

Community Meal Menus

Stepping Stone

**9/5 Sweet & Sour chicken stir fry w/rice
Salad**

**9/12 Homemade mac & cheese w/ham
Salad**

**9/19 Shepard's Pie
Salad**

**9/26 Pigs in a Blanket w/chips
Salad**

Next Step

**9/6 Meatloaf & mashed potatoes
Mixed veggies
Salad**

**9/13 Pigs in a Blanket
Salad**

**9/20 Tacos
Salad**

**9/27 Tuna noodle casserole
Salad**

Recipe of the Month Chocolate Banana Smoothie

- 2 cups cold milk
- 1 package sugar free instant chocolate pudding mix
- 2 TBSP vanilla extract
- 2 large ripe frozen bananas, sliced
- 2 cups coarsely crushed ice cubes

In a blender, combine the milk, pudding mix and vanilla; cover and process until blended. Add the bananas and ice; cover and process until smooth. Pour into chilled glasses; serve immediately.



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: July's visit was cancelled. In August, we connected paper rings together to show how long/much of a connection you can make with each other. How people connected their paper rings shows how we can do things differently and reach a common goal. If you want to join us in September, 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.

Labor Day Picnic
Monday, September 4, 2017
Next Step
12-2 PM

Please see sign-up sheets at either site.



Hampton Beach

Seafood Festival

September 8, 2017

4-9 PM

Rain or Shine

Please see sign-up sheets
at either site.

According to Feeding America, 128,910 people in New Hampshire are struggling with hunger - and of those 33,940 are children. Hunger Action Day is Thursday, September 14 – join us in “Going Orange!” to raise awareness for the fight against hunger. We will have orange paper bracelets to hand out to support the cause!



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 at each Center is open. 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

Our Annual Meeting is Wednesday, September 27, 3:30-5 PM, at Stepping Stone. At our Annual Meeting Members vote to elect or re-elect Board members.

As part of the open meeting, Board members will talk a bit about themselves and why they serve on the Board, and community Members will have a chance to ask questions of the Board members. After all questions are answered, the Board will leave the room, and the community will vote to elect or re-elect each Board member for one more year.

Beginning on Page 5 are short biographies of active Board members seeking election or re-election. These are also posted at Stepping Stone and Next Step. If you need help reading them, please ask.

Please join us for this very important meeting. Sign-up sheets are posted at each site.



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

Labor Day Picnic

Monday, 9/4, 12-2 PM
Next Step

Sign up for transportation
from Stepping Stone.

Hampton Beach Seafood Festival

Friday, 9/8, 4-9 PM

Sign up for transportation from
either site.

Newsletter Workgroup

Monday, 9/11, 9:30—11:30 AM
Stepping Stone

Sign up for transportation
from Next Step.

Arbor View Connection

Monday, 9/18, 1 PM

Sign up for transportation from
either site.

Consumer Council Meeting

Tuesday, 9/19, 10 AM—1 PM,
BMHS, Concord.

Sign up for transportation at either
site. See page 3 for call-in option.

Annual Meeting

Board of Directors Meeting

Educational Event

Wednesday, 9/27, 3:30—5 PM

Stepping Stone

Sign up for transportation
from Next Step.

NH Mental Health Planning &

Advisory Council

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

Please see information posted
at both sites.

Board of Directors News—continued from page 4

Nancy Beaudoin made her first career in business management and accounting. For more than 30 years she has worked in this capacity for mostly small businesses and non-profits and consulting work in accounting. For the past 10 years, her full-time work has been as a social worker in several non-profit agencies, working with folks from ages 12 to 104, providing resources, planning assistance and counseling. Her Board experience has been with two other non-profit boards, on which she held officer's positions. She joined the Stepping Stone Board in 2001, resigned 2014, and returned in 2016. She has held all four of the officer's positions, has been the head of several committees, and has facilitated educational events. She is committed to the principles of IPS, and continues to learn through her association with both SS/NS communities.

Lori Brown lives in Claremont with her dog Carrie. She has been employed at Mascoma Savings Bank in Lebanon for over 20 years and works in the Human Resources Department. Lori serves as President of the River Valley Human Resources Association as well as a personnel committee member for the Grafton County Senior Citizens Council. Lori has participated in the GoodWill/GoodGuide Mentoring program through Stevens High School. In her spare time she likes to hang out with friends and family, enjoying the sunshine and going to Maine.

Laura Byrne hails originally from New York City, and has been an Upper Valley resident for the past 22 years. She currently resides in Hanover, and works in Lebanon, where she is the Director of the HIV/HCV Resource Center, an AIDS Service Organization. Laura is interested in raising community awareness of HIV and Hepatitis C, and working to prevent transmission of these viruses and to enhance access to treatment for those who are already living with them. She is especially concerned with prejudice in its many forms, and reducing stigma through education and communication. Before joining the Resource Center, Laura volunteered as deputy director of Village Health Works, a grassroots nonprofit organization that provides quality health care in rural Burundi, East Africa. Laura and her husband, Philip, have two grown sons. In her spare time, Laura likes to play ice hockey and is learning to sing bossa nova songs.

Laurie Cummings-Bowen joined the Board in May, 2016. She brings with her expertise gained in over 25 years of working in non-profit settings. She leads a busy life and fits in visits to the Centers whenever she can.

Colleen Fisk has lived in NH almost all of her life. She has eight children from ages 27 to 7, and she loves animals, painting, and being at the ocean. She has worked in a variety of psychiatric settings including geriatric, adult outpatient, consultative behavioral services, and most recently as the nurse manager for the Windham Center in Bellows Falls, Vermont. She has experience in behavioral management, aroma therapy, non-violent crisis intervention, DBT, WRAP programs, Snoezelen therapy, CBT, NH Mental Health Leadership, and addiction. She has been a consumer of mental health services, and has grown children who have been consumers as well. Her experiences with peer support have been very positive, and she believes it makes a significant impact on the well-being of consumers and families alike.

Marilyn Marinelli is a Board member because she believes in our Mission to provide peer support and respite to consumers with mental health challenges. Marilyn has been a consumer of mental health programs for 45. She attributes her success managing her bipolar mood disorder to the peer support meetings that she attended weekly after her first manic episode in 1990. During the eight years she attended meetings, Marilyn was able to make a contribution and give back to the organization by becoming a facilitator, Board member, and Board President. Marilyn is trained to present NAMI NH "In Our Own Voice" and started giving presentations in September 2014. She looks forward to being part of an organization that is providing much needed support for individuals with mental health challenges.

Paul Marinelli is a Massachusetts native who has lived in Vermont with his wife Marilyn since 2002. He is trained in Finance and has held numerous positions in financial management and has been a business owner since 1995. His present business is Yankee Barn Homes in Grantham, NH. In addition to his position on the Stepping Stone Board, he serves on the Board of Friends of Veterans VT/NH, which provides housing assistance to Veterans, and on the Finance Committee at Quechee Lakes. He also has experience with support groups addressing mental health and substance abuse issues.

Gretchen Stokes is a registered nurse, working at Alice Peck Day in surgical services. She previously worked in critical care settings and drug rehabilitation clinics and also has education and experience in marketing, primarily in the ski industry. Gretchen is an avid cyclist, hiker and general outdoors person, and tries to keep her large and riotous garden in check. She lives with her husband, two cats, two dogs, and has two young-adult stepdaughters. Gretchen serves on the Board because supporting mental health is important to her, particularly when it occurs outside the traditional medical setting.

Joe Scarbo is Assistant Vice President and Branch Manager at Mascoma Savings Bank in Lebanon. Since joining the Board in September, 2016, Joe has taken advantage of every opportunity to learn about Stepping Stone and Next Step and Intentional Peer Support. He brings to the Board his curiosity, caring, and commitment.

We're always 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.

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.

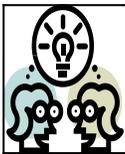
“You’ve got to believe. Never be afraid to dream.”

-Gloria Estefan

-born September 1, 1957

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.

Fall



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 to indicate your preference.

Editor: Shanon L. Pyatt