salad**
  
- 8/30 **Kielbasa stir fry w/rice  
Salad**

### Recipe of the Month

#### No-Cook Overnight Oatmeal

- 1/4 cup rolled oats
- 1/4 cup Greek yogurt
- 2 teaspoons chia seeds
- 2 teaspoons honey
- 1 teaspoon ground cinnamon
- 1/4 cup fresh blueberries

Combine milk, oats, Greek yogurt, chia seeds, honey, and cinnamon in a 1/2-pint jar with a lid; cover and shake until combined. Remove lid and fold in blueberries. Cover jar with lid. Refrigerate oatmeal, 8 hours to overnight.

## 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 July visit was cancelled. Picking back up in August, we will be doing something around connection and Peer Support. 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 answers phones and direct people to where they need to go.

## PADDLEPOWER 2017—8/19 & 8/20

PADDLEPOWER is an annual event hosted by West Central Behavioral Health to raise awareness about depression and suicide and to benefit West Central's emergency mental health services program. For more information, visit: [www.PADDLEPOWER.org](http://www.PADDLEPOWER.org). Come join us as we cheer on the rowers! Please sign up for transportation at either site.



August 18, 2017  
10 AM - 2 PM  
Rain or Shine

Sign up for transportation from  
either site.

### Groups:

Groups on Monday, Thursday and Saturday have been moved around at Stepping Stone.

Please see calendars for more information.



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.

### 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 Rooms at both Centers open August 1st. Come browse items donated by Members which can be taken free of charge by other Members. Details are available at both Centers. Please see Shanon if you have questions.

## 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](mailto: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

### Newsletter Workgroup

Monday, 8/14, 9:30—11:30 AM  
Stepping Stone  
Sign up for transportation  
from Next Step.

### Arbor View Connection

Monday, 8/14, 1 PM  
Sign up for transportation from  
either site.

### Consumer Council Meeting

Tuesday, 8/15, 10 AM—1 PM,  
BMHS, Concord.  
Sign up for transportation at  
either site. See page 3 for  
call-in option.

### Cornish Fair

Friday, 8/18, 10 AM-2 PM  
Sign up for transportation  
from either site.

### Paddle Power

Sunday, 8/20, 11 AM-1:30 PM,  
Sign up for transportation at  
either site.

### Educational Event

First Aid  
With Martha Hewitt  
Tuesday, 8/22, 1 PM  
Stepping Stone

### Educational Event

First Aid  
With Martha Hewitt  
Wednesday, 8/23, 1 PM  
Next Step

### 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.

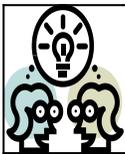
“I can’t change the direction of the wind, but I can adjust my sails to always reach my destination.”

-Jimmy Dean

-born August 10, 1928

Check out our website:

[www.steppingstonenextstep.org](http://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

### 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’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](mailto:shanon.pyatt@steppingstonenextstep.org) to indicate your preference.

Editor: Shanon L. Pyatt