

Group Schedule via zoom:

9-10 AM Nutrition NO GROUP 9/6, 9, 10, 13, 24

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 NO GROUP 9/6, 9, 10, 13

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 #



Hunger Action Day® is Friday, September 17th!

To celebrate and bring awareness to the issue of hunger in our communities throughout September, buildings, landmarks and people across the country will go orange. Wear orange, turn your social media profile pictures orange, and encourage others to do the same!

Come to Stepping Stone or Next Step to pick up your orange bracelet and wear it to show your support.



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

Recipe of the Month – Banana Pudding Egg Rolls

- 1 package vanilla pudding mix
- 1 1/4 c. whole milk
- 24 Nilla Wafers
- 12 egg roll wrappers
- 4 medium bananas, cut into thirds
- Vegetable oil, for frying
- Whipped topping, for serving



In a large bowl, whisk to combine vanilla pudding and milk. Refrigerate for 2 minutes, or until thick. Crush Nilla Wafers and place the crumbs on a shallow plate. Place an egg roll wrapper on a clean surface in a diamond shape and place a spoonful of pudding in the center. Top with a piece of banana and fold up the bottom half and tightly fold in sides. Gently roll, then seal fold with a couple drops of water. Repeat until all bananas are used. In a large skillet over medium heat, heat oil until a drop of water bubbles in pan. Add egg rolls and fry until golden, 1 minute per side. Immediately transfer egg rolls to plate with crushed Nilla Wafers and roll to coat. Serve with whipped topping for dipping.

OUR PROCEDURES TO COME INTO THE CENTERS: *Come in*

We will conduct screening at the doors to include taking your temperature, asking you COVID-19 questions, and offering you a mask.

Please visit our website at www.steppingstonenextstep.org for more information.

Highlighted changes are:

- Stepping Stone and Next Step will be open 44 hours per week (see page 4 for times).
- Stepping Stone can accommodate 7 Members at a time.
- If you are fully vaccinated against COVID-19, wearing a face mask is optional. If you are not fully vaccinated against COVID-19, wearing a face mask is required.
- Respite guests who show proof of vaccination do not need to show proof of a current negative COVID-19 test.

Board of Directors News

Our Annual Meeting is Wednesday, September 8th, 3:30 PM, via zoom (see Page 4 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.

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.

Suellen Griffin, MSN, MHCDS, FACHE is the former President and CEO of West Central Behavioral Health, 1 of 10 Community Mental Health Centers in New Hampshire providing a full range of mental health services to all ages in the Southern Grafton and Sullivan County communities. Suellen has worked in the area of behavioral health for more than 40 years and has extensive experience in program development and organizational management. Prior to her current position at WCBH, she worked at St. Vincent Catholic Medical Centers (SVCMC) in New York City for 31 years, holding nine different positions including VP of Operations and Nursing for all behavioral health programs in the eight-hospital system. Suellen is a Psychiatric Nurse Practitioner and holds a Master's Degree in Nursing from Yale University and is also a graduate of Dartmouth College with a Master's Degree in Healthcare Delivery Science. In addition, she is a Fellow of the American College of Healthcare Executives, a Lecturer in Psychiatry at The Geisel School of Medicine, and President of the New Hampshire Community Behavioral Health Association. Suellen served in the Army Reserves and is a Veteran of Desert Storm.

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.

Mark Nichols is employed by HCRS as a Senior Employment Direct Service Professional. He is a former employee of Stepping Stone & Next Step. He resides in Windsor, VT, with his spouse of almost 4 years and his 1 dog and 2 cats. He enjoys spending his weekends working on different house projects.

Changes in hours at Next Step:

Starting 9/10, Next Step will be open
9 AM-4 PM on Friday



Group Changes for Stepping Stone:

Please see group calendar for changes.



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

Board Meeting

Wednesday, 9/8, 3:30-4:30 PM
via computer:

<https://us02web.zoom.us/j/81673231802?pwd=a3kxV3ltSlBrMFo0TGdCK2w1V0xPUT09>

Meeting ID: 816 7323 1802

Passcode: 264337

via smartphone or Tablet:

+13126266799,,81673231802#,,,,*264337# US
(Chicago)

+16465588656,,81673231802#,,,,*264337# US
(New York)

via Telephone:

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

Meeting ID: 816 7323 1802

Passcode: 264337

Newsletter Workgroup

Tuesday, 9/14, 10-11 AM
Stepping Stone

NH Mental Health Peer Alliance

Tuesday, 9/21, 10 AM—12 PM

Via computer or smartphone:

<https://global.gotomeeting.com/join/160387205>

You can also dial in using your phone.

United States: +1 (571) 317-3122

Access Code: 160-387-205

Educational Event

Tuesday, 9/21, 1 PM

The Voting Process with James Ziegler
Stepping Stone

Educational Event

Wednesday, 9/22, 1 PM

The Voting Process with James Ziegler
Next Step

NH Mental Health Planning & Advisory Council
Meets quarterly in January, April, July, and October.
Please see information posted
at both sites.



Mon-Thu 8:30am-6pm

Fri 8:30am-4pm

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.

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

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.

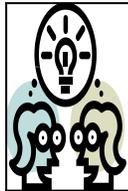
-Adopted 3/13/19

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.

“The road to success is always under construction.”

-Lily Tomlin

-born September 1, 1939



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

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
32 Washington Street
Keene, NH 03431
Telephone: (603) 352-5093

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

How to Reach Us

Stepping Stone

Phone: 543-1388

Fax: 543-0131

Center hours:

Sunday 11 AM–3 PM

Monday 9 AM–4 PM

Tuesday 9 AM–4 PM

Wednesday 9 AM–4 PM

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 9 AM–5 PM

Tuesday 9 AM–5 PM

Wednesday 9 AM–5 PM

Thursday 9 AM–5 PM

Friday 9 AM–4 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 Sunday, Monday, Wednesday, 4–9 PM; Tuesday, Thursday, Friday, Saturday 4–8PM. To reach our Warmline, call 543-1388. If calling long distance within NH, call toll free at 1-888-582-0920.



Editor: Shanon L. Laferte