



## FLU SHOT?

2020 flu vaccines are by appointment only  
2020 flu clinic Lebanon schedule  
Scheduling starts September 15, 2020

### Location

Dartmouth-Hitchcock Colburn Hill  
444 Mt. Support Rd.  
Lebanon, NH

### Weekend drive-thru dates: 1:00 pm to 4:00 pm

Saturday, October 3  
Saturday, October 17  
Sunday, October 25

### Weekday drive-thru dates: 3:00 pm to 6:00 pm

Tuesday, October 6 to Thursday, October 8  
Tuesday, October 13 to Thursday, October 15  
Tuesday, October 20 to Thursday, October 22  
Tuesday, October 27 to Thursday, October 29

### What to expect

**You must schedule your drive-thru flu shot prior to arriving.** On the day of your appointment, make sure you, and any others who will be getting a flu shot, are wearing clothing that can be easily rolled up to allow access to the very upper arm. **Please do not have more than 4 people in the car who are getting the flu shot.** **When you arrive, stay in your car and stay in line with the cars in front of you.** When it is your turn, the nurse will give you further instructions on how the drive-thru flu clinic will work.

### Schedule

- October 3, 10:00 am to 1:00  
Rivendell Academy, Orford, NH
- October 10, 10:00 am to 1:00  
Plainfield Elementary School, Meriden, NH
- October 14, 2:00 to 6:00 pm  
La Salette Shrine, Enfield, NH

For the Enfield clinic only, we will ask that people try to arrive for vaccines as follows:

From 2 to 3 pm: Last name begins with letters A through F  
From 3 to 4 pm: Last name begins with letters F through M  
From 4 to 5 pm: Last name begins with letters N through S  
From 5 to 6 pm: Last name begins with letters T through Z

- October 21, 2:00 to 5:00 pm  
Oxbow High School, Bradford, VT
- October 24 [Tentative], 10:00 am to 1:00 pm  
Bridgewater, VT
- October 31, 10:00 am to 1:00  
Canaan Elementary School, Canaan, NH



**Flu Hotline**  
**Lebanon, NH (DHMC)**  
**Phone: (603) 653-3731**

## Group Schedule via zoom:

9-10 AM Community & Personal Healing

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 #

11 AM-Noon Check-in

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 #

3-4 PM 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 #

### **Please note:**

10/8- No zoom group 9-10AM

10/9- No zoom group 9-10AM

10/12- No zoom group 9-10AM, No zoom group 3-4PM

10/13- No zoom group 9-10AM

## Board of Directors News

At the Annual Meeting on 9/23, all Board members who presented were voted in by Members. Thank you to all who serve and volunteer their time:

- |                                    |                                     |
|------------------------------------|-------------------------------------|
| ◆ Nancy Beaudoin                   | ◆ Gretchen Stokes, Secretary        |
| ◆ Lori Brown Yanklowitz, President | ◆ Marilyn Marinelli, Vice President |
| ◆ Laura Byrne                      | ◆ Paul Marinelli, Treasurer         |
| ◆ Laurie Cummings-Bowen            | ◆ Debra Jayne                       |
| ◆ Colleen Fisk                     | ◆ Jeff White                        |

## Recipe of the Month - Mac & Cheese

- 5 cups milk
- 1 lb elbow macaroni, dry
- 2 cups shredded cheddar cheese

In a large pot, bring the milk to a boil. Add the pasta and stir constantly until the pasta is cooked, about 10 minutes. Turn off the heat, then add the cheddar. Stir until the cheese is melted and the pasta is evenly coated. Enjoy!

# Mental Illness Awareness Week MIAW: Make It About Words!!

~Reprinted from NAMNH.org

## PLEDGE AROUND SENSITIVE AND RESPECTFUL LANGUAGE

I pledge that as part of Stigma Free in the 603, I will use and role model sensitive and respectful language to help to reduce stigma and increase awareness about mental illness, substance misuse, trauma and suicide. Being mindful of the words we use can promote hope as well as dignity and respect and can encourage people affected by these conditions to seek help and feel supported in their recovery process.

The following are examples of the kinds of language I will use, and the language I will avoid:

### Statements and Terms to Avoid:

- What's wrong with you?
- Addict, junkie
- Person is schizophrenic/bipolar; crazy
- The mentally ill
- Failed suicide attempt
- Successful, committed, completed suicide

### Statements and Terms to Promote:

- What happened to you?
- Person with a substance use disorder
- Person has a (any) mental health condition
- Persons with mental health conditions
- Survived a suicide attempt
- Died by suicide, took one's own life

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## **Mental Health Peer Alliance Meeting** **(formerly Consumer Council)**

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

If you are interested in participating, call 543-1388 by 1 PM, 10/13, for instructions.



The history of The New Hampshire Mental Health Consumer Council has been one of activism and advocacy. Through the years we have made efforts to push for progressive dialogue around mental health issues and legislation. We are the people who laws are written about and services provided for, and so it is of the utmost importance that our voice come first in these matters. With this progressive history in mind, it has come time to address the term *consumer* to refer to individuals with mental health lived experience.

There was a time when the term *consumer* had powerful meaning. It was a way to say that as individuals who often had services enacted on us, that we were in fact in the driver's seat of our lives, that we were choosing to receive and consume mental health services voluntarily, without coercion. In light of what we've come to know since this term was adopted we now acknowledge that it is no longer sufficient to describe our experience as unique individuals, for we are not merely consumers seeking endless care. We are people living our lives, having relationships and families, working towards our goals, creating art, being vibrant, and dreaming our dreams.

We have come to the decision that the term *peer* speaks best to our diversity of experience. With this in mind we now adopt the name "New Hampshire Mental Health Peer Alliance" to replace "Mental Health Consumer Council". Our aim to be a voice of lived experience driving the further development of mental health services and rights in New Hampshire remains unchanged. Indeed, we hope that with this name change comes increased interest and activity in achieving these goals.

We look forward to the future of this alliance and to the work we will do together.



### 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.

## Upcoming Events & Meeting

### Community Meetings

Stepping Stone, Tuesday, 1-2 PM

Next Step, Wednesday, 1-2 PM

### NH Mental Health Planning & Advisory Council

Tuesday, 10/13 9AM-12PM via zoom

Zoom Meeting information:

<https://nh-dhhs.zoom.us/j/6097694487?pwd=NzVwTjNlZ01Ba2NzY0VVMR2t1N3p4Zz09>

Meeting ID: 609 769 4487

Password: 418565

Dial by your location

+1 646 558 8656 US (New York)

Meeting ID: 609 769 4487

Password: 418565

### Newsletter Workgroup

Monday, 10/19, 10-11:30 AM

Stepping Stone

### NH Mental Health Peer Alliance via Zoom

Tuesday, 10/20, 10 AM—12 PM

### Educational Event

Members Rights & Sexual Harassment  
with Tiffany DeGraff & Shanon Pyatt

Tuesday, 10/20, 1 PM

Stepping Stone

### Educational Event

Members Rights & Sexual Harassment  
with Susan Seidler

Wednesday, 10/21, 1 PM

Next Step



## Upper Valley Haven

Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

713 Hartford Ave, White River Junction, Vermont ∞ 802-295-6500  
[info@uppervalleyhaven.org](mailto: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.

### **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*

*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.*

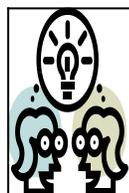
*-Adopted 3/13/19*

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.

“Let water wash our bodies clean, and love wash our souls..”

-Keith Urban

-born October 26, 1967



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

(closed temporarily):

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.



Editor: Shanon L. Pyatt