

The Thermometer Times

Published by The Manic Depressive and Depressive Association of Riverside, California

VOL. 10 NO. 6 *Out of darkness . . .* JUNE 2000

Dates to Remember

RAP GROUPS

Saturdays June 17 and 24
10am-12 noon
Riverside County Mental Health
Administration Building
(see page 9 for address)

and Tuesday June 13 7 pm
at JoAnn's

EDUCATIONAL MEETING

Saturday June 17 10 am-12 noon
Riverside County Mental Health
Administration Building
Guest Speaker:
Cireena Scheffield
"Californians for
Disability Rights"



IT IS ESSENTIAL
TO BE ON TIME
in consideration

for others in the group. In fact,
please come early to socialize,
sign in, or help set up the room.

Directions to Jo Ann Martin's Home

Exit 91 Frwy at Van Buren. Go
south 4.2 miles on Van Buren to
Whispering Spur. Turn left.



2nd
driveway
on right

16280 Whispering Spur,
Riverside, CA 909/780-3366

WHAT DO YOU KNOW ABOUT STIGMA AND WHAT CAN YOU DO ABOUT IT?

- **Do you know that** an estimated 50 million Americans experience a mental disorder in any given year?
- **Do you know that** stigma is not just the use of the wrong word or action?
- **Do you know that** stigma is about disrespect?
- **Do you know that** stigma is about the use of negative labels to identify a person living with mental illness?
- **Do you know that** stigma is a barrier?
- **Do you know that** stigma discourages individuals and their families from getting the help they need due to the fear of being discriminated against?
- **Do you know that** many people would rather tell employers they have committed a petty crime and were in jail, rather than admit to being in a psychiatric hospital?
- **Do you know that** stigma results in fear, mistrust, and violence against people living with mental illness?
- **Do you know that** stigma results in families and friends turning their backs on people with mental illness?
- **Do you know that** stigma keeps people from getting needed mental health services?

DOs:

- **Do use** respectful language such as:
—S/He is a person who has schizophrenia
—S/He is a person with a psychiatric disability
—S/He is a person with bipolar disorder
- **Do emphasize** abilities, not limitations.
- **Do tell** someone if they express a stigmatizing attitude.

DON'Ts

- **Don't portray** successful persons with disabilities as superhuman.
- **Don't use** generic labels such as the retarded, or the mentally ill.
- **Don't use** terms like—S/He is crazy, lunatic, manic depressive, slow functioning, or normal.

REMEMBER:

People who have mental illnesses are first of all people.

Stigma (continued on page 4)

The Editor

“What is so rare as a day in June? Then, if ever, come perfect days . . .” For most people, the poet had it right. For some of us, the question might rather be, What is so unfair as a day in June? It does seem unfair to have to cope with a mood disorder that takes away the pleasure from what should be joyful times. Graduations, weddings, summer vacations, balmy days, flowers popping out, birds singing—June is full of reasons for most people to be glad they are alive. For the “mood impaired,” however, these same events may dampen rather than lift our spirits, especially if we feel left out or if the good times come at our bad times.

It is easy to grumble and complain when you are “down,” or when you “don’t feel good,” or when it’s time to use whatever other euphemism you prefer to describe depression. While the feelings are there, we need to accept and acknowledge them. But acceptance and acknowledgment do not imply helplessness or resignation. They merely mean we recognize the reality of our negative feelings. We can then get on with the business of dealing with that reality and of finding ways to restore balance, positive attitudes, and appreciation for the goodness and beauty around us.

As summer settles in, this may be a good time to make some new resolutions (or dust off those neglected January ones!) regarding your mental health. Are you getting enough vigorous exercise, and are you flexing your “gratitude muscles,” too? Do you reach for the skim milk and the crudite tray, as well as reaching out to lonely folks who need a friend? Do you faithfully take your meds as prescribed, and do you dose yourself every day with upbeat reading matter and pleasant music? Do you get plenty of fresh air, and work in some fresh experiences? These activities are not options—they are necessities.

Have a good month!

—Yen Cress

You can call us at **(909)780-3366**

Since we have no full-time staff, leave a message and one of our volunteers will call you back. Due to budget constraints, we are unable to return long distance calls unless you give us permission to call you collect.

The Thermometer Times

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Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

**You may now contact us via e-mail at:
MDDARIV@AOL.COM**

Begin planning now to attend the
10th Annual CDMDA Conference
Sailing Into the Future

—in beautiful San Francisco!
October 27 & 28, 2000

Thank you for renewing your
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and newsletter subscriptions.

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renewal date, please contact
us at: 909/780-3366

Dear Abby

By Abigail Van Buren

Grant Helps County's Mentally Ill Homeless

Riverside County applied for a \$63,258 grant from the state Department of Mental Health to help mentally ill homeless people.

The grant will target people in need of food, clothing, shelter, and medical care. The goal is to reach 1,035 clients during the next fiscal year, which starts July 1.

If approved, the money will help pay the salaries of social service and mental health workers who find the homeless people and refer them to services.

As part of the McKinney PATH grant, the county must contribute \$21,086. The county has received the grant every year for about the last decade.

—Riverside Press-Enterprise, 5/17/00

Forgive, Forget, Move Forward

Dear Abby: I have just returned from a visit with my older brother. It was the first time we had seen each other in years. Thank God he had the integrity to call me as soon as he realized how much he had hurt and offended me during our last meeting. An aunt had told him how I felt after I cried on her shoulder.

He called, told me how sorry he was, and thanked me for taking the call. When we got together, I discovered that he, too, was angry about something I had completely forgotten. I didn't even remember what it was that he had said or done that angered me. I just knew I was angry. We lost many years because of our lack of communication.

Abby, please tell your readers to pick up the phone and call the one with whom they are angry and talk about it. Start with, "I am sorry and I miss you."

It doesn't matter who did or said what to whom. If you love the person with whom you are angry, make the call and work it out.

—CASSIDY IN VENTURA

Dear Cassidy: I agree. One should never hesitate to make the call to mend fences with a loved one. Communication, coupled with love, is the beginning of forgiveness.

... I urge all my readers to be forgiving. It's not as hard as it seems if you're willing to put your pride aside and make that call.

Robert Muller said it very well. Read on:

Decide to Forgive

Decide to forgive
For resentment is negative.
Resentment is poisonous.
Resentment diminishes
And devours the self.
Be the first to forgive,
To smile and take the first step,
And you will see happiness bloom
On the face of your human
brother or sister.
Be always the first.
Do not wait for others to forgive
For by forgiving,
You become the master of fate,
The fashioner of life,
The doer of miracles.
To forgive is the highest,
Most beautiful form of love.
In return you will receive
Untold peace and happiness.

Readers, I offer a "schedule" for achieving a forgiving heart:

- Sunday:** Forgive yourself.
- Monday:** Forgive your family.
- Tuesday:** Forgive your friends and associates.
- Wednesday:** Forgive across economic lines within your own nation.
- Thursday:** Forgive across cultural lines within your own nation.
- Friday:** Forgive across political lines within your own nation.
- Saturday:** Forgive other nations.

Only the brave know how to forgive. A coward never forgives. It is not his nature.

A final thought—and a favorite quotation of mine. It's a line from George Roemisch's poem, "Forgiveness":

"Forgiveness is the fragrance of the violet which still clings fast to the heel that crushed it."

—LA Times
1/17/2000

Parity Law Often Broken, Probe Finds

Congressional investigators say thousands of employers are violating a federal law that requires similar levels of insurance coverage for mental and physical illnesses. And even those that are in technical compliance with the law have in most cases found ways to skirt its intent, the investigators said.

As a result, they said, the 1996 law does not appear to have increased access to mental health services as Congress intended.

The investigators, for the General Accounting Office, presented their findings May 18.

Under the law, the Mental Health Parity Act, group health plans may not set annual or lifetime dollar limits on a person's mental health care that are lower than the limits for general medical and surgical services.

—From news services
Seen in Riv. Press-Enterprise, 5/18/00



Who Are You?

SANDY WOULD LIKE TO INTERVIEW MEMBERS OF THE PERSONALITY PROFILE THAT WE CAN PUBLISH IN THE HERITAGE TIMES. PLEASE CALL HER AT 688-0688.

Stigma (continued from page 1)

Words Can Heal

Here are six steps you can follow to help end the stigma of mental illness:

1. Learn more. Many organizations sponsor nationwide programs about mental health and mental illness. Contact Riverside DMDA for more information.
2. Insist on accountable media. Sometimes the media portray people who have mental illnesses inaccurately, and this makes stereotypes harder to change.
3. Obey the laws in the Americans with Disabilities Act (ADA). The ADA prohibits discrimination against people with disabilities in all areas of public life, including housing, employment, and public transportation. Mental illnesses are considered a disability covered under the ADA.
4. Recognize and appreciate the contributions to society made by people who have mental illnesses. People who have mental illnesses are major contributors to American life—from the arts to the sciences, from medicine to entertainment to professional sports.
5. Treat people with the dignity and respect we all deserve. People who have mental illnesses may include your friends, your neighbors, and your family.
6. Think about the person—the contents behind the label. Avoid labeling people by their diagnosis. Instead of saying, “She’s a schizophrenic,” say, “She has a mental illness.” Never use the term “mentally ill.”

Many National and State groups have begun projects and campaigns to reverse stigma. These groups offer a range of programs and materials, from speakers’ bureaus to training programs for mental health professionals. . . . To learn more about mental health, call the National Mental Health Services Knowledge Exchange Network at 1-800-789-2647). Or use the internet: <http://www.mentalhealth.org/stigma> Or E-mail: ken@mentalhealth.org/

—From material included in the *Anti-Stigma Kit* prepared by the US Dept. of Health and Human Services, Substance Abuse and Mental Health Services Administration (SAMSA)

National Alliance of the Mentally Ill

ANNUAL CONFERENCE

JUNE 5, 2000

in

Where

CALL

What Do These Famous People Have In Common?

J.P. Morgan	Industrialist
Modest Moussogorsky	Composer
Benito Mussolini	Dictator
Ralph Nader	Consumer Advocate
Nebuchadnezzar	Biblical Figure
Sir Isaac Newton	Physicist
Florence Nightingale	Nurse
Georgia O’Keefe	Painter
Eugene O’Neill	Playwright
John Ogden	Pianist
Ozzie Osborne	Rock Star
Charles Parker	Composer

All of them are believed to have suffered from depressive disorders. Yet they are known not for their illnesses, but for **their achievements!**



New Keys to the



Depression Cycle

People who recover from depression run an especially high risk of falling back into the abyss if they are loners or aggressive to the point of hostility, a new study concludes.

Researchers at the University of Washington followed 78 formerly depressed patients of both sexes for two years after they recovered. By the end of the study, 34 people had relapsed; many displayed aggressiveness or had very low dependence on others.

People with these traits, says Jackie Gollan, a study author, “act in a way that doesn’t encourage social support” if depression returns—and chances are it will. Depression, says Patricia Arian, a researcher at the University of California-San Francisco, “is a chronic, recurring disorder”; up to 80 percent of patients relapse.

The study’s findings could improve the odds of a lasting recovery. Gollan suggests that therapists look for signs of the troublesome traits and work with patients to address them. After intensive therapy ends, occasional “booster sessions” could help keep the traits in check.

—U.S. News & World Report 11/29/99
Thanks to *MoodPoints* Winter 1999/2000
and *Lincoln NE Support* March 2000

Defusing One's Anger May Be the Best Way to Win the Fight

**HIDE IT?
STUFF IT?
HOLD IT BACK?**



**LET OFF SOME?
BLOW YOUR STACK?
LET THEM HAVE IT?**

Despite being exhausted from the cross-country flight, Sandra Crowe hurried excitedly out of Washington's Dulles International Airport expecting her brand new Acura TL 3.2 to be waiting at curbside. That was the dealership's promise when she bought the car before leaving on the monthlong business trip: A driver would chauffeur her home from the airport in her new Acura.

The driver was there. Her new car wasn't. Crowe was seething as the driver explained his instructions—to pick her up and take her to the dealership. Crowe, a communications trainer and speaker who specializes in methods of offsetting ineffective behaviors, knew she needed to practice what she preached. So she expressed her anger.

"I said to the driver, 'I am really furious about this,'" she recounts. The driver told her not to kill the messenger. "I said, 'I'm not angry with you. I'm just angry,'" she says, adding that the distinction is a key to practicing safe anger.

Especially now, when flying off the handle at undeserved wrongs and perceived injustices in modern life has become a front-page story. Whether it manifests itself behind a car steering wheel or at the supermarket checkout line, people must learn to handle their anger effectively, says Crowe, author of *Since Strangling Isn't an Option: Dealing With Difficult People—Common Problems and Uncommon Solutions* (Perigee Trade Paperback, \$13.95).

**WORDS ARE WONDERFUL
FORM OF COMMUNICATION—
BUT THEY WILL NEVER REPLACE
KISSES AND PUNCHES
—ASHLEIGH BRILLIANT**

"We have to take responsibility for our anger. There are two basic ways that we respond to our anger: expression and suppression. The problem with expression, even though it feels good, is it can have long-term damage to others. The problem with suppression is that it is damaging to ourselves down the line."

The trick is to find ways to express anger that free people from it rather than enslave them. Where to start? "Physically or verbally express your anger—but don't make it about the other person, make it about yourself," says Crowe, explaining that when we are enraged it is always about ourselves. "Nobody can make us angry without our permission."

Crowe believes taking the emotional high road is the path of least resistance. "Let's say the same thing happens to the Dalai Lama," she says, theoretically involving the spiritual leader of Tibetan Buddhism in a fender-bender. "My guess is the Dalai Lama doesn't experience anger. It doesn't mean he doesn't feel it. He might get out of the car and address the situation. He would probably look at them and ask if they realize the consequences of their actions. But he wouldn't get angry."

People shouldn't feel wrong for experiencing anger, Crowe says. "I'm just pointing out that there are realistic ways of reacting and channeling our anger that have benefits and get to solutions."

In the article "10 Steps to Winning Every Argument" on Crowe's Web site (<http://www.pivpoint.com>), you learn that a certain way to win any argument is by not having to win the argument. Get it? If "winning" isn't predicated on winning, you can't lose for winning.

Crowe likens her ways of defusing anger to aikido, the modern martial art that uses an attacker's own aggressiveness to gain control of or defeat him. Aikido largely de-emphasizes the combative element of martial arts in favor of self-improvement, harmony, and peace. Crowe refers to her anger-resolving techniques as "verbal aikido." She compares how they work to one of her first aikido exercises in which she sat on her heels in a kneeling position. When she relaxed and focused on centering herself at the energy point above her midsection, no one could push her over.

"You don't use force, you use energy to do that," she explains. "That's the whole basis of my book: How do you keep yourself firm and strong and in your own world as much as possible, so that you are unaffected or less affected no matter what the other person is doing?"

All anger is a desire to take action to compensate for an injustice you've felt, says Crowe. So the simplest solutions involve positive action. Besides saying, "I'm angry about this," she recommends physically shaking your hands and arms: "You

Anger (continued on page 6)

Riverside Suicide Crisis Help Line

Call

(909) 686-HELP

[686-4357]

Anger (continued from page 5)

shake the anger and anxiety off your physical body." Otherwise, she relies on saying to herself or the offending person, "Tell me what I can do."

Crowe recalls a client who worked with a man who was rude, angry, aggressive, impatient, and never failed to make her angry. "Every time he walked into her office, she would fold her arms, look down, and wait impatiently for the interaction to end," she says. Realizing the office oaf wouldn't change himself, the woman altered their equation and, the next time, stood up straight, looked directly at him, and asked, "How can I help you today?"

"The man was flabbergasted," says Crowe. "He has been more open and patient with her ever since. It is almost like our interactions are like a pingpong game. Depending on how we hit the ball, it will be received and returned to us in a like manner.

"The most dangerous problem is getting stuck. When people 'go postal,' it is because they can't see any alternative, any way to take action."

Crowe believes how people handle

anger ultimately comes down to how they view the world. "The belief system I hold is that everything that happens to me happens for some higher learning."

She gives an example: "If the guy in my office is a real jerk, it means I am being tested to see what my reaction will be. If I hold that vision, everything comes out more positive."

**EVERY NOW AND THEN,
I DO THE RIGHT THING,
JUST TO CONFUSE YOU
—ASHLEIGH BRILLIANT**

When Crowe arrived at the auto dealership that evening, she still had a few choice words to express. "But when I got there," she says, "the guy who was helping me had this huge smile on his face."

She turned the angry moment into a learning experience: "After interacting with him, I decided I wanted to adopt his reality instead of being upset."

—Don Oldenburg, *Washington Post*
As seen in the *LA Times*, 1/30/2000



Phone Phriends

If you need someone to talk with, you may call one of the following members at the corresponding times.

Leroy

6 a.m. to 9 p.m.
(909) 686-5047

Sandy

3 p.m. to 9 p.m.
(909) 688-0368

Josie

10 a.m. to 9 p.m.
(909) 822-1928

Donna

10 a.m. to 9 p.m.
(909) 736-9665

Georgia Ann

6 a.m. to 9 p.m.
(909) 352-1634

Marlene and George

Before 9:30 a.m.
and from 8 p.m. to
12 midnight
(909) 685-6241

Help Others With Mental Illness

Your Success Story Could Make A Difference For Someone Else

Are you currently taking the medications Zyprexa and/or Prozac?

If so, are you:

- living independently
- currently employed
- having new life experiences

? ? ?

We are interested in hearing your success story...

(Story will be shared only with your permission)

To share your story, please call or write:

Pat McNeil
Perry Communications Group, Inc.
925 L Street, Suite 600
Sacramento, CA 95814
Tel: (916) 658-0144
E-mail: PMcneil@ThePerryGroup.com

**MDDA of
Riverside
NEEDS
YOU!**

We need responsible people to volunteer to organize and help with fundraising events such as craft or bake sales. You could fill a need and have a lot of fun helping MDDA! Please call

(909) 780-3366



**Family/Friends
Support Group**

Riverside Co. Dept of Mental Health

JOURNEY OF HOPE

Second Wednesday of

Each Month

2-4 p.m.

Hemet Mental Health Clinic

1005 N. State Street, Hemet

and

Third Wednesday of

Each Month

6:30-8:30 p.m.

Meadowview Clubhouse

41050 Avenida Verde,

Temecula

These support groups are for families and friends of people with severe and persistent mental illness. The County is also offering a 12-week series of educational meetings. There is **NO COST TO YOU.**

Please contact:

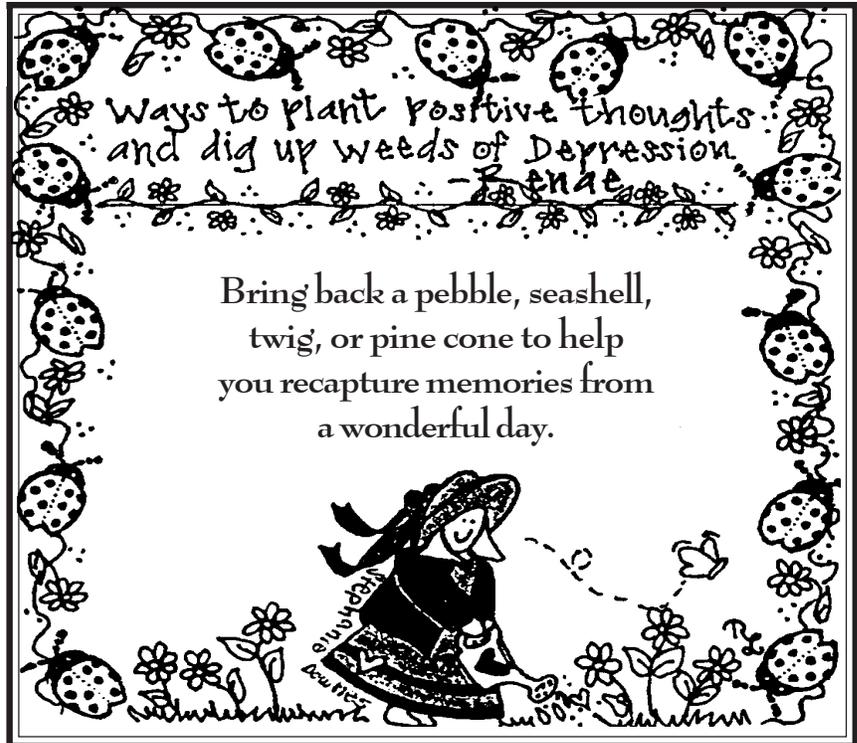
Camille Dirienzo-Callahan

(909) 791-3369 or

Mekkia deSanchez

(909) 600-5055

Renae's Thoughts



Man's Best Friend

Chronic health problems may benefit from a "prescription dog," suggests the May issue of *Men's Health*.

"The evidence favoring the health value of pets is so compelling that if pet therapy were a pill, we would not be able to manufacture it fast enough," says Dr. Larry Dossey, author of *Reinventing Medicine*.

By reducing stress and improving blood pressure, cholesterol, family relationships, and mental health, dogs contribute to a better quality of life. Dog ownership helps people survive heart attacks, reduces problems that lead to divorce, and helps them make new friends. The companionship and entertainment provided by a dog also helps to counter depression.

Stanley Coren, author of *Why We Love the Dogs We Do*, says for people suffering from depression or loneliness, the best breeds are Papillon, Pekingese, and cocker spaniel, and the worst breeds are Greyhound and Afghan hound. "Most any dog is good for this, but there are some that are slightly better companions than others due to their degree of sociability."

—Press-Enterprise, 5/16/00

Stay beautiful
but dont stay down underground
to long

Dont turn into a mole
crawl
or a root
or a stone

Come on out into the sunlight
Breathe in trees
Knock out mountains
Commune with snakes
& be the very hero of birds

Dont forget to poke your head up
& blink
think
Walk all around
Swim upstream

Dont forget to fly

—AL YOUNG

Think & Smile . . .

You can always tell a real friend:
When you've made a fool of yourself,
he doesn't feel
you've done a permanent job.



A gossip is a person
with a keen sense of rumor.



I have made mistakes, but I have never
made the mistake of claiming
that I never made one.

—James Gordon Bennet

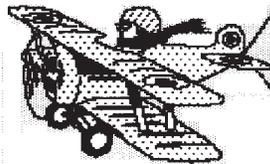


It's easy for most of us
to meet expenses—we meet them
everywhere we turn.



When down in the mouth, remember
Jonah. He came out all right.

—Thomas Edison



ANNOUNCEMENTS

THE UPLIFTERS

(Christian emphasis) meets at
Victoria Community Church
Contact Arlie (909) 780-
0379

INLAND VALLEY DMDA

EAST (Fontana)
Call Phil (909) 796-0615

UPLAND DMDA FONTANA DMDA

Meet Thursday evenings
Call David or Samantha Johns
(909) 947-1307 OR
e-Mail dmjbf@aol.com

For Support People: AMI - Riverside Mental Health Administration
Building, 4095 County Circle Dr. (off Hole Ave. near Magnolia) 7:30 pm,
1st & 3rd Monday each month (909) 737-5747 (call FIRST)

HEMET SUPPORT GROUP

"Foundations" meets every
Tuesday 7-9 pm.
Trinity Lutheran Church
Please call (909) 929-1223

TEMECULA DMDA

Meets every Tuesday 11 am-1 pm.
41002 County Center Dr.
Contact Mark at (909) 696-7496
or (909) 507-1365

UPS & DOWNS - San Bernardino

Meets Saturdays at Noon-2 pm.
Call David Avila at (909) 862-1096

UPS & DOWNS - Riverside

Call Family Services at
(909) 686-3706

Just a Little Crush?

Teen romance may be "the start of something big,"
but maybe it's not what you think.

Some people never get over their first love. In fact, a new study shows that your first romantic break-up—even if it took place back in high school—may trigger lifelong depression.

Sufferers of recurring bouts of depression, or major depressive disorder (MDD), can often trace the onset of their blues to a stressful life event that occurred shortly before the first episode hit. Scott Monroe, Ph.D., a professor of psychology at the University of Oregon, has discovered that for people whose depression struck during adolescence, the end of a romantic relationship tended to be that traumatic life event.

Monroe rated the depressive symptoms of close to 1,500 teenagers, then surveyed them about major life events that they had experienced in the past year, including a break-up with a boyfriend or girlfriend. Of

the teens that were clinically depressed or had been clinically depressed in the past, a whopping 46% reported splitting up with a partner during the year before their first bout of the blues.

Of course, his finding may not be as dramatic as it seems. Break-ups and make-ups are perfectly normal events in a teen's life, Monroe emphasizes in the *Journal of Abnormal Psychology*, and do not trigger depression in everyone. He believes that some people may have a predetermined vulnerability to romantic ups and downs—and to low spirits during those down periods. Still, being in love is far too rewarding for anyone to avoid romantic relationships, simply to skirt a case of the blues.

—Amanda Druckman
Psychology Today, June 2000

**A FRENCH POODLE WAS COMPLAINING TO THE COLLIE IN A TONOR:
'MY LIFE IS A MESS, MY OWNER IS
MEAN, MY MATE IS HAVING AN AFFAIR
WITH A GERMAN SHEPHERD,
AND I'M AS NERVOUS AS A CAT.'
'WHY DON'T YOU GO SEE A PSY-
CHIATRIST?' ASKED THE COLLIE.
'I CAN'T,' REPLIED THE POODLE.
'I'M NOT ALLOWED ON THE COUCH.'**

ORIGINAL MATERIAL



Do you have a story to tell,
or a poem or art work?
We welcome submissions
to our newsletter.
If you have something you think
we could use, please send it to:
EDITOR

**MDDA P.O. Box 51597
Riverside, CA 92517-2597
FAX 909/780-5758**

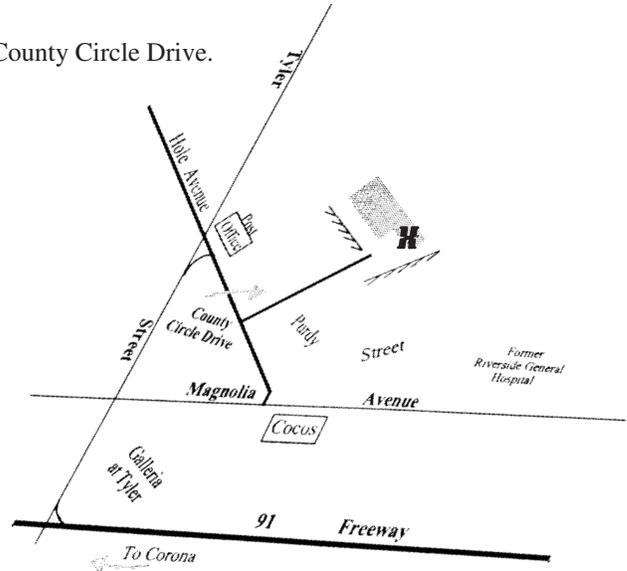
MDDA of Riverside
Map Legend

-  = Meeting Location
-  = Parking

ABOUT MDDA

MDDA Of Riverside is a support group for manic-depressives and depressives who have sought or are seeking treatment for their illness. MDDA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time is held at the home of Jo Ann Martin on the Saturday afternoon following the last Rap Group Meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach Jo Ann or Leroy at (909) 780-3366. Our Rap Group Meetings are on the second, third and fourth Saturdays of the month from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A.

Buses 1 and 13 stop on Hole near County Circle Drive.
Bus 12 stops at Tyler and Hole



MEMBERSHIP INFORMATION

Individual membership for the Manic-Depressive and Depressive Association of Riverside is \$15.00 per year. This helps defray the cost of the monthly newsletter and helps pay for the cost of our meetings. Subscription to the newsletter is \$8.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, indicate below.

✂
Mail to MDDA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____  Please Print New Renewal

NAME _____ PHONE _____

ADDRESS _____ ZIP _____

Please check one of the following:

I am Manic-Depressive Depressive Family Member Professional

Other Birth Date (Optional) : Month _____ Day _____ Year _____

Enclosed is my payment for MDDA Membership _____ \$15.00 (includes newsletter).

Enclosed is my donation of \$ _____ to help others receive the newsletter.

I would like a subscription to the newsletter only _____ \$8.00 (12 issues per year).

I would like to volunteer my time and talent to help.