



The Thermometer Times

Published by The Depression and Bipolar Support Alliance of Riverside, California

VOL. 17 NO. 11

Out of darkness . . .

November, 2005

Dates to Remember

***** CARE & SHARE GROUPS

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

Riverside County Mental Health Administration Building
(see page 11 for address)

**Every Saturday,
10 am–12 noon, Nov. 5,
12, 19, & 26**

*Don't miss our Thanksgiving Dinner
Thursday, November 24th at Jo Ann's.
See page 9 for details.*

Guest Speaker: November 19

Mike Bussee, MFT

**Mood Surfing : Managing The Ups
and Downs of Bipolar Disorder**



Meetings start promptly at 10 am. Do yourself a good turn: Be on time to visit with friends before the meeting starts. If you come late, please enter quietly. Announcements will be made at the close of the meeting.

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 951 / 780-3366

Dealing With Suicidal Feelings

On October 8, 2005, Pam Haas, LCSW of Vista Guidance Center in San Bernardino, California, came to our regular Saturday meeting and spoke on this topic. When depression gets bad enough, suicide comes into your head. With a chemical imbalance we don't have a lot of control over it. By seeing our doctors regularly and taking our medications regularly we can have better control.

Pam helped the group to brainstorm warning signs of suicidal behavior:

- giving things away
- having a plan
- feeling bummed out
- saying your going to commit suicide
- extreme feelings of helplessness, powerlessness
- lack of sleep
- someone close to you dies or is terminally ill
- getting a diagnosis of cancer, diabetes or other serious illness
- knowing someone who suicided
- struggling with depression or anxiety
- self-hatred
- isolating
- no interest, no energy
- lack of ADL's (Activities of Daily Living)
- no appetite
- cutting hair short
- making plan, putting affairs in order
- at most risk in springtime (May)
- anniversaries of loss of loved ones

There are small hints or mini-suicide attempts that people make, such as:

- taking a few extra pills
- scratching on wrists with sharp items
- being more risk-taking in cars or in other ways
- making more jokes about suicide
- more verbal about death and suicide

Pam advises that it should always be taken seriously. The more warning signs, the more serious. Sometimes there are no warning signs. Don't be afraid to ask if someone is feeling suicidal. There is often a piece that still wants to live and will welcome the question. When someone is suicidal, you do not leave the person alone until they are no longer suicidal or in the hospital.

Motivations for suicide:

- health is gone or they are afraid it is going to be gone
- Want to communicate a message; example: they didn't receive the love

they expected, or it's a cry for help.

Suicidal Feelings (Continued on page 3)

a note from the Editor

This month our "Monthly Featured Member" is Georgia De Groat, who is our resident benefits advocate and DBSA, California Network of Mental Health Clients and Riverside Mental Health and Riverside Western Regional Mental Health board member and sometimes DBSA share and care group leader. She is a caring and giving person with an interesting background. You can get to know her better by reading her article on page 5.

Thank you for your response to this column and your submission of articles and poetry.

We invite you to continue to submit similar material for review and possible publication in the newsletter. These kinds of articles allow us to get to know one another in greater depth and to learn of the many talents, interests and assets of our members.

We again want to solicit articles and poetry from you, for publication in *The Thermometer Times*.

Articles, poetry and/or drawings can be on anything pertaining to:

- *Uplifting affirmations or positive experiences you have to share regarding overcoming.
- * Depression and/or Bipolar Disorder: what it is to live/cope with it; how you learned of it, what helps, what doesn't, etc., etc., etc..
- * Any other mental health issue or problem that you are passionate about.
- *Tell us about yourself and how you spend your time and what's important to you.
- *A report on a mental health event you attended or a mental health book you have read.

Drawings should be black and white, line or half-tone.

Your work may be submitted to JoAnn, Leroy or Lynne at DBSA Riverside meetings.

It may be mailed to:
JoAnn Martin
16280 Whispering Spur
Riverside, CA 92504

E-mail it to: JoAnnMartin1@aol.com

FAX to: 909/780-5758 (if you have a problem with that FAX call JoAnn at 909/841-4774 and she will turn on another FAX machine.

Materials submitted may or may not be published, at the discretion of the editors, and may be edited for length.

Get your creative juices flowing and share your knowledge and experience with your DBSA friends through *The Thermometer Times*.

Thank you.

Lynne Stewart, Senior Editor

This study says those studies often proved wrong

Health: Medical research is frequently contradicted by subsequent findings, a review concludes.

By Lindsey Tanner

THE ASSOCIATED PRESS

CHICAGO - A new study confirms that what doctors once said was good for you often turns out to be bad - or at least not as great as initially thought.

The report is a review of major studies published in three influential medical journals between 1990 and 2003, including 45 highly publicized studies that initially claimed a drug or other treatment worked.

Subsequent research contradicted results of seven studies - 16 percent - and reported weaker results for seven others, an additional 16 percent.

That means nearly one-third of the original results did not hold up, according to the study in today's Journal of the American Medical Association.

"Contradicted and potentially exaggerated findings are not uncommon in the most visible and most influential original clinical research," said study author Dr. John Ioannidis, a researcher at the University of Ioannina in Greece.

Experts say the study is a reminder to doctors and patients that they should not put too much stock in a single study and understand that treatments often become obsolete with medical advances.

"A single study is not the final word, and that is an important message," editors at the New England Journal of Medicine said in a statement about the study.

The refuted studies dealt with a wide range of drugs and treatments.

Hormone pills were once thought to protect menopausal women from heart disease but later were shown to do the opposite. Contrary to initial results, Vitamin E pills have not been shown to prevent heart attacks.

Contradictions also included a study that found nitric oxide does not improve survival in patients with respiratory failure, despite earlier claims.

Another study suggested that an antibody treatment did not improve survival in certain sepsis patients; a smaller previous study found the opposite.

Ioannidis acknowledged an important but not very reassuring caveat: "There's no proof that the subsequent studies were necessarily correct."

Ioannidis said that the studies most likely to be contradicted later were what scientists call nonrandomized studies.

These are often based on observations of patients' life styles rather than on results from a drug or other intervention assigned by researchers.

Source: THE PRESS-ENTERPRISE
July 13, 2005

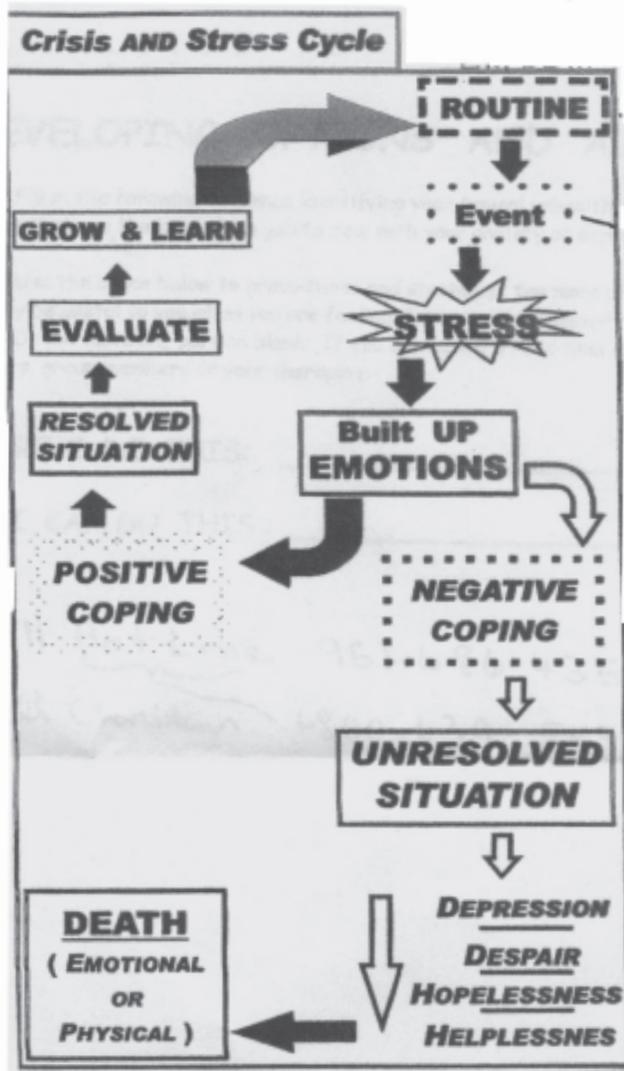
Suicidal Feelings (Continued from page 1)

- to impact other people: often very public, punishing and angry
- really just want to die

“Crisis and Stress Cycle” Diagram

Pam offered the following diagram that starts at the top right corner with your ROUTINE daily life. An EVENT happens, such as your dog dies or you move from where you are living, something either good or bad that is the beginning of the onset of STRESS. There is built up EMOTION. At which time we have a choice to make. We can choose NEGATIVE COPING mechanisms such as getting high, getting drunk, over-eating, over-spending, etc. which leads to an UNRESOLVED SITUATION, which leads to “DEPRESSION, DESPAIR, HOPELESSNESS, HELPLESSNESS, DEATH (either EMOTIONAL OR PHYSICAL).

‘Crisis and Stress Cycle Diagram



Or we can choose POSITIVE COPING mechanisms such as, humor, taking deep breaths, calling a friend, taking a walk, etc. which leads to a RESOLVED SITUATION we can EVALUATE and GROW AND LEARN from and return to our day to day ROUTINE.

EXAMPLES OF COPING SKILLS TO USE:

- take deep breaths
- take a walk
- journaling
- music
- being in nature: park, backyard, beach, mountains
- pets
- watching, thinking: challenge - thoughts
- positive affirmations
- praying, meditating, visuallization
- massage, pressure points
- gratitude lists
- eating something nutritious
- drink water
- "feel good" file

WHAT TO DO FOR SOME ONE FEELING SUICIDAL:

- listen
- be nonjudgmental
- give them hope that this will pass
- encourage them to get further help
- get them further help by calling 911 or crisis help line

Riverside Suicide Crisis Help Line

Call (909) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

Call 1-800-273-TALK (8255) if you need to talk to someone in any of 109 crisis centers in 42 states. The National Suicide Prevention Lifeline has just been launched by SAMHSA (Substance Abuse and Mental Health Services Administration) as part of the National Suicide Prevention Initiative (NSPI). In addition, a new Web-site has been established at www.suicidepreventionlifeline.org.

If you want to be great, you must serve willingly and love greatly.

**Cornel West
Educator and activist**

GAY, LESBIAN, BISEXUAL AND TRANSGENDERED
FRIENDS OF THE INLAND EMPIRE
Gay Depression Bipolar Support Alliance (GDBSA)



Gays In Search of Hope

<http://www.geocities.com/mddariv/gayhope.html>
(use lowercase letters only in web address)

THIS IS A GAY, LESBIAN, BISEXUAL
AND TRANSGENDERED SUPPORT GROUP.
Parents, family and friends are welcome here and are
encouraged to participate in the support group in a relaxed non-
threatening atmosphere. Please join us!

No One Should Suffer in Silence!!!

Where: County of Riverside,
Mental Health Administration Building
4095 County Circle Drive, Room A
Riverside, CA

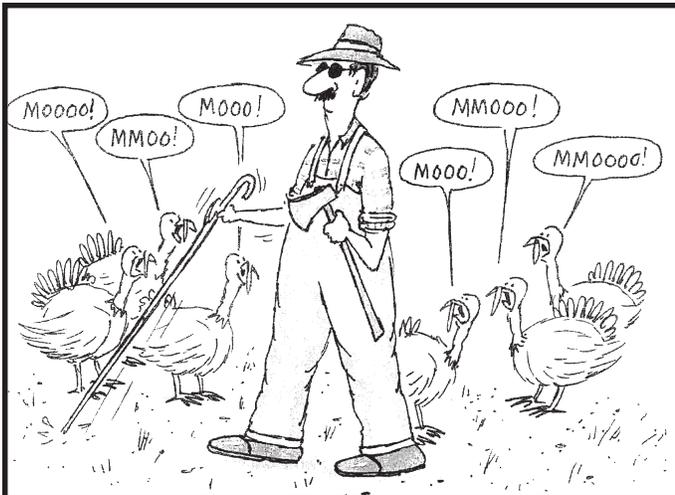
When: Saturdays from 1 pm to 2:30 pm
Call or email us for the current dates.

Kevin / Jeffrey: (951) 787-8651
E-Mail: gdbsa@aol.com



*The person who can bring the
spirit of laughter into a room is
indeed blessed.*

BENNETT CERF (1898-1971)
Editor and publisher



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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:
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Check us out on the web!

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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)



Advocate in the Works

by Georgia Ann DeGroat

Georgia Ann DeGroat, nee Veatch was born in Riverside, California, March 7, 1955 (my god is she OLD!) at 6:00a.m. to Mildred, nee Miller, Veatch and Cecil M. Veatch. She started out as an early riser and is to this day an early to bed, early to rise person. She has never needed much sleep. Georgia's parents were from Illinois and Indiana, respectively. Cecil (Bud) Veatch was a Master Sergeant in the Marines. He was shipped out from Illinois to Camp Pendleton and served in the Korean War. He sent for Mildred. Millie rode a train out to California and married him before a Justice of the Peace in the downtown Riverside court house. Thus they started their life together. Millie became pregnant after he returned and their first of two girls was born, named Georgia.

Georgia was always very involved in many things at one time, from sports: very competitive baseball, track and field, basketball, jacks champion of Riverside County schools; to Choir: lead singer for most school events, her and her sister won a talent show by singing "A Spoon Full of Sugar" from the movie *Mary Poppins*; also did Drama and took French in Jr, High and was awarded a summer scholarship in Europe for three months.

At one time Georgia wanted to be a nun, but then she discovered boys and that was that. Also, Millie told her she wanted grandchildren. Georgia became a top debater in high school, not only in Riverside, but in the state and nationally. She wanted to be a lawyer but was told "girls don't do that" by her parents. Millie had always wanted to be a nurse so Georgia reduced her public speaking and desires for law and went in nurses aide work with the Red Cross and became Certified very quickly. Georgia always wanted to be a nun, but the sisters thought she was like Sister Maria from *The Sound of Music* and there were other plans for Georgia. She just wasn't quite nun material. She was a little out-spoken, which nuns aren't, so she moved on again. She became a nurse and one of the First Treatment Nurses (Pre-Paramedics in the State of California). She continued to work in the nursing field. Then married her high school sweetheart and worked for Riverside General Hospital as a nurse for three surgeons as well as their insurance biller.

Georgia has always multi-tasked. She had two wonderful sons. Georgia always wanted boys and at one time wanted 14 children, but was only able to deliver two beautiful sons. Although Georgia was seemingly talented to others, she was depressed or always felt she wasn't quite good enough and was urged to persevere by her parents. "You never quit", her folks said. "You're a Veatch. You keep trying and be the best you can be!" But with a bad marriage and a surgery that went wrong, Georgia ended up in an Institute for the Mentally Disabled (IMD) (locked facility). But, while in there, she assisted clients also in there, in going to Social Security and filling out their forms, and did better at it than the staff. Georgia was depressed, but work helped her survive. She also promised



herself that if she got well she would help other patients or consumers. She was told in the IMD, "NO ONE wants YOU!!" She was giving up hope. She promised herself she would help others with disabilities, and also help them apply for benefits so they could have a second chance in life, with care.

Her parents finally found her in the IMD and she was dying because the surgery had gone bad. They brought her back to Riverside to live with them. They Got her good physical and mental medical care. The first place she went to was Crisis Outpatient on Magnolia. She was so weak, the staff had to come to the house to see her. Next, she went to CCC South (Continuing Community Care) where she met the love of her life, Fred Smith. He said "Let me show you around" and "don't be scared, this is a good place and you'll get well here." They became good friends and Georgia's parent's really liked Fred, too.

Her next battle was to fight to get her sons back, as well as fight the severe depression she was experiencing, but her sons needed a good life. She and her family and Fred started the battle, one of many. She fired her attorney, because he was playing her and her ex-husband off each other. She fired him in court and represented herself. One of her many motivators was Linda Ramos, a day treatment worker now the head of Jefferson Wellness Center. Georgia started to volunteer with Riverside Office of Patient's Rights, winning Social Security cases for clients of Riverside and then became involved with the Mental Health Boards and advocacy on behalf of clients. Being in court and winning clients benefits and helping them get their lives back with quality health care and some money to pay for bills and get back to work was and is her goal. Georgia believes she went through what she did so she could help other clients and their families turn their lives around. She lives for that and

DeGroat (Continued on Page 6)

The Holiday Blues



Many Americans thrive on the hustle and bustle of the holiday season. Family gatherings, delicious food and pretty packages are sacred memories.

For others, however, this special season brings despondency. Though some may scoff at the idea that the holidays bring on more depression than any other time of the year, health care workers will testify that treatment for mental distress soars during these months.

One type of depression is called "seasonal energy syndrome." This condition is a chemical imbalance in the body due to shortened periods of daylight.

Death, divorce or relationship disturbances may also produce depression. People tend to view the holidays as anniversaries with which they measure their lives' progression. Even if an individual wasn't particularly well liked, his/her loss may create a void. The older one gets, the more losses occur.

Traditionally centered around togetherness, the holidays can be difficult for those estranged from family or friends. Thinking that the magic of the season may help heal strained relations may only produce severe disappointment. If all hasn't been well for a long time, chances are the holidays won't cure the problem.

Parents unable to share the season with grown children or military personnel stationed far from home may experience intense loneliness.

Other contributors of holiday depression are commercialism, frantic shopping trips and stress from extracurricular activities, preparation of meals and scheduling of get-togethers.

---by Julaine Siegel

TIPS FOR COPING WITH THE HOLIDAY BLUES

- Face your depression head on. If you feel it setting in, don't fool yourself into believing that simply surviving the season will make everything all right. This may lead to greater problems the following year.
- Talk about your feelings with someone—a minister, spouse or friend. These individuals may help you recognize the origin of your feelings. A trained mental health professional can also aid you in understanding your depression and suggest methods of dealing with it.
- Let go of the past. Each holiday season is different and should be enjoyed in new and different ways.
- If you are lonely, don't sit at home and watch "White Christmas." Spend time with those who do care for you. Share meals and visit with the needy. This will direct your mind away from yourself. You may also make new friends and discover the satisfaction of volunteering.
- Keep expectations of the holidays realistic by not attempting to tackle the impossible. Maintain sensible spending and balance activities.
- Avoid excessive amounts of eating and drinking. This will only worsen your problems.
- Last, but not least, don't spend all your energy on everyone else. Find some time for yourself.

DeGroat (Continued from Page 5)

now does it statewide and nationally, but still as a volunteer.

It's easier to help a client to talk to their families or doctors or Social Security because she's been through what they have. But she admits "you can never stop learning" and says "you always give back to where you came from. I love to do fundraising for clients' children (fill the backpacks, holidays, Christmas, or other events) and for all age groups, children, adults and senior. You don't leave anyone out. Volunteering is just like a job: You give it all you've got. And don't forget self-help. The DBSA has helped me, so I try to help others, as well. The DBSA and its members have been there for me when my disabilities physically deteriorated. Members have been there for me as well as I for them. I can't imagine life without the DBSA members and my friends. Or the Mental Health Boards

that I'm active on, or the CNMHC; for we need to help people get their lives back again!"

"I'm hoping with the Mental Health Services Act to go back to work full time and help other clients get the quality of their lives back. We together can make this world for people with disabilities a better place by all working together. Together we can change the world and how services are delivered, so clients and their families get back to LIFE! I know that all of us working together we can make this world a better place and make recovery a reality."

Never for the sake of peace and quiet
deny your own experiences or convictions.

-Dag Hammarskjöld

Holiday Food Baskets

Every year we collect various non-perishable food items and place them in colorful baskets to distribute to people who could use some extra food close to the holiday. If you would like to help, here is a list of a few ideas:

Keep in mind that we want them to fit in the baskets, so smaller items are preferred.

1. Shelf-life jello, pudding, and fruitpacks
2. Canned fruit, vegetables, soup, meat, spaghetti, cranberry sauce
3. Small juice cans
4. Packages and mixes of cake, macaroni, rice, noodle meals, scalloped and mashed potatoes, stuffing mix
5. Peanut butter, small boxes of cereal, crackers, cookies, and cakes
6. Holiday napkins, small decorations, small child's toy, holiday candles.

If you would like to receive a basket (there will be a limited number), contact us at: (951) 780-3366.

Bring items by November 17.

**Make someone's Holidays
a little happier.**



Striving the Right Way

We expect to be loved and are quick to condemn those who do not comply. We believe that life comes with a guarantee that we will be loved. It rarely occurs to us that the degree to which we are loved is directly related to our lovability.

We are all acquainted with individuals who are constantly moody, who look for the dark side of everything, who are fearful of commitment, who shirk from responsibility, who flare up are the least provocation and then wonder why they are not sought after; why they are not loved.

It is when we ask for love *less* and begin giving it *more* that the basis of human love is revealed to us.

*Source: Leo Buscaglia "Born for Love"
As appeared in Light and Dark/
DMDA Dallas
As seen in Mood Challenge
September, 2005*

Whoever You Are

There is some younger person who thinks you are perfect.
There is some work that won't get done if you don't do it.
There is someone who would miss you if you were gone.
There is a reason for becoming better than you are.
There is a place to be filled that you alone can fill.

*Source: Author Unknown, Jewish Voice
As appeared in Light and Dark
/DMDA Dallas
As seen in Mood Challenge
September, 2005*

Good Friends, Long Life

People who have many friends and who spend a large amount of time with them live longer than people with fewer social outlets, according to a study of elderly adults. Researchers found no link between longevity and time spent with family.

Over the course of 10 years, the most socially connected of subjects were 22 percent less likely to die than people who had few close friends and little social contact. Researchers speculate that close friends help their companions stay on top of physical and emotional problems.

*Source: Psychology Today
September/October 2005*

We are not human beings having a spiritual experience,
we are spiritual beings having a human experience.

-Anonymous

For those of you who may be interested in this:

WEBCAST: DISASTER PREPARATION FOR PEOPLE WITH PSYCHIATRIC DISABILITIES

The Substance Abuse and Mental Health Services Administration's (SAMHSA) Center for Mental Health Services (CMHS) is pleased to invite you to participate in an interactive webcast of the Self Direction Education Project.

Event Title: Peer Support: Disaster Preparation for People with Psychiatric Disabilities

Date and Time: December 15, 2005 (Thursday) 1:00 - 2:30pm Eastern Time (10:00 - 11:30am Pacific Time).

The December 15, 2005 webcast will focus on using self direction/peer support in times of disasters. Join us as we discuss using self direction/peer support in planning for and reacting to disasters. Learn from those that have lived through such disasters and what can be done and how self direction/peer support can be utilized. Also note that resources will be shared pertaining to disaster preparation for people with psychiatric disabilities. Complete information and speaker list will be forthcoming.

To view the webcast and for Coordinates of Satellite Connection go to: www.ConnectLive.com/events/samhsa

Type in www.ConnectLive.com/events/samhsa into your internet browser. The satellite coordinates will be posted on this same webpage.

For additional information, please contact Jackie Golden DB Consulting Group Inc 301-589-4020 ext 211 or through e-mail jgolden@dbconsultinggroup.com

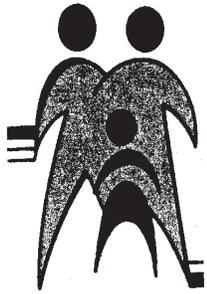
U.S. Alters Test Policy On Psychiatric Drugs

FDA Won't Require 6-Month Studies

The government will back down from a plan to require long-term studies of new psychiatric drugs before allowing them on the market, regulators said yesterday.

The reversal of the recently adopted policy came after a panel of experts unanimously recommended against requiring such studies as a condition of approval. While such studies are needed, the experts said, delaying decisions on new medications would hurt patients. (For full article go to *Source*)

Source: <http://www.washingtonpost.com/w-dyn/content/article2005/10/25/AR2005102501576>



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

**The Starting Point 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

DBSA P.O. Box 51597 Riverside, CA 92517-2597
FAX 951/780-5758



Join us on Thanksgiving Day November 24th

12:00 noon at Jo Ann's



Other holidays include: Memorial Day,
4th of July, Labor Day,
and Christmas.

See lower front column of this
newsletter for directions.

DENNIS THE MENACE By Ketcham



"WE SHOULD BE THANKFUL THE PILGRIMS CAME OVER
ON THE MAYFLOW INSTEAD OF THE TITANIC."



Phone Phriends

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

Leroy
6 a.m. to 9 p.m.
951/686-5047

Yen
951/315-7315

Kevin
kevin2004n@aol.com

A Daily Prayer

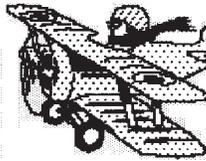
“Dear Lord, so far today, I’ve done alright. I haven’t gossiped, haven’t lost my temper, haven’t been greedy, grumpy, nasty, selfish or over-indulgent. I’m very thankful for that, but in a few minutes, Lord, I’m going to get out of bed, and from then on I’m going to need a lot more help.

Amen.”

-Unknown

Source: *Swinging Times*
As seen in *Mood Challenge*

September 2005



ANNOUNCEMENTS

TEMECULA DMDA

Mark Monroe
951/926-8393

UPLAND DMDA

FONTANA DMDA

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

HEMET SUPPORT GROUP

Hemet Support group meets at
Trinity Lutheran Church
Tuesdays, 7 to 9 pm. Fridays,
1:30 to 3:30 pm
Please call 951/658-0181 (Lyla)

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
Contact Sheri 951/784-7402
s1-matsumoto@sbcglobal.net

For Support People:

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave. near Magnolia)
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna
No meeting July or August

Calling all interested consumers!

NAMI-In Our Own Voice: Living With Mental

Illness

We are looking for consumers who are interested in sharing their personal recovery stories. In Our Own Voice: Living With Mental Illness (*IOOV*) 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, during working hrs.



Stipends will be paid for presentations.



For more information, or to be put on a waiting list, please call:

Allison Hoover, IOOV Coordinator
951/ 686-5484

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

DBSA-Riverside

Map Legend

★ Meeting Location

TTTT = Parking

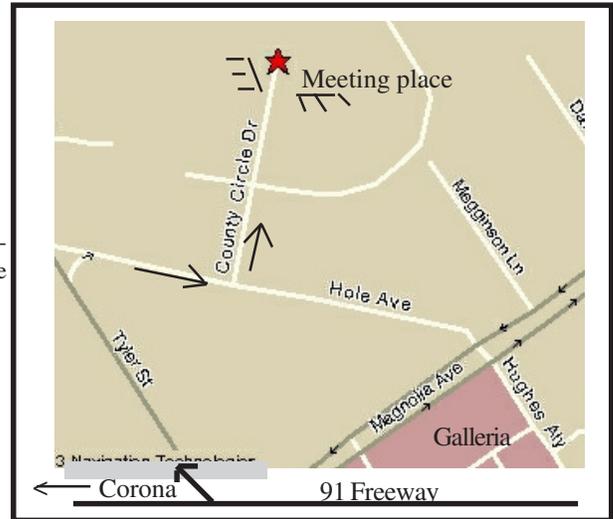
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For meeting-day

route times, please call RTA at 800/266-6883 toll free. If you qualify for Dial-a-Ride, a door-to-door service for the handicapped, info is available at the same phone number. * as well as other parts of Riverside.

About DBSA-Riverside

DBSA of Riverside is a support group for people who have depression or bipolar (manic-depressive) disorder and who have sought or are seeking treatment for their illness. DBSA 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 JoAnn Martin on the Saturday afternoon following the last sharing 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 JoAnn or Leroy at 951/780-3366. Our sharing meetings are held every Saturday of each week 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. We welcome professional care providers and adult family members and friends. Please note our new area code - 951, effective on July 17, 2004.



MEMBERSHIP INFORMATION

Individual membership for the Depression and Bipolar Support Alliance 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, please indicate below. 

Mail to DBSA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____ Please Print New Renewal

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____

ZIP _____ E-MAIL ADDRESS _____

Please check one of the following:

I have: Bipolar Disorder (Manic-Depression) Depression

I am a Family Member Professional

None of the above

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

Enclosed is my payment for DBSA 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.