



STEPPING STONE & NEXT STEP PEER SUPPORT & RESPITE CENTERS SEPTEMBER 2020

Stepping Stone
108 Pleasant Street
Claremont, NH 03743
603-543-1388

Next Step
109 Bank Street
Lebanon, NH 03766
603-448-6941

www.steppingstonenextstep.org

UPDATE ON OUR SUPPORTS -Susan E Seidler, Executive Director

On behalf of our Task Force and Board of Directors I am pleased to announce our plan to resume onsite supports.

Effective Tuesday, 9/8/20:

- ▶ Stepping Stone will be open Monday-Thursday, 9 AM-3 PM; Friday, Noon-6 PM. Please see page 2 for changes at Stepping Stone.
- ▶ Next Step will be open Monday-Thursday, 9 AM-4 PM; Friday, 11 AM-5 PM; Saturday, 11 AM-3 PM. Please see page 3 for changes at Next Step.
- ▶ Peer Respite is closed through at least Monday, 10/5/20.
- ▶ Warmline is available Sunday, Monday, Wednesday, 4-9 PM; Tuesday, Thursday, Friday, Saturday, 4-8 PM, at 543-1388 or 1-888-582-0920.
- ▶ Daytime telephone peer support is available Monday-Friday, 9 AM-4 PM, at 448-6941, 543-1388, or 1-888-582-0920.
- ▶ Zoom groups are available Monday-Friday:

Community and Personal Healing: 9-10 AM

Computer: Go to <https://zoom.us/j/641939622>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622

Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #

Subject to be determined: 11 AM-Noon

Computer: Go to <https://zoom.us/j/95084929764>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 95084929764

Phone: Call 1-646-558-8656, enter Meeting ID 95084929764#, for password press #

WRAP®: 3-4 PM

Computer: Go to <https://zoom.us/j/477821098>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 477821098

Phone: Call 1-646-558-8656, enter Meeting ID 477821098#, for password press #

The health and safety of our community is at the core of our plan to resume on-site supports; however, no plan can eliminate all risks of exposure to COVID-19.

Please join with us and follow these precautions to help keep ourselves and others healthy:

- ▶ Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating.
- ▶ Avoid touching your eyes, nose, and mouth with unwashed hands.
- ▶ Stay home when you are sick.
- ▶ Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, cough or sneeze into the bend of your arm.

The best path to success is for everyone to follow our plan. Please bear with us as we navigate new waters and trust us to adjust as needed and as soon as we can.

Thanks for your support – I look forward to seeing you.

Stepping Stone Supports effective 9/8/20:

- Space in the building will be limited to 5 Members at a time to allow for physical distancing. Seating will be allowed in designated areas only.
- Porch access is not permitted. The door to the kitchen will be locked, and the stairs will be taped off.
- The glass front door will be locked and answered when someone knocks.
- Before entering the building (these apply to all staff and Members):
 - ✓ We will take your temperature, and if it is above 100.0°F, we will ask you to go home and seek medical advice.
 - ✓ We will ask you a series of questions:
 - ◇ Have you been in close contact with a confirmed case of COVID-19?
 - ◇ Have you had a fever or felt feverish in the last 72 hours?
 - ◇ Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
 - ◇ Are you experiencing any new muscle aches or chills?
 - ◇ Have you experienced any new change in your sense of taste or smell?
 - If you answer, “Yes” to any of these questions, we will ask you to go home and seek medical advice.
 - ✓ Have you traveled outside of NH?
 - ✓ If yes, where and for how long?
Based on where you traveled and for how long staff may ask you to go home.
 - ✓ We will provide you with a disposable mask which you must always wear.
- We will require frequent handwashing and sanitizing.
- Upstairs access is limited to staff only (except for laundry). Administrative staff are responsible for cleaning and disinfecting upstairs.
- Smoking is allowed in designated areas only, and you must maintain 6’ physical distancing.
- Member phone calls can be made and received downstairs only. You must get staff permission to use the phone.
- Laundry must be in a clear, closed plastic bag, and laundry punch cards are required. You must get staff permission before going upstairs.
- Shower access is limited to downstairs only. You must get staff permission to use the shower and disinfect surfaces before and after each use.
- These supports are on-hold until further notice:
 - ✓ Public computer use
 - ✓ Community Potluck and other food prep, including coffee
 - ✓ NOTE: Staff may use the microwave to prepare his or her personal lunch and will disinfect it after every use.
 - ✓ Community Trips
 - ✓ Willing Hands food deliveries
 - ✓ Giving Room donations and browsing

Next Step Supports effective 9/8/20:

- Space in the building will be limited to 4-5 Members at a time to allow for physical distancing. Seating will be allowed in designated areas only.
- The front door will be locked and answered when someone knocks.
- Before entering the building (these apply to all staff and Members):
 - ✓ We will take your temperature, and if it is above 100.0°F, we will ask you to go home and seek medical advice.
 - ✓ We will ask you a series of questions:
 - ◇ Have you been in close contact with a confirmed case of COVID-19?
 - ◇ Have you had a fever or felt feverish in the last 72 hours?
 - ◇ Are you experiencing any respiratory symptoms, including a runny nose, sore throat, cough, or shortness of breath?
 - ◇ Are you experiencing any new muscle aches or chills?
 - ◇ Have you experienced any new change in your sense of taste or smell?
- If you answer, “Yes” to any of these questions, we will ask you to go home and seek medical advice.
- ✓ Have you traveled outside of NH?
- ✓ If yes, where and for how long?
 - Based on where you traveled and for how long staff may ask you to go home.
- ✓ We will provide you with a disposable mask which you must always wear.
- We will require frequent handwashing and sanitizing.
- Smoking is allowed in designated areas only, and you must maintain 6’ physical distancing.
- Member phone calls can be made and received on the Member phone in the diningroom. You must get staff permission to use the phone.
- Laundry must be in a clear, closed plastic bag, and laundry punch cards are required. You must get staff permission before doing laundry.
- Shower access is allowed. You must get staff permission to use the shower and disinfect surfaces before and after each use.
- These supports are on-hold until further notice:
 - ✓ Public computer use
 - ✓ Community Potluck and other food prep, including coffee
 - ✓ NOTE: Staff may use the microwave to prepare his or her personal lunch and will disinfect it after every use.
 - ✓ Community Trips
 - ✓ Willing Hands food deliveries
 - ✓ Giving Room donations and browsing

Board of Directors News

Our Annual Meeting is Wednesday, September 9th, 3:30 PM, via zoom (see Page 5 for ways to join the meeting). This is when Members elect or re-elect Board members.

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

Please join us for this very important meeting.

Lori Brown Yanklowitz lives in Claremont with her husband Raymond Yanklowitz. She has been employed at Mascoma Bank in Lebanon for 24 years and works in the Human Resources Department. In addition to serving as President of the Board for Next Step/Stepping Stone, Lori serves on the Board of Shining Success. Lori recently became a Recovery Coach as well as receiving a certification in Mental Health First Aid. In her spare time she likes to hang out with husband, friends and family, enjoying the sunshine and going to Maine.

Colleen Fisk has lived in NH almost all of her life. She has eight children, 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.

Debra Jayne volunteers on the Board for Stepping Stone and Next Step because she thinks mental health is a very important part our health. Deb has a nursing background as an RN and has worked in a lot of areas – mostly critical care and semi-critical care areas in the hospital. Deb has always been interested in art and that is what she is doing now; mostly full-time painting and printmaking. Deb serves on the Board and is an artist member at Two Rivers Printmaking Studio. She loves to stay active which is an important part of her mental health. She swims, bicycles and hikes when she can. Deb also loves to read and is taking an Education for Ministry course at her church.

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.

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.

Board of Directors Meeting
Wednesday, 9/9, 3:30 PM, via zoom

VIA COMPUTER:

<https://us02web.zoom.us/j/85001055886?pwd=K1RvanZqK2VFbW1LSnJCOWQzZU5odz09>

VIA SMARTPHONE OR TABLET:

Meeting ID: 850 0105 5886

Passcode: 542497

One tap mobile

+16465588656,,85001055886#,,,,,0#,,542497# US (New York)

VIA TELEPHONE:

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 850 0105 5886

Passcode: 542497

Recipe of the Month – Sparkling Cranberry Kiss at Home

- 3 cups Ginger ale
- 6 cups Cranberry Juice
- 1 1/2 cups Orange Juice
- Ice cubes
- Fresh cranberries for decoration (optional)



Combine the cranberry juice with orange juice in a pitcher. Add ginger ale and give it a good stir. Put in ice cubes, top it with fresh cranberries and serve. If desired, you can garnish this drink with orange slices, wedges or the way you like and enjoy your sparkling cranberry

Consumer Council Meeting

Until further notice Consumer Council meetings are available via call-in only.

If you are interested in participating, call 543-1388 by 1 PM, 9/8, for instructions.

Group Schedule 9/1-9/4 via zoom:

9/1-4: 9-10 AM Check-in

Computer: Go to <https://zoom.us/j/641939622>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 641939622

Phone: Call 1-646-558-8656, enter Meeting ID 641939622#, for password press #

9/1: 11 AM-Noon On-site Re-opening Q&A (We will answer your questions about resuming on-site supports.)

9/2-4: 11 AM-Noon IPS

Computer: Go to <https://zoom.us/j/95084929764>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 95084929764

Phone: Call 1-646-558-8656, enter Meeting ID 95084929764#, for password press #

9/1-4: 1:30-2:30 PM Let's WRAP!!

Computer: Go to <https://zoom.us/j/477821098>

Zoom App on your Smartphone or tablet: Select *Join a Meeting*, enter Meeting ID 477821098

Phone: Call 1-646-558-8656, enter Meeting ID 477821098#, for password press #



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.

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



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 Services

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.

Why Worry?

By: Anonymous

There are only two things to worry about;

Either you are well or you are sick.

If you are well, there is nothing to worry about;

But if you are sick, there are two things to worry about;

Either you will get well, or you will die.

If you get well, there is nothing to worry about.

If you die, there are only two things to worry about;

Either you will go to Heaven or Hell.

If you go to Heaven, there is nothing to worry about,

But if you go to Hell, you will be so damn busy shaking hands with your friends,

You won't have any time to worry.

HUNGER ACTION MONTH



Reprinted from www.feedingamerica.org

1 Feeding America Food Bank that serves New Hampshire

Feeding America food banks serve large areas and will be able to find a feeding program in your local community.



New Hampshire Food Bank

700 East Industrial Park Drive
Manchester, NH 03109
603.669.9725

www.nhfoodbank.org

Mission Statement: To support our mental health peers on their personal paths towards wellness within a community free from judgment where we share feelings, experiences, and tools in a respectful way.

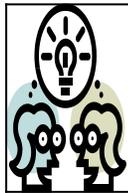
-Adopted 3/13/19

Our programs are funded in part by a SAMHSA Block Grant and the NH Department of Health and Human Services. Our supports are free to NH residents.

“Sometimes the hurdles aren't really hurdles at all. They're welcome challenges, tests.”

-Paul Walker

-born September 12, 1973



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.

Peer Respite in New Hampshire

Accepting guests:

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

Not accepting guests:

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

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

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

(suspended until further notice):

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.

September



Editor: Shanon L. Pyatt