

# You

# Community Meal Menus

## Stepping Stone

- 10/3 Pork Roast w/potatoes/veggie Salad**
- 10/10 Ravioli w/meat sauce/garlic bread Salad**
- 10/17 Beef Stew w/rice Salad**
- 10/24 Tacos w/pasta salad Salad**
- 10/31 Chicken Broccoli Alfredo Salad**

## Next Step

- 10/4 Mac & Cheese w/Ham Salad**
- 10/11 Bone-in BBQ Chicken w/potatoes Salad**
- 10/18 BLT w/chips Salad**
- 10/25 Chicken Tetrazzini Salad**

## Recipe of the Month - Peanut Butter Bars

- 1 c. butter, melted
- 2 c. graham cracker crumbs
- 2 c. confectioners' sugar
- 1 c. peanut butter
- 1 1/2 c. semisweet chocolate chips
- 4 TBSP peanut butter

Mix together the butter, graham cracker crumbs, confectioners' sugar, and 1 cup of peanut butter until well blended. Press evenly into the bottom of an ungreased 9x13 inch pan.

Melt the chocolate chips with the 4 TBSP peanut butter, stirring until smooth. Spread over the prepared crust. Refrigerate for a least one hour.



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 September, we built a tree together out of construction paper. We talked about what we do that makes us grow and ways to encourage others to grow too. If you want to join us in October, 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.

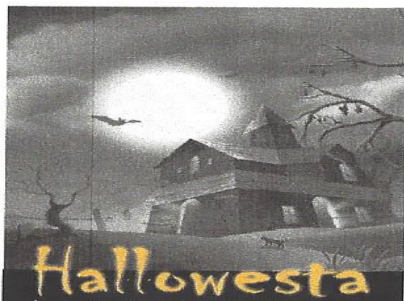
2017 NAMIWalks NH—Sunday, October 1, 2017  
Please visit [naminh.org](http://naminh.org) for details.

Thank you for supporting NAMIWalks NH for the first 14 years; NAMI can't wait to welcome you to the 15th Annual NAMIWalks NH!



Once again, Stepping Stone will be participating in Claremont Parks & Rec Department's annual Hallowesta event by handing out candy to trick-or-treaters from 3:30 to 4:45 PM.

We are looking for volunteers to hand out candy.



### Lake Sunapee Boat Tour

Wednesday, October 25, 2017

2-3:30 PM

RAIN OR SHINE

Sign up for transportation from either site.

### 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 or Amber if you have questions.

## Board of Directors News

At the Annual Meeting on 9/20, all Board members who presented were voted in by Members. Thank you to all who serve and volunteer their time:

- ◆ Nancy Beaudoin
- ◆ Lori Brown, Secretary
- ◆ Laura Byrne
- ◆ Laurie Cummings-Bowen, Vice President
- ◆ Colleen Fisk, President
- ◆ Marilyn Marinelli
- ◆ Paul Marinelli, Treasurer
- ◆ Gretchen Stokes



## 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

Tuesday, 10/10, 9:30—11:30 AM  
Stepping Stone  
Sign up for transportation  
from Next Step.

### NH Mental Health Planning & Advisory Council

Tuesday, 10/10, 9:30 AM  
BMHS, Concord  
Please see information posted at  
both sites.

### Arbor View Connection

Monday, 10/16, 1 PM  
Sign up for transportation from  
either site.

### Consumer Council Meeting

Tuesday, 10/17, 10 AM—1 PM,  
BMHS, Concord.  
Sign up for transportation at either  
site. See page 3 for call-in option.

### Educational Event

### Revised Member Policies

Tuesday, 10/17, 1 PM  
Stepping Stone

### Educational Event

### Revised Member Policies

Wednesday, 10/18, 1 PM  
Next Step

### Lake Sunapee Boat Trip

Wednesday, 10/25, 2 PM  
Sign up for transportation from  
either site.

### Hallowesta

Tuesday, 10/31, 3:30-4:45 PM

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.

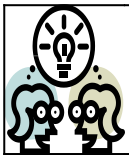
“You have to be reasonable with yourself and not feel guilty when things aren’t perfect.”

-Jaclyn Smith

-born October 26, 1945

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.

# 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. Also, we are unable to send individual Newsletters to Vermont.

Contact Shanon at [shanon.pyatt@steppingstonenextstep.org](mailto:shanon.pyatt@steppingstonenextstep.org) to indicate your preference.

Editor: Shanon L. Pyatt