

The Thermometer Times

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

VOL. 15 NO. 1

Out of darkness . . .

January 2003

Dates to Remember

CARE & SHARE GROUPS

Clients and their guests are invited to come and participate. Professional care providers are always welcome.

Saturdays, 10 am–12 noon

January 4, 11, 18, 25

at
Riverside County Mental Health Administration Building

(see page 9 for address)

*We wish you a happy,
healthy, and prosperous
New Year 2003*



Meetings start promptly at 10 am. Do yourself a good turn: Be on time—for announcements and other news that may be important to you, and to have time to greet your friends, new and old.

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 the right

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

“Together we can find a cure for Bipolar Disorder!”

Waltraud E. Prechter is president of the Heinz C. Prechter Fund for Manic-Depression. The following article consists of extended excerpts from a speech she gave to the Mental Illness Research Association (MIRA) on September 28, 2002.

I am here as a wife who lost her husband and as a mother to twin children who lost their father to suicide and manic-depression.

Most of you know my husband as a business leader, visionary and philanthropist who introduced the sunroof to America. Heinz loved life and lived it to the fullest. His energy was simply stunning. Going on as little as three or four hours of sleep a night, he would work 12-hour days and sometimes attend two to three evening affairs in one day. I tried to keep up but, not surprisingly, failed. In fact, it came to the point where Heinz took me to the doctor to figure out why I had “no energy” and what was wrong with me? But even with the strongest vitamin shots I could not keep up with him. Nobody could. He was a bolt of lightning trapped in a 5-foot-4 inch body.

I guess the medical term for Heinz’s condition was hypomania, in Heinz’s case an almost permanent state of elevated mood, creativity and energy. Everybody loved him for it. I loved him for it.

However, hypomania’s dark companion always loomed in the background. Heinz suffered from manic-depression or bipolar disorder as it is called, since sufferers alternate between the poles of mania, the highs of the illness, and depression, the hellish periods of hopelessness and despair.

Heinz slipped into his third and last bout of depression at the end of 2000. A thick, dark veil descended on him and weighed heavily on his shoulders. No light ever reached him. No love. No joy. No hope. Nobody—however well-meaning—could get through to him. His illness left him completely paralyzed—week after week after week.

Eventually, his torturous mind loosened its iron grip. He slowly emerged from the dark hole he had been trapped in for months. I remember July 6, 2001, as if it were yesterday. It was one of these days filled with hope and the promise of recovery. Heinz felt better this Friday morning than he had in months. He rose early and full of energy to work out. I was relieved, elated.

At 8:00 a.m. the phone rang twice. I picked it up, but the line was dead. A sudden rush of fear overcame me and I ran across the driveway to the guesthouse where Heinz used to work out. It was there I found his lifeless body.

Heinz left without a word. There were no goodbyes for our twin children,

Continued on page 4 (Bipolar Disorder)

A Note From the Editor~

Do you feel more secure knowing your support group is available when you need to talk to someone? Most of us who attend meetings regularly know how valuable a group can be for maintaining stability and stemming a crisis. This is probably even more crucial for singles and others who live alone or without wise and understanding close companions. During a recent depressive episode, one lady in our group isolated herself from people and activities for a month. She did not communicate with anyone, just “holed up” alone, and this doubtless intensified her depression. When she finally came back to our MDDA meeting, she was warmly greeted with smiles and hugs (and loving scoldings!) from friends who had missed her and worried about her. Hopefully, she learned a lesson she’ll remember.

If you know you have a mood disorder, you will be more likely to stay stable if you make MDDA a regular part of your schedule. Sharing your needs, you will learn coping techniques, have many of your questions answered, and will have contact with others who know what you are going through. And please—be willing to share *your* helpful suggestions with the rest of us. You need us, and we need you!

Why not start the new year with this resolution: “I will make honest efforts to contribute to my own wellness, including regularly attending MDDA meetings!”

See you soon!
Yen

An Ivy League theology professor was out visiting a friend at the local rural community college. She was asked to teach the class that day and she agreed.

She started the class by asking the students, “What is the opposite of joy?”

“Sadness,” said one student.

“And the opposite of depression?”

“Elation,” said another.

“And how about the opposite of woe?”

A tall beanpole of a young man raised his hand. She called on him to answer.

“I believe that would be giddy up,” he drawled.

—*The Rollercoaster Times*, Orange County DMDA, December 2002

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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:
MDDAOFRIV@AOL.COM

We are now officially on the web.

Check it out at:

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

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,

ORDER ONE TODAY!

(Available through most pharmacies)



Outgoing Personalities Soak Up Joy

Study shows extroverts' brains respond to happy stimuli, while those of introverts do not. Finding may help explain how happiness is regulated.

The brain of an upbeat, extroverted person responds to a happy human face differently from the way an introvert's brain responds, a new finding that could help pinpoint how the brain regulates happiness.

Turban Canli, an assistant professor of psychology at State University of New York, Stony Brook, who did this particular work while at Stanford, used brain imaging to address questions about how the brain, specifically the snippet of tissue called the amygdala, responds when people look at happy faces. The

amygdala is also known as the site of fear in the brain, governing "flight or fight" impulses. Earlier research had found that the amygdala is activated when some people look at happy faces, while other research had found that it is not.

The study appears in a recent edition of *Science*. People with an extroverted outlook on life actually have a robust response of their amygdala when shown a picture of a happy face. The brains of introverts show no such response.

"Extroversion may play a role in how active the brain is in response to stimuli," Canli said. Fifteen volunteers filled out a personality inventory, testing traits, from tendencies to be optimistic and sociable to anxious, worried, and insecure. They then were hooked up to a brain imager. During the scan, they were shown pic-

tures of happy faces. Scans also were taken when they looked at fearful and neutral faces. Personality didn't influence response to those faces.

Introverts showed no activation of the amygdala when looking at happy faces. Canli takes this to mean that the amygdala registers stimuli that are emotionally or socially important. For introverts, happy faces did not register as socially important enough to activate the tissue. Canli and his colleagues at Stanford suspect that the amygdala's role in regulating fearful experiences is more uniform, regardless of personality type, because of the deep evolutionary roots of fear response in human survival.

— Jamie Talan
NEWSDAY

Source: *L.A. Times*, June 24, 2002

Provocative New Short Film Explores Suicide's Effects

Award-winning Writer/Director James Edwin Barrett has unveiled *Different Places*, a short high-definition docudrama that aims to open discussion about suicide among survivors and non-survivors alike.

Barrett, who also serves as California's Suicide Prevention Advocacy Network vice president, wrote the screenplay to "explore the point-of-view of surviving suicide and how such a loss affects the lives of those left behind." Each of the film's three segments realistically portrays individuals coping with their devastating loss, some better able to cope than others.

The characters have experiences ranging from denial of the loved one's suicide, to one's own suicidal feelings, to facing difficult questions about suicide in a social setting.

Viewers, survivors and non-survivors alike, can all relate to these emotions to some degree. Barrett draws from his own experience as a survivor of his mother's suicide when he was 12 years old. The film promises to stimulate much discussion. For more information email: mijbarrett@aol.com

—SPAN Report-California, Fall 2002

Bring Forth *Your* Family's Best

By Dr. Joyce Brothers, a Contributing Editor of PARADE, who recently was awarded the Presidential Citation by the American Psychological Association for her vital role as a pioneer in media psychology, her continuing impact on public education, and her positive influence on teens and college students.

Hold weekly family meetings. Make "How are we doing?" the focus of every agenda. Let everyone speak and listen with empathy. Seek consensus—and conclude every meeting on a positive note.

Show appreciation. Say "thank you" for every expression of love you get. Resolve to compliment at least one family member every day. Showing appreciation becomes easier the more you do it.

Criticize kindly. Try to overlook annoyances, so that it's rarely necessary to criticize at all. If you must criticize, avoid such global statements as, "You *always* overcook the meat." Instead, share your own needs. Saying, "I would enjoy the meat more if it were rarer," encourages the chef to do something for you rather than feel badly about himself.

Enjoy one another. Plan for regular treats: a special family dinner, a "game night," a "night at the movies" with videotapes and popcorn. If kids play musical instruments and want to give a concert, what could be better?

Examine your roots. Invite the family genealogist to explain your ancestral tree. If there isn't one, consider a family project. A good resource is the National Archives site (www.archives.gov). Older family members are resources too. Videotape their recollections of old times.

Reach out. Check with your church or synagogue, local newspaper or the appropriate county agency for a listing of volunteer opportunities.

Give something up. Sacrifices of time, convenience—and, yes, ego—can strengthen family life. When my husband, Milt, was alive, it was important to him that we have breakfast together. So, even in the midst of lecture tours, I made sure to return home in the evening, breakfast with Milt the next morning, then fly out the next day, just so we could have our morning meal together. It took a lot of energy, but now that he's gone, I'm grateful for every extra minute I spent with him.

Source: *Parade Magazine*, Dec. 1, 2002

Bipolar Disorder

(cont'd from page 1)

Paul and Stephanie. There was no goodbye for me. He was only 59 years old.

My story is only one of millions of stories across America. Even in this room there are hundreds of stories of individuals whose lives have been touched by the devastating impact of mental illness. Yet too many of us suffer needlessly in isolation. Muted by the stigma of mental illness, we face the illness far too often alone.

We are a community of survivors, and as such I ask you to join forces and build a support network of hope and healing for each other. In addition, continue to voice your opinions and educate yourself, family members, doctors, colleagues and friends about mental illness. Only then will we prevail and overcome the age-old stigma of mental illness.

Powerful and pervasive, this stigma prevents people from even acknowledging their own mental health problems or disclosing them to others, much less seeking medical help and treatment. As a result of stigma, the vast majority of all Americans who have suffered from severe mental illness never seek treatment.

Contrary to common belief, mental illness is not a character flaw or a sign of personal weakness. Mental disorders are caused by a chemical imbalance within our most prized organ—the brain—and can lead to extreme changes in mood, thought, energy and behavior. There is no shame in schizophrenia, manic depression, OCD, autism, and other mental disorders. Like diabetes or heart disease, mental illness clearly is physical illness.

Canadian broadcaster Janice Alexander is 49 years old and suffers from depression. I believe she put it best when she contended: "My one wish is that we would get rid of this idea that being sick from the neck up is any different from being sick from the neck down."

Each year, an estimated 44 million

Americans experience mental disorders. According to estimates of the U.S. Department of Health and Human Services, mental illnesses lead to \$170 billion a year in health care expenditures and economic loss due to lost productivity, absenteeism, and premature death. Two hundred million workdays are lost each year due to depression alone. Therefore, mental illnesses are clearly the single largest threat to our economic and physical well-being in America.

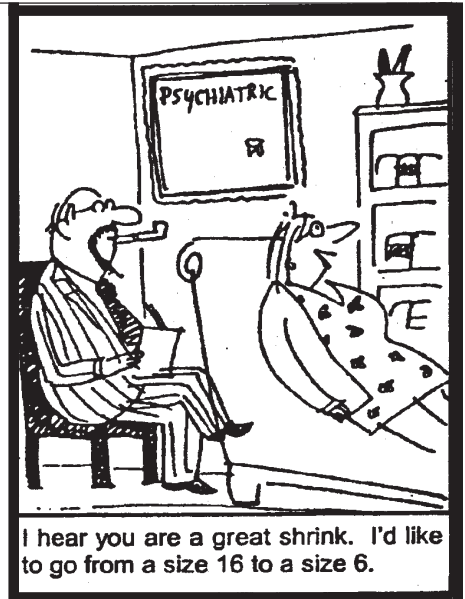
My husband was a friend to everybody he ever came in contact with. He was also a friend to presidents, captains of industry, and community leaders. However, it seems only now, after a 100-year history of the mental health advocacy movement, many of these top decision-makers in business and politics have been touched for the first time by the devastation of mental illness.

It is encouraging to see that we are breaking through the glass ceiling to find supporters in Washington and across America to put an end to this national mental health care crisis. I have been humbled by the privilege of providing testimony before Congress to request a significant increase of federal funding of the National Institute of Mental Health as well as bipolar research. In addition, President George W. Bush invited me to serve on the New Freedom Commission on Mental Health to improve the mental healthcare delivery system in America.

All of us should be encouraged by the President's compassion and his commitment to Americans suffering from mental illness. As the President said when he announced the New Freedom Commission, "Our country must make a commitment: Americans with mental illness deserve our understanding, and they deserve excellent care."

The Heinz C. Prechter Fund for Manic-Depression is pleased to join the mental health advocacy movement by funding breakthrough medical research to develop cures for bipolar disorder. We have been traveling across the United States to identify the most promising research areas and research teams to render the desired result. In this early stage, the Fund will support research primarily in the areas of psychiatric genetics, pediatric bipolar disorder, and neuroimaging.

Most mental illnesses are hereditary in nature. Therefore, we need to identify the genes responsible, figure out how they interact with each other and how to "neu-



tralize" them before they trigger onsets of mental illness. We also need to catch mental disorders early, preferably in childhood to make sure these children can lead long, happy, and productive lives.

Following the premise that "seeing is believing," the Fund will advance neuroimaging technologies, which will help to visualize physical changes in the brain and identify so-called biomarkers to develop effective tools of diagnosis and treatment.

Dear friends in the mental health community, unfortunately we have settled for too little for too long. Promising treatment options are already available. They do make our loved ones better and help them improve their lives and we are grateful for that. But better is not well!

Author Maya Angelou says: "The best part of life is not just surviving, but thriving with passion and compassion and humor..., and style and generosity and kindness." Dear friends, all greatness and every breakthrough starts with an idea you allow yourself to think. This is the Fund's vision:

Wellness is possible!

Cures are possible!

It is my hope that we will jointly embark on a journey in pursuit of a new frontier: To battle the illnesses that rob us of our loved ones and to find cures for these disorders, which will lead to a healthier, happier, and more productive America.

Together we will make a difference!

Source: Life in Balance,
MDDA of Metropolitan Detroit,
Nov. 2002

Some people see things as they are
and say,
"Why?"
Others dream things that never were
and say,
"Why not?"

—G. B. Shaw

Beating the WINTER BLAHS

During dreary winter days when sunlight is scarce, many healthy people suffer from a mild malaise often known as the “winter blahs.”

Considering the body’s daily and seasonal rhythms are altered by fluctuating levels of light, Vancouver psychiatrist Dr. Raymond Lam says that “blah” feeling is quite common.

“Probably 15 to 30 percent of people will not feel as well in winter as they do in summer,” says Latu, director of the mood disorders clinic at UBC Hospital.

So for those who feel slightly out of sorts this season, here are some simple ways to put a spring back in your step.

Don’t hibernate. Spend more time outdoors and soak up the natural light. Contrary to popular belief, the amount of light you get outdoors on an overcast day is about 10 times as bright as the brightest office building.

Follow a routine. Apart from regulating when you get up and go to sleep, schedule recreational activities. It’s easier to get through the winter months if you have the momentum of a schedule to keep motivated.

Regular exercise. Don’t let your exercise routine slip during this sluggish season, because exercise is a stress-busting way to energize your mind and body.

Don’t pass on the potatoes. There is a school of thought that suggests a sensible increase in carbohydrates may affect brain chemicals responsible for regulating mood, sleep, and appetite.

There’s no need to be SAD. People who regularly struggle with debilitating depression this time of year may suffer from seasonal affective disorder (SAD), which strikes two to three percent of the population.

People looking for more information about this recognized and treatable form of clinical depression should consult their family physicians [or psychiatrist].

—Dawn Brett, Mood Disorders Association of British Columbia
As seen in The Rollercoaster Times, Orange County DMDA, Dec. 2002

Family Traditions

for the End of the Year

Reading in Front of the Fire

Have the family sit in a circle in front of a roaring fire and share a book. You can take turns reading, or have one person read.

What I Want You Can’t Buy

Ask each family member to tell you what that is. Children may ask that you play a game with them, read to them, let them go to the pet store and play with a puppy, stay up really late, wear your sweater to school—who knows?

The Family Tree

A gift everyone can relate to is a copy of the family tree, printed beautifully, rolled up, and tied with a pretty ribbon.

Winter Walks

After the sun goes down, take a walk to look at all the beautiful decorations in your neighborhood.

Let the New Year In

Even if the temperature is 20 degrees, open the doors and windows wide to welcome the New Year. Hold a moment of silence, and just listen, and make a silent wish for all humanity.

The Big, Big Breakfast

It is a rare thing for the family to be able to be together for a leisurely breakfast. Finish off the holiday season by going all-out for a dream breakfast.

Old-Fashioned Game Night

Invite friends and neighbors and their children into your living room, where you’ve set up card tables for different kinds of board games and/or cards.

Staying Up Late

Let your children stay up late until the ball drops in Times Square on television. This is a treat for them—when it comes to children, less is more.

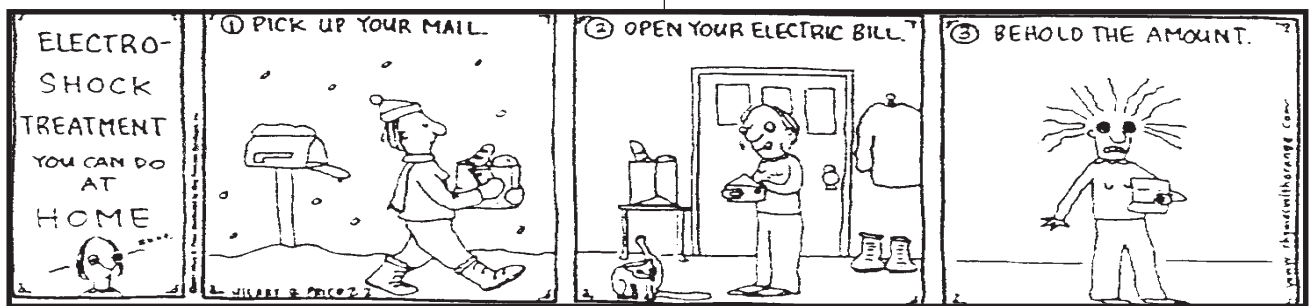
Review Family Memories

Take out the scrapbooks and family movies and savor all the memories.

Make A Donation

Make it in someone’s name to an organization you know they’d like to support.

—Adapted from the book Family Traditions, by Elizabeth Berg
As seen in The Rollercoaster Times,
Orange County, California, DMDA, Dec. 2002



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.

*The salvation of
man is through love
and in love.*
—Viktor Frankl

Riverside
Crisis
Helpline
24
(909) 686-HELP
[(909) 686-4357]
24hr. Hotline
7Days 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!

You Light Up My Brain

When you're in love, your eyes light up, your face lights up—and apparently, so do four tiny bits of your brain. “It is the common denominator of romantic love,” says Andreas Bartels, a research fellow at University College London.

Bartels used functional MRI to examine eleven women and six men who said they were truly in love—statements backed up by psychological tests.

When the subjects were shown photographs of their sweethearts, different areas of the brain scan lit up—indicating higher blood flow—than when they were shown pictures of friends. These “love spots” were near, but not the same as, sections that became active when someone is feeling simple lust. Looking at pictures of their dearest also reduced activity in three larger areas of the brain known to be active when people are upset or depressed.

—Janet McConaughy, AP
As seen in Reader's Digest, September 2002



Phone Friends

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

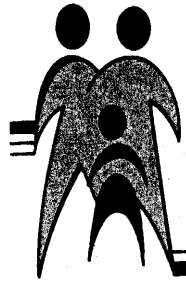
Before 9:30 a.m.
and from 8 p.m.
to 12 midnight
(909) 685-6241

Dawn

12 noon to 9 p.m.
(909) 688-1803

Yen

(909) 338-4434



Family/Friends Support Groups

Riverside County Dept. of Mental Health
Offers Support groups for families and friends
of people with severe
and persistent mental illness.

These Support Groups are offered
throughout the County of Riverside.

The County also offers the NAMI Family-to-Family Education Program

This program is a 12-week series of
educational meetings for
family members.

There is NO COST TO YOU.

For information on dates, times and location,
Please contact:

Riverside Co. Dept. of Mental Health
The Family Advocate Program
(909) 358-4987/1-800-330-4522

SUPPORT GROUP FOR DEPRESSIVES AND BIPOLARS

Mesa Clinic, 850 Foothill Blvd., Rialto
Mondays from 10:30 to 12:10
For more info: *82 (909) 864-4404

ORIGINAL MATERIAL WANTED

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



Restoring Lost Libido

It's a side effect that many dread and few discuss: the loss of libido that sometimes accompanies selective serotonin reuptake inhibitors (SSRIs). Now there's a glimmer of hope. A British biopharmaceutical company is developing a drug that will restore normal sex drive when taken in conjunction with SSRIs—antidepressants that include Prozac, Zoloft, and Paxil. The drug, now known as VML 670, is being codeveloped by Vernalis and Eli Lilly.

Studies suggest that one-third of SSRI users suffer adverse sexual side effects. Men experience difficulty maintaining an erection and women report difficulty attaining orgasm. SSRIs flood the brain with serotonin, overloading the receptors that control sexual arousal, and decreasing sexual desire. When tested on rodents, VML 670 increased their interest in sex and their ability to achieve orgasm. According to John Hutchison, Ph.D., senior vice president for development at Vernalis, "It took less time for the [laboratory] animals to get together."

Vernalis enrolled 70 male and female subjects in clinical tests. The drug does not appear to alter the sex drive of non-SSRI users. Vernalis expects results from SSRI users by the end of the year. Since the regulatory process takes several years, the drug might be half a decade away from your medicine cabinet. Meanwhile, you may just have to keep feigning those headaches.

—Psychology Today, *January, February 2002*
As seen in *The Rollercoaster Times*
Orange County MDMA, December 2002

**These are the things I prize
And hold of dearest worth:
Light of the sapphire skies.
Peace of the silent hills,
Shelter of the forests, comfort of the grass,
Music of birds, murmur of little rills,
Shadows of clouds that swiftly pass,
And, after showers,
The smell of flowers
And of the good brown earth—
And best of all, along the way, friendship
and mirth.**

—Henry van Dyke

The Post-Holiday BLUES

Once the flurry of holiday activities comes to an end and we must resume our daily routine, we may experience post holiday stress or depression. There are things we can do to ward off or cope with these post-holiday hazards.

Coping After the Holidays.

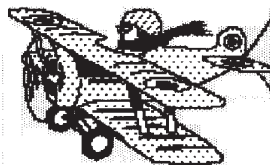
- Make plans for a weekend trip or special evening outing.
- Invite friends for dinner or an evening of games.
- Visit a shut-in or someone in a nursing home—it will brighten your day and theirs.
- Invite your spouse/significant other out for a date and let him or her choose the activities for the evening.
- Plan a special activity to do with your children.
- Spend some time with family members reflecting on the holidays.
- Start a new activity. Is there something you have always wanted to do but have never gotten around to learning how to do? If so, see if there are any community courses you can enroll in to learn this new skill.
- The day after holiday decorations are packed away, get fresh flowers for the house. It helps to brighten your home and your spirits.

Source: ADAMShs ADVANTAGE
Dec. 2002 - Jan. 2003

A Rule for Life

Do all the good you can,
By all the means you can,
In all the ways you can,
In all the places you can,
At all the times you can,
To all the people you can,
As long as ever you can.

—John Wesley



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—

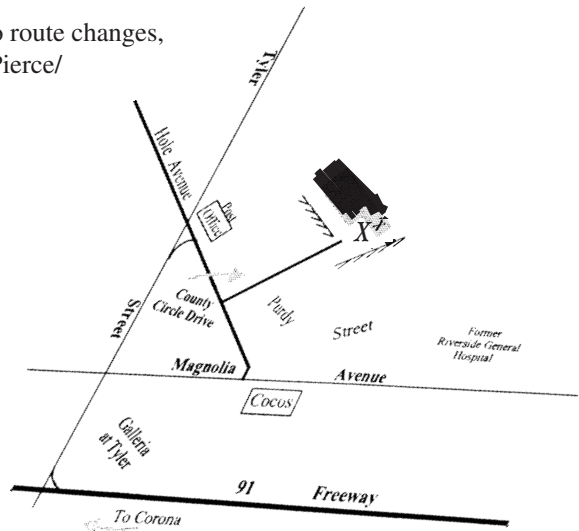
MDDA of Riverside

Map Legend

-  Meeting
-  Location
-  = Parking

About MDDA

Bus 12 stops at Tyler and Hole. Due to route changes, only Bus 12 passes County Circle Dr., Pierce/ Magnolia/Hole inbound.



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 first, 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.


MEMBERSHIP INFORMATION

Individual membership for the Manic-Depressive and Depressive Association of Riverside is \$20.00 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 \$10.00 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 _____ CITY _____ STATE _____
 ZIP _____

Please check one of the following:

I have: Manic-Depression (Bipolar) Depression

I am a Family Member Professional

None of the above Birth Date (Optional) : Month _____ Day _____ Year _____

Enclosed is my payment for MDDA Membership _____ \$20.00 (includes newsletter).

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

I would like a subscription to the newsletter only. \$10.00 (12 issues per year).

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