

A Note From the Editor ~

Aren't you glad for the changing seasons? It's almost as though Mother Nature is showing us she's also bipolar! Imagine how boring your life would be without variety—no day and night, no colors, no music, this tree exactly like that tree.

We, too, are so very different from each other. And what a good thing it is! I certainly wouldn't want to live in a world in which everyone was exactly like me, and you wouldn't either.

The ups and downs of life are here to stay. Mentally healthy people all have them. And while your moods may vary much more than theirs, you wouldn't really want to live without some cheery times, some serious moments, some rowdy fun, and some stillness. Flatness is boring when it is never relieved.

The way I see it, the goal of recovery should not be to erase the fluctuations in our moods, but to tame them, to make them manageable and not destructive. We need our changing moods if we want to feel fully human and fully alive, as much as we need company and solitude, work and play.

So gaze at the starry heavens, take a stroll in the rain, eat a tossed salad—and appreciate the variety that is there for you to relish. I wish you well in your journey toward recovery.

Happy October!
Yen

You have to have faith that there is a reason you go through certain things. I can't say that I'm glad to go through pain, but in a way one must, in order to gain courage and really feel joy.

—Carol Burnett

Do you have a Medic Alert Bracelet?

Do you wear it? All the time?
In an emergency, would others know what medication you are taking and why?

Always wear your
Medic Alert bracelet.
It could save your life.
If you don't have one,
GET ONE TODAY!



We are now officially on the web.

Check it out at:

<http://www.geocities.com/mddariv/>

The Thermometer Times 16280 Whispering Spur Riverside, CA 92504 (909) 780-3366

Publisher & Editor in Chief
Jo Ann Martin

Senior Editor
Yen Cress

Copy Editor
Karen Cameron

Associate Editors
Nelma Fennimore
Karen Cameron

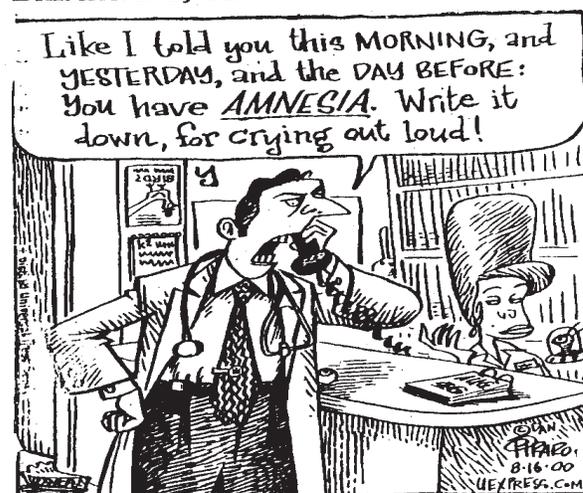
Staff Writer
Judy Kaplan

Medical Advisor
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Child, Adolescent & Adult Psychiatry
American Board of Psychiatry
and Neurology

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

BIZARRO By Dan Piraro



National Depression Screening Day Highlights Mental Illness Awareness Week

Each year National Depression Screening Day (NDS) teams with hospitals, clinics, mental health centers, and retirement communities nationwide to offer screening for depression/manic depression. Local clinicians implement the program. This year NDS falls on October 10.

Depression is among the most common—as well as the most treatable—of mental illnesses. To date more than a quarter of a million people have received help and experience a better quality of life because of these screenings.

In our general area, those interested can find a variety of events during Mental Health Awareness Week, October 6–12.

AMI of Hemet is sponsoring Depression Screening on October 10th from 10 am –5 pm at the Trinity Lutheran Church, 191 Columbia Ave., Hemet. For more information: (909) 658-1008.

St. Joseph Hospital, on the corner of Stewart and La Veta in Orange, invites you to attend any or all of three lectures presented by doctors at the hospital.

•Himasiri De Silva, M.D., will present “Depression and Bipolar Awareness” on Monday, October 7, 6:30–8 pm, in the Northeast Building, Classrooms 1, 2, and 3.

•“Dual Diagnosis—Substance Abuse, Anxiety & Depression” will be addressed by Theodore Williams., M.D., on Wednesday, October 9, 6 p.m. to 8 p.m., in Sister Elizabeth Building.

•Free, confidential evaluations and referrals in English and Spanish by physicians and other health professionals will be available on Thursday, October 10, at 6:30–8:30 pm in Sister Elizabeth Building, and Vinyak Shanbhag, M.D., will present a short lecture. For more information about these events or lectures, please call (714) 771-8007.

A Glimmer Of Hope Is All It Takes

A few words about the Sunshine inherent in the Darkness

**IN THE DEPTH OF WINTER FINALLY
I SEED THE HEART WITH THE SEEDS
OF THE SUN** —Albert Camus

For those whose depression is pretty much chronic, small comfort can be taken from the words “depression doesn’t last forever.” For many of us it seems like it does! The technical term for it is “dysthymia,” but whatever it’s called, it adds up to misery. If you add major depression on top of it, you’ve got “double depression.” So how do we look forward to the sun if it is raining all the time? There is no simple answer, especially for those who are treatment resistant. But we can take comfort in one thought:

**No one
can be unhappy
all of the time.**

But isn’t that the same as the first statement that we threw out? Not exactly. What I’m trying to say is that there are moments, minutes, hours—even days—when we feel better. A joke makes us laugh. We go see a movie that is so engrossing that we forget about our problems for a little while. Our job is to take advantage of the warmth while it lasts. And more importantly, to find a way to make these moments endure. We need to figure out what cheers us up and then include something fun into our lives every day. We must ask:

**What can I do to
lift my spirits today?**

—Mary Rogers
Source: *Next Step News*,
Spring 2002

Taking the Mystery out of Creativity

Dr. Joyce Brothers

Creativity is highly prized in most professions, but how much do you know about it? Do you have to be artistic to be creative? If you’re a perfectionist, does that always help? Do creative people have anything in common with one another? Here’s an opportunity to find out what you know on this subject.

1. The creative mind is always a mind with exceptional overall intelligence.

TRUE or FALSE ?

2. Creative people are usually very sociable and find it difficult to be alone and without instant feedback.

TRUE or FALSE ?

3. Contrary to popular opinion, highly creative people are rarely emotionally troubled.

TRUE or FALSE ?

4. Creativity is limited to the arts and the fields of science.

TRUE or FALSE ?

5. A creative person in one field has little in common with a creative person in another field.

TRUE or FALSE ?

6. Fame, money and a place in history are what drive most creative people.

TRUE or FALSE ?

7. There’s really no way for parents to foster creativity in their children.

TRUE or FALSE ?

8. Fear of criticism can block creativity.

TRUE or FALSE ?

ANSWERS:

1. FALSE. This isn’t necessarily the case. Some who are creative in one field have normal or even below-normal general intelligence.

2. FALSE. Although most creative people are not thoroughly unsociable,

Continued on page 5 (Creativity)

Alliance

Library

1215 N. Buena Vista
Suite K
San Jacinto, CA

Open 1 p.m. to 3 p.m.
Tuesday, Wednesday,
Thursday, and Friday.

654-7569
927-2546
658-5335
927-5642

The public is invited to check out books, videos, audio tapes and materials on emotional disorders, their causes and treatments. Education and knowledge are powerful tools to develop understanding and compassion.

From Florida Ave., go north on San Jacinto Ave. to Esplanade. Turn left. Turn right at Buena Vista. Continue to the end of the street, and turn into the driveway. Suite K.

**Doing the best at this moment
puts you in the best place
for the next moment.**

Oprah Winfrey

Riverside

Crisis Helpline

24

(909) 686-HELP

[(909) 686-4357]

24hr. Hotline

7 Days a Week

GOT E-Mail?

If so, join **NAMI Stigma Busters** E-mail network. Help flood stigma-builders when they do or say offensive things that create stigma.

Go to NAMI website:
<http://www.nami.org>
click on **Campaign Page** then **Stigma**. Leave your name and address. Done!

Living in the World of A Mentally Ill Person

We are rejected in the realms of the normal world

But it really does not matter
What others think of us.

We are still God's children and He will never reject us

And to God we matter.

Praise the Lord,

That is all that counts,

For it is He that matters most of all.

God will never leave us or forsake us!

Trust in God and it will be all right.

Sandy Waples

*Sandy is one of our valued
Riverside MDDA members.*

Emotional Problems?

Come to the

Saturday Riverside Meeting

of

Emotional Health Anonymous

Do you suffer from DEPRESSION, ANXIETY, or other EMOTIONAL PROBLEMS not related to substance abuse?

We are not professionals. We are a group of men and women who share their experience, strength, and hope with each other that we may recover from our emotional illness and help others who still suffer from emotional problems to find a new way of life.

EVERY SATURDAY: 4:00pm - 5:00pm

KNOLLWOOD PSYCHIATRIC CENTER
5900 Brockton Ave., Room 2, Riverside

For more information: (626) 287-6260, San Gabriel Valley Intergroup of Emotional Health Anonymous, P.O. Box 2081, San Gabriel, CA 91778 www.flash.net/sgveha



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

Arnold

(909) 685-1663

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

Dawn

12 noon to 9 p.m.

(909) 688-1803

Yen

(909) 338-4434

Name Change (continued from page 7)

worked the whole conference with a cast on her broken foot.

One of the speakers, Charles Nemeroff, M.D., Ph.D., from Atlanta, Georgia, was especially interesting to me. He stressed the need for patients to achieve remission, not just a response, and physicians should be striving toward this goal with all patients.

Martha Manning, Ph.D., said something that has stuck with me. She said depression and bipolar disorder are things that you have, not things you are.

Many presenters extolled the virtues of journaling. To get your feelings out of your brain and onto paper is very cathartic. It helps the racing mind, helps to organize your thoughts. Journaling helps you see patterns in yourself that will help you and your process of healing.

I could go on and on about the things I learned, the good time I had, and the great people I met, but my brain is running out of gas and I have to stop! Suffice it to say that I am so grateful to DBSA (formerly known as NDMDA!) for giving me this great experience. Next year the conference will be held in Long Beach, California, and I want to go again! Thanks also to the MDDA Board of Directors for the opportunity to apply for the scholarship and for helping me with my expenses.

Source: *Life in Balance*,

MDDA of Greater Detroit, Sept. 2002

Eat Your Bran For Your Brain

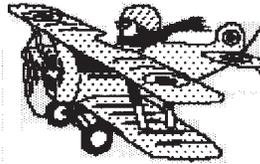
New research reveals that a diet high in fiber can improve not just your constitutional fortitude but also your mood. That's because high fiber eaters in general are less stressed and have a more positive attitude, says Andrew Smith of Cardiff University's School of Psychology in Wales.

Smith tested a group of volunteers over a four-week period and found that those who regularly consumed a high fiber diet were less emotionally distressed and had fewer cognitive difficulties, a more positive mood, less difficulty falling asleep, and lower depression scores than those who ate a low fiber diet.

"The physical benefits of a high fiber diet have been widely acknowledged among health care professionals for many years," Smith says. "However, this is the first time high fiber intake has been associated with improved mental health."

Source: *Tampa Bay DMDA Newsletter*,
April/May, 2002,

From *Tampa Tribune*, March 4, 2002



ANNOUNCEMENTS

THE UPLIFTERS

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

UPLAND DMDA FONTANA DMDA

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

HEMET SUPPORT GROUP

"Foundations" meets every
Tuesday 7-9 pm.
Please call (909) 658-5013

TEMECULA DMDA

Mark Monroe
(909) 507-1365
(909) 926-8393

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)

7 B * *Calling all interested consumers!* r _ +

NAMI—Living With Schizophrenia and Other Mental Illnesses

We are looking for consumers who are interested in sharing their personal recovery stories. *Living With Schizophrenia and Other Mental Illnesses (LWSOMI)* is a recovery-education program conducted by trained presenters for other consumers, family members, friends, and professional and lay audiences. Individuals need not be active in mental health advocacy at this time, but

- ▶ They have "been there."
- ▶ They are able to present professionally.
- ▶ They are in recovery.
- ▶ They have the time to be trained.
- ▶ They believe in treatment, with medication as the cornerstone for recovery
- ▶ They periodically present at 1½ – 2 hour workshops, often during working hrs.

Stipends will be paid for presentations.



For more information, please call:
Lisa Partaker, Program Coordinator
(909) 686-5484 or e-mail: llpartaker@excite.com



A collaborative effort brought to you by:
—The Riverside County Mental Health Department—
— NAMI, Western Riverside County —
—Jefferson Transitional Programs—

