

“SteppingStones is more than just a building of hope. SteppingStones is the presence of intelligence, aliveness, energy, joy, communication, and knowledge...” ~Russ M.

SteppingStones Striders makes strides for the Brain Injury Association of New Hampshire

The “Walk by the Sea” took place on Sunday, October 3, 2004 at Hampton State Park. It was the 18th annual fundraiser for the Brain Injury Association of New Hampshire (BIANH). It was a picture perfect day, sunny with a light breeze. These weather conditions made it enjoyable for the 60 participants from SteppingStones.

SteppingStones had a great turnout and everyone enjoyed themselves while participating in the 5K. Special congratulations to Lory Chase who finished and Lee Harvey for his determination to walk, along with all SteppingStones Striders! Stepping Stones raised over \$5,000, with the help of members, family, caregivers, interns, and staff. Thanks for your contributions! All 600 BIANH participants enjoyed music and food that lasted until the early afternoon. We stride to help others and ourselves. SteppingStones Striders are looking forward to next year’s event when we hope to have more striders and raise more money!



SteppingStones Fourth Annual Open House

The fourth annual Open House at SteppingStones was held on Wednesday, October 20, 2004. Morning tours informed guests about what was going on throughout the day. These tours introduced members and guests to activities such as our regularly scheduled groups, this year’s art exhibit and talent show. Members, staff and students contributed to an excellent buffet. Ted M., member of SteppingStones and the acclaimed local band, “Dell Smart and Exit/In”, performed a variety of reggae and calypso tunes. Poetry was read by caregivers, Pat S. and Ron T. and member, Russ M. Songs were sung by members, Sarah G. and Jasen F., who sang a duet. Impersonations by members, Brad C. and Ed G. Member, John S. gave a karate demonstration. David Krempels, himself, did an outstanding job playing the harmonica. He is an inspiration to others, and represented what anyone can do. TS Baker, a professional musician and SteppingStones volunteer, concluded the talent show with two original pieces. The art exhibit featured a variety of two and three dimensional pieces from more than 20 members, caregivers, and staff. It provided another opportunity to literally “see” another side of people we think we know so well. Art work included drawings, sculpture, woodworking, photography, architectural renderings, jewelry, etc. Thanks everyone for making this day a huge success!

BOOOOOOOOOO!!!!!!!!!!!!!! SteppingStones Halloween Party

The Halloween party on Friday, October 29th at Stepping Stones was one of the best parties that this community has had, according to many members. The afternoon was filled with many events, such as a pizza party, games, and contests. There were several categories for the costume contest, including scariest, most realistic, and most original. The costumes were very creative and fun. They included a ghost, a farmer, an old man, and Elvis. Occupational Therapy and Therapeutic Recreation student interns from UNH, volunteers and staff created numerous Halloween activities, such as ghoulish stories, bobbing for donuts, smash the Shrek piñata, THE Fear Factor Booth, mummy wrapping, and bowling for bones. Overall, the day was a success and everyone enjoyed themselves immensely!

SteppingStones Paparazzi...asked other members what they had to say about SteppingStones!

Q: How did you find out about the SteppingStones program?

A: The responses that we received from the members ranged from hearing through word of mouth from other members and staff, from community agencies, hospitals, rehab centers, and the Seacoast Support Group.

Q: What are the favorite groups, and why?

A: Many members responded by saying they enjoyed all of the groups! Specifically, the mental health wellness groups, such as Transitions, because, "it helps you get a better idea of who you really are." Publications Group because you get to use your skills to help yourself and others out. Cooking Group was also mentioned because of the challenge to prepare different meals and to practice new skills. The BrainPower group was helpful because it allows us to improve our thinking and cognitive skills. Structured Games because it is fun!

Q: Any positive discoveries or pleasant experiences at SteppingStones?

A: Members have said that SteppingStones is a family atmosphere and it makes them feel at home. SteppingStones is very encouraging and makes people feel like they are not alone. This program has helped to enhance social skills, because of the fun activities such as, playing fun games and cooking yummy food in the kitchen. Another member expressed her level of confidence with public speaking. It is a positive experience that is shared with the outside community through everyone helping each other out.

WORDS OF WISDOM - Spoken by SteppingStones Community Meeting Announcers

- "You might be just one person to the world, but to one person you might be the world." (Lory 9/15)
 - "The only way that you can find peace is within yourself." (Hank - Emerson - 9/27/04)
 - "Walk quietly and carry a big stick!" (Jacki - 10/4/04)
 - "Don't take any wooden nickels." (Jarrod- 10/18/04)
 - "Don't worry about today or yesterday, there is always tomorrow." (Jamey- 10/26/04)
 - "It's not if you win or lose, it's how you play the game." (Dick- 11/1/04)
 - "The important thing is at anytime you can accomplish whatever you want to with a positive attitude." (Shane - 11/8/04)
- "Think not of the misery, but of the beauty that remains." (Kelly - Anne Frank - 11/15/04)
 - "Helping others is to serve God." (Jacki - 11/22/04)
 - "Shared joy is joy doubled, shared sorrow is sorrow halved." (Tammy- 11/22/04)
 - "Live in the moment." (Robert - 11/29/04)

RISK - Authored By Fran Watson, Copyright 1987,

Do not be afraid to shine.
This world needs what you have to give.
Open up the areas of your being;
Expose them to yourself - to others.
You are valuable.
You are unique.
You have much to give.
Do not be afraid to give it.
As we risk ourselves, we grow.
Each new experience is a risk.

We can try, and maybe fail,
And, as a result, grow-
Or hold back and stagnate.
You have the potential
To be anything you want.
You are free to choose.
You are limited only by your fears.
Let your dreams take over.
Fly with the eagles. Soar into life.
The world is waiting for ...You!