

Community Meal Menus

Stepping Stone

- 11/6 Burger w/gravy/broccoli over rice Salad**
- 11/13 Thanksgiving Dinner Salad**
- 11/20 Meatloaf w/mashed potatoes/veggie Salad**
- 11/27 Spaghetti w/meat sauce/garlic bread Salad**

Next Step

- 11/7 Spaghetti w/meat sauce/garlic bread Salad**
- 11/14 Hotdogs & rolls w/fries Salad**
- 11/21 Soup Salad**
- 11/28 Shepard's Pie Salad**

Recipe of the Month – Coconut Macaroons

- 1 (14-oz.) bag sweetened flaked coconut (about 5 1/3 cups)
- 1 (14-oz.) can sweetened condensed milk
- 1 Tablespoon vanilla extract

Preheat the oven to 350°F. Line a baking sheet with parchment paper. In a large bowl, combine all ingredients and stir until well combined. Using two spoons, scoop out 1½ tablespoons of the mixture and arrange the macaroons on the baking sheet, spacing them 2 inches apart. Bake for 15 to 18 minutes until they're golden brown. Remove from the oven and allow them to cool for 5 minutes before transferring them to a rack to cool completely. Enjoy the macaroons plain, or if desired, dip the completely cooled macaroons in any variety of melted chocolate, then return them to the baking sheet to allow the chocolate to harden.



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. Here's what we're doing now:

Arbor View visit: In November, it will be a laid back day. We will talk about what we are thankful for and how we can share that feeling with others. If you want to join us, please sign up at either site.

Aurora Bakery: A Member in Claremont volunteers her time baking and assembling baked goods.

Claremont Fire Department: A Member volunteers to help outside.

Claremont Soup Kitchen: A Member volunteers putting together food boxes.

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. A Member in Claremont helps package 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.

Woodlawn Nursing Home: A Member volunteers time once a week.



Please join us for Thanksgiving Dinner on
Tuesday, November 13, at Stepping Stone.

We will provide turkey, stuffing, potatoes, gravy, veggies, roll & dessert. If you want to bring a dish to share, please write it on the sign-up sheet.

We are looking for volunteers to help prepare food, set up, and clean up.

We plan to serve dinner at 2 PM, and welcome you to join us for the day as we share stories and friendship before we enjoy dinner together.

Please sign up at either site.

Peer Respite in New Hampshire

The Stepping Stone Drop-In Center Assn.
108 Pleasant Street
Claremont, NH 03743
Telephone: (603) 543-1388

The Alternative Life Center (ALC)
6 Main Street, PO Box 241
Conway, NH 03818-0214
Telephone: (603) 447-1765

HEARTS Peer Support Center of Greater
Nashua
5 Pine Street Extension Suite 1-G
PO Box 1564
Nashua NH 03060
Telephone: (603) 864-8769

Monadnock Area Peer Support Agency
64 Beaver Street
Keene, NH 03431
Telephone: (603) 352-5093

ELECTION DAY is Tuesday, November 6th!

If you have questions about where to vote or who your State and local candidates are, please contact Susan at 543-1388.

Here are some reminders:

- You can register at the polls on the day of the election. You will be asked to show proof of age, citizenship and where you live.
- If you are a person with a disability and understand what it means to vote, Federal law guarantees your right to vote.
- You have the right to get help from a person YOU choose.
- If you can't read or need help voting because of your disability, you can have someone help you vote.
- You can bring a friend, family member or someone else you trust.
- You can also ask the poll worker to help you if you didn't bring anyone with you.
- If you have a problem accessing your voting place, you can get help by calling the Disability Rights Center at 1-800-834-1721 or the Attorney General's Office at 1-866-868-3703.

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

Come browse items donated by Members which can be taken free of charge by other Members. Details are available at both Centers. Please contact Shanon or Amber before you drop off donations.

Save the Date:

Annual Peer Support Conference

Monday, 12/3/2018

8:30 AM-3:00 PM

Grappone Conference Center, Concord

Keynote Speaker: Judge John Broderick

Group activities include: Overviews of IPS and WRAP®

Breakout Sessions include: Fundraising, Advocacy, Homelessness, Feelings of Suicide, and Role and Responsibilities of the Board of Directors

Please watch for sign-up sheets at the Centers.

Transportation will be provided.



Mall of NH

Thursday, 11/29/18

10 AM–4 PM

Sign up for transportation at either site.

2018 PSA Outcomes Survey is available through 1/4/19

There are 3 options for you to complete the survey:

1. Use a computer at Stepping Stone or Next Step,
2. Use another computer and follow the link <https://www.surveymonkey.com/r/3L5WDLZ>,
3. Complete a paper version at Stepping Stone or Next Step, which staff will enter online.

Your voice is important. Please complete a survey. Call Shanon at 543-1388 if you have questions.



Location

1 Pleasant St., Suites 104 and 105
Claremont, NH 03743
603-287-7127

Facebook

<https://www.facebook.com/pg/recoveryresourcecenter>

We believe that the key to long-term recovery is a strong foundation of support and community. The Center is a communal space for individuals and families seeking support for substance misuse and addiction-related issues. We host an array of peer-based, non-clinical programs, and services including recovery coaching, support groups, educational workshops, and drug-free/sober community events.



Upper Valley Haven

Mon-Thu 8:30am-6pm
Fri 8:30am-4pm
Food Shelf opens at 9 am

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500
info@uppervalleyhaven.org

-a non-profit, private organization that serves people struggling with poverty by providing food, shelter, education, service coordination, and other support.

Southwestern Community Svcs

96-102 Main Street
Claremont, NH 03743
Phone: 603.542.9528
Toll Free: 800.529.0005
TTY-NH Relay: 800.735.2964



Please call the Sullivan County shelter at 542.3160 for more information about the Emergency Shelter Program or Housing Stabilization Counseling.

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

Arbor View Connection

Monday, 11/5, 1 PM
Sign up for transportation from either site.

Newsletter Workgroup

Tuesday, 11/13, 9:30-11:30 AM
Stepping Stone
Sign up for transportation from Next Step.

Thanksgiving Dinner

Tuesday, 11/13, 2 PM
Stepping Stone
Sign up at either site.

Board of Directors Meeting

Wednesday, 11/14, 3:30-4:30 PM
Stepping Stone
Sign up for transportation from Next Step.

Consumer Council Meeting

Tuesday, 11/20, 10 AM-1 PM, BMHS, Concord
Sign up for transportation at either site. See page 3 for call-in option.

Educational Event- First-Aid with Martha Hewitt

Tuesday, 11/27, 1 PM
Stepping Stone

Educational Event- First-Aid with Martha Hewitt

Wednesday, 11/28, 1 PM
Next Step

Mall of NH

Thursday, 11/29, 10 AM-4 PM
Sign up for transportation from either site.

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. Our supports are designed and driven by people with lived experience, and we are committed to the creation of a safe, supportive, and educational environment for people working on wellness. Members share real life experiences with their peers as they move toward what they want. This program is funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

“What are friends for? They are the ultimate reflection of yourself. Always surround yourself with people who inspire you and return the favor by giving them the best of you.”

-Jennifer Ann McCarthy
-born November 1, 1972



Suggestion Boxes are at both sites for your ideas and suggestions regarding the Centers. Please place your constructive suggestions in the box. Your name is optional.

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 give your contact information to the Board member in charge of Board Recruitment.

How to Reach Us

Stepping Stone

Phone: 543-1388
Fax: 543-0131
Center hours:
Sunday 11 AM–3 PM
Monday–Thursday 9 AM–4 PM
Friday Noon–7 PM
Saturday 11 AM–4 PM

Next Step

Phone: 448-6941
Fax: 448-0702
Center hours:
Monday–Thursday 9 AM–5 PM
Friday 11 AM–6 PM
Saturday 11 AM–4 PM

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 4–9 PM, seven days a week. To reach our Warmline, call 543-1388. 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 to indicate your preference.

Editor: Shanon L. Pyatt