



The Thermometer Times

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

VOL. 17 NO. 2

Out of darkness . . .

February, 2005

Dates to Remember

CARE & SHARE GROUPS

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

**Every Saturday,
10 am–12 noon**

Riverside County Mental Health Administration Building

(see page 7 for address)

We'll meet on

Saturday,

February 5, 12, 19, and 26.



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, old and new.

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

What's in a Smile

by Kimberly Bailey

Sometimes your joy is the source of your smile, but sometimes your smile can be the source of your joy. -Thich Nhat Hanh

OK ... so you have a sappy, supposedly inspirational quote. It is just an old wives' tale - just a silly quip. It doesn't really mean anything. Right? Maybe ... maybe not. Doug Horton offers, "Smile, it's free therapy." There just may be something to this!

In psychology, there is a theory entitled the "facial feedback" hypothesis. This hypothesis states that "involuntary facial movements provide sufficient peripheral information to drive emotional experience" (Bernstein, et al., 2000). Davis and Palladino explain that "feedback from facial expression affects emotional expression and behavior" (2000). In other words, you may actually be able to improve your mood by simply smiling!

A number of research projects lend credence to this hypothesis. One study, conducted by Levenson and Friesen, found that autonomic changes similar to those seen with emotions were experienced by participants who were instructed to make certain faces. That is, a person told to make an angry face experienced increased blood flow to the hands and feet, which is also seen in those who are experiencing anger. Participants from another study involving posed faces reported more favorable impressions of other people when asked to smile. Research has also found that mimicking the face of someone else elicits empathy (Berstein, et al., 2000). In another research setting, participants were either prevented or encouraged to smile by being instructed how to hold a pencil in their mouths. Those who held a pencil in their teeth and thus were able to smile rated cartoons as funnier than did those who held the pencil in their lips and thus could not smile (Davis & Palladino, 2000).

So what does all of this mean? The next time you are down - the next time you are feeling blue or just plain old blah - SMILE!! An action as simple as that just may improve your spirits. It is most certainly not a cure-all, but in the struggle with the gloomies, everything that helps in even a small measure is worth a try! Dame Sybil Hathaway sums it up best, "Smile, damn it!! Smile."

Having trouble forcing a smile? Here are a few suggestions that may help liven things up!

Continued on page 2 (Smile)

Continued from page 1 (Smile)

- Smile; it's the second best thing one can do with one's lips.
- Jump on the bed (my personal favorite)
- Make faces at yourself in the mirror
- Bake cookies
- Dance
- Find a playground
- Find your baby pictures
- Hug someone you love
- Take a walk in the rain
- Watch cartoons you loved as a kid
- Imitate a well-known comedian with exaggeration
- Visit a pet store

Source: *Bipolar Disorder Newsletter*
as seen in *Mood Challenge*
April, 2004

Stress Alert

Stress can cause a lack of sleep, and a lack of sleep can contribute to stress. It's a pretty vicious cycle!

"Courage is doing what you're afraid to do. There can be no courage unless you're scared."

--Eddier Rickenbacker

Bizarro

By Dan Piraro

I believe we left off last time with your admission that your wife is making you come to therapy.



The Thermometer Times 16280 Whispering Spur Riverside, CA 92504 (951) 780-3366

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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

Check us out on the web!

See page 7

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)



Sunday, January 30, 2005 at 1:30 pm Jo Ann Martin's

Ruth Kellogg



**A Memorial
Tribute to
Ruth Alice Kellogg**

**October 29, 1910
December 10, 2004**

**Opening remarks
Reverend James Stout**

**Sharing of Memories
Nathalie Martin, granddaughter
Bob Kellogg, son
Brenda Peters, friend
Saul Kent, son-in-law**

**Caregivers and other special friends
Carlos**

Marcy

Alice

Mo a

Flo

**Others who wish to share
Willie, the beloved cat
Jo Ann Martin, daughter**

Sunday, January 30, 2005 at 1:30 pm Jo Ann Martin's

Music Sung by Jo Ann Martin

Come Saturday Morning
I'm goin' away with my friend
We'll travel for miles on our Satur-
day smiles.
And then we'll move on
But we will remember
Long after Sturday's gone

Come Saturday Morning
I'm goin' away with my friend
We'll Saturday laugh more then half of a day
Just me and my friend
Dressed in our rings and our Saturday things
And then we'll move on
But we will remember
Long after Saturday's gone

Loving Remarks Shared by JoAnn at the Memorial

Peanut brittle, Dr. Pepper, doughnuts, Kentucky Fried Chicken, crackers & cheese, M & M's, corn on the cob, sweet & sour pork, and Arby's sandwiches.

These things will always remind me of my mom. I feel very lucky to have known my mother for nine years, I mean really get acquainted with her. She was always on the go... my father would say she was born on wheels. She was a traveler and went to Michigan by herself for many years to visit her family. She even flew on a Lear jet! Whenever I would pick up my purse she would say "go in someplace?" and she would be up and ready to go in an instant.

I would buy outfits for her which were put together in creative ways. She was like my "Barbie Doll". We took pictures at Glamour Shots and had her wrinkles removed (retouched). She was so proud of them.

When I thought her eyesight was too bad to read greeting cards, I "blew them up" by painting them larger. One day, I noticed she was pointing out people in tiny pictures to her care givers. She had let me go on for months, carefully making these cards without letting me know that she could see small cards just fine.

If it were not for the generosity of my husband, Saul, mother would not have been able to die peacefully at home with 24 hour care for the past year and I am very grateful for that.

She was an avid reader and could read a book in one day for many years. I remember my father saying, bring flowers to the ones you love while they are alive, don't wait until they die. So I would buy flowers or pick them from our gardens often...My father always bought red roses for her...so I tried to keep some around most of the time.

Finally, my mother was a very religious person, held no prejudices, read her devotional daily, and prayed for all the fam-

ily. She was very generous and kind. She loved her family and her family loved her. There were many times both she and my father would come and rescue me when I worked in Detroit and had car trouble in the middle of the nite.

Toward the end of her life, she still could remember birthdays and anniversaries that I couldn't, and she couldn't get out with me. Now I feel her presence with me all the time and it is easy to take her along. She is kind of "in my hip pocket" wherever I go.

I miss her, but then again, she is with me... all I have to do is think about her.

Willie



I was born in 1992. One day I found myself on a post and I was so small (believe it or not), that I could not get down. I hollered and hollered. A big guy came out and I guess he thought someone was yelling "help, help.". He brought me into his house and I've been here on Whispering Spur ever since.

I fell in love with a beautiful lady named Erico who visited us. After she left, I sat for two months in my room waiting for her return. I was so lonesome. One day, my mom said, "You are going to have your

grandma and she will never leave you.

It was exciting for me...My grandma took care of me and always saw that I had my treats and I was never hungry. I slept beside her every nite. Sometimes I would sit on "grammy's jamies" all day. We were a happy pair.

It was sad to see my grandma getting weaker and the trips to the hospital. I did not like to visit her in the nursing home and was so happy when she came home. Other people came to take care of her. I was always watching to see that they were doing a good job. I saw how she would push this bell to have them come in to help at nite. One nite, I pushed the bell myself 'cause I was hungry. Boy was her caregiver angry when she came

in the room to see me standing by the bell and Grammy fast asleep.

I really miss her a lot and keep hoping she will come back soon. I thought when we went to Florida, she might be there waiting for us but she wasn't.

Anyway, I am happy to have had my "Grammy" for nine years. I'll never forget her.

Love,
Willie

*Though a light from our lives
has grown dim, and a voice
We loved is now still-
There remains a special place
In our hearts that forever with love
will be filled.*

very

The Will To Win

is what makes us humans different.

We love life, not because we are used to living

but because we are used to loving.

—Nietzsche

Some things are meant to be personal.

Some things should be kept to yourself.

Yeah.

But it's hard, because I have a friend who is contemplating suicide.

A fatal illness. Pain. Fear of becoming a vegetable. All are contributing to my friend's thoughts. Having once experienced a chronic and painfully debilitating illness myself, and having thought similar thoughts, I can see both sides. But I'm well now, and that also colors my perspective.

So I have something to say to this friend, only I don't know quite what it is, or how to say it. At least I didn't until I saw something happen last week that stimulated a rush of long-buried feelings.

The treetop outside my fourth-floor window has grown so much in these last two years.

A swallowtail butterfly, pictureframed in the roomlike hollow in its topmost branches. Just level with my chest if I go out and stand on the balcony. Greenness. A green room. A natural prison.

The butterfly-- I just happened to see it as I sat reading--seemed trapped there.

It caught my eyes, the moving, fluttering, yellow-black flower. Gently bouncing off the green leaves, pausing, resting to hang bobbing on the end of a twig.

I watched it, off and on, through the afternoon. Fluttering from one side of the little room to the other. Banging into leaves, butting branches, trying, always trying, but never quite making it through.

Fly downward, idiot, I thought. There's plenty enough room to make it out..

But that was from my objective viewpoint. I was not out there struggling in the green.

The next morning, when I opened the drapes and window to let in the fresh air, I saw it there. Still quietly clinging to a leaf.

When I got home, it was still there, only on another leaf. And when I leaned out and peered closely across the six-foot rift, I could see a slight fraying to the tips of both wings.

That evening it was still there, and I really began to get concerned. But how could I help? It was too high to climb and the branches would not bear my weight if I could. Frustrated, I could only watch.

The next morning it was gone. And I finally felt relief.

Two days later, while walking to my car, I passed under the tree. By my foot I caught a glimpse of black and yellow and bent down and found the dried-up husk of that gentle, ultra-light flying machine. Unable to physically push itself from its treetop prison, and unaware that it had to fly downward to escape, it had finally found the ultimate release in death.

One of the things that seems to make humans different from most other living creatures (I'm not yet ready to concede *all*), is our ability to imagine the future. To anticipate. Maybe that's the difference between calmly sitting on a leaf until you die, and hastening the process yourself.

Both are equally tragic in their own way. The loss of yet another wild and fragile creature. The loss of yet another friend.

And I can't begin to understand the right or wrong of it, or what it all ultimately means. But that's not the purpose of this column--to quibble with the way of things. To argue with the god or gods on the why or why-nots of life.

I'd just like to advance the suggestion that a man or a woman is even more infinitely beautiful and durable than a simple little black-and-yellow butterfly.

If only because you *can* come up with that extra little effort when you find yourself struggling against the leaves.

Because we have been gifted with the sense to try.

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Submitted to *The Thermometer Times* by Yen Pomeroy, in loving memory of Michele Thurman Poole.

Blame genes for ill moods

Depression: Scientists find a marker that could lead to better treatments.

BY BENEDICT CAREY
NEW YORK TIMES NEWS SERVICE

Sunday, December 12, 2004

Scientists in North Carolina have discovered a genetic variation that could predispose people to depression and may help explain why some people who develop the condition get no relief from drug treatments.

The findings, which were posted last week in the online edition of the journal *Neuron*, may allow researchers to develop a test for genetic vulnerability to depression and to create more effective treatments.

“The results need to be replicated, but they suggest that we may be able to personalize the treatment of depression,” said Dr. Thomas Insel, director of the National Institute of Mental Health, which helped finance the study. “We might be able to predict, based on the presence of this gene variation, whether someone will respond to certain antidepressants.”

Dr. Marc Caron and Dr. Xiaodong Zhang, biologists at Duke University Medical Center, led a team of researchers who identified a mutation of a single gene that greatly reduced the amount of serotonin produced by brain cells. Serotonin is a chemical messenger active between neurons, and it has a powerful effect on mood.

Although scientists do not yet fully understand how the serotonin system works, higher circulating levels of the chemical are associated with lighter moods. Antidepressant drugs like Prozac and Zoloft help lift feelings of despair in some people by prolonging the action of serotonin, experts say.

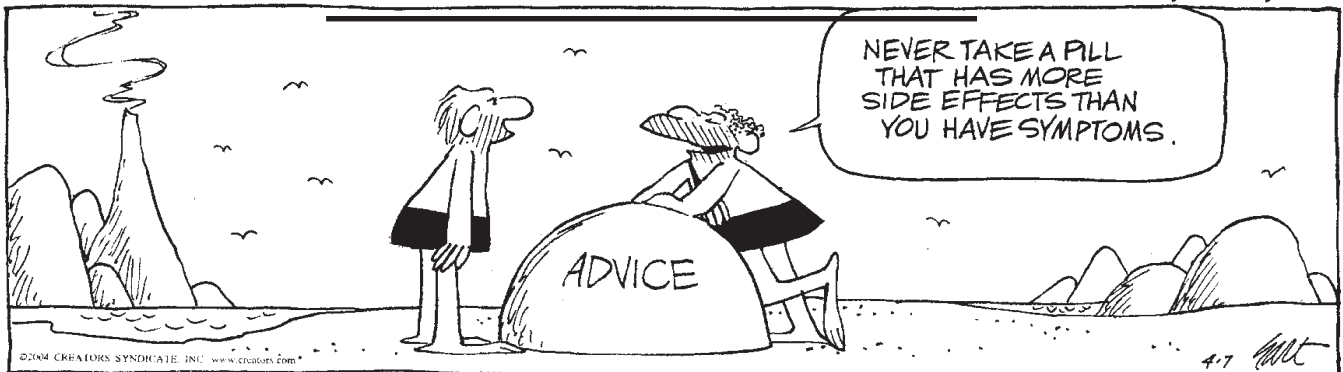
The researchers tested for that gene variation in 87 people with depression, and found that 10 percent had it — a significant genetic correlation, for a disorder that is influenced by multiple genes. They found that less than 1 percent of a comparison group without depression had the mutation.

In previous work, the scientists had shown that mice that have the same genetic variation have significantly reduced brain levels of serotonin. The mutation causes about an 80 percent drop in serotonin production in laboratory tests.

This is the first mutation that actually reduces production of serotonin, a factor linked to anxiety, depression and other mental troubles, Caron said.

B.C.

By Johnny Hart





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 for the Holidays

Picnics or dinners
at noon at Jo Ann's

Swimming, badminton, spa, food and more...
during summer months.
Friendly sharing during the winter
Bring a salad, main dish,
or dessert.

If you can't bring a dish, come anyway. Meat &
beverage
will be furnished.
Holidays include: Memorial Day,
4th of July, Labor Day,
Thanksgiving, and Christmas.
See lower front column of this
newsletter for directions.



DeAnza Professional bldg
225 N. San Jacinto Ave., Ste. 8
Hemet, CA 92543

NEW BORROWERS MUST REGISTER FIRST

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.

For further information or registration,
please call Sue McElree
at 951/652-2811, Ext. 5762

An Unwanted Side Effect: But There's Hope

By KEVIN NENSTIEL

For many of us on medication, the unwanted side effects of our medications can cause several things to happen. Either we have the big "C" word, Constipation or we have the big "D" word, Diarrhea. We don't talk about them because they can be a private and embarrassing subject. Constipation is what I want to address in this article. Yes, it is terrible to be constantly running to the bathroom, but in my opinion it is also bad if you have problems eliminating. I have been told by doctors, as you have probably been told, that you need "more fiber" in your daily diet. One doctor was bold enough to ask me if I really needed all that medication! Well, duh! Just how to go about it, can leave your wallet in a dilemma and your body feeling sluggish and bloated.

While Metamucil can be costly, there is an alternative. Generic Metamucil (Natural Fiber Powder) is just as good as the real stuff but at a reduced cost and I buy mine at K-Mart for \$6 (American Fare or Top Care are some of the generic brands). I am discussing the orange-flavored sugar-free type. I eat breakfast and have about 1/3 cup of bran (Kretschmer Toasted Wheat Bran - Stater Brothers have it but Ralphs do not seem to) mixed in with my oatmeal. The wheat bran is located in the cereal aisle at Stater Brothers. As boring as it may sound, I have it every morning. Mid afternoon is when I have my Metamucil. Below is my recipe for a "Metamucil Smoothie" (yes, you will need a strong 5-cup blender - I have an Oster brand blender I bought at Target for about \$50).

1. Cut one apple or peach or nectarine or whatever fruit happens to be in season into bite-sized pieces (you may want to use canned fruit (about one cup will do).
2. Cut up one banana.
3. 1/4 cup of frozen blueberries or strawberries

4. 3/4 cup of prune juice

5. 1/3 cup of generic Metamucil (no doubt, Citrucel would work as well).

6. Protein Powder (1 scoop) - Optional

Add 1-1/2 to 2 cups of peach or plain yogurt in blender and blend again until smooth.

The way I drink my smoothie is to have about half of the mixture one day and the other half the next day. This saves on money and gives your blender a day off in between. It is very tasty and it tends to thicken as it sets in the refrigerator (you may have to eat it with a spoon the next day). Blend these ingredients together in blender until smooth or use other fruit. By the way, this recipe makes 4 to 5 cups.

Since I've been adding bran to my oatmeal and Metamucil to my smoothies, I don't usually have a problem with irregularity. The only side-effect I experience is a little bit of acid reflux which usually subsides as the day goes by. I just wish my "time" occurred in the morning!

Tips on the Care and Treatment of Bipolar Disorder

The Mayo Clinic recently posted a new Internet article on bipolar disorder. It includes information about symptoms and medications and also good tips for caring for yourself and coping skills - including the importance of support groups. You can find the article at www.mayoclinic.com, then click on "Diseases and Conditions" then look down the alphabetical list.

Source: *MoodPoints Fall 2004*

Of Serotonin and Spirituality

Serotonin, the brain chemical crucial to mood and motivation, also shapes personality to make you susceptible to spiritual experiences. A team of Swedish researchers has found that the presence of a receptor that regulates general serotonin activity in the brain correlates with peoples (sic) capacity for transcendence, the ability to apprehend phenomena that cannot be explained objectively. Scientists have long suspected that serotonin influenced spirituality because drugs known to alter the serotonin system such as LSD also induce mystical experiences. But now they have proof from brain scans linking the capacity for spirituality with a major biological element.

The concentration of serotonin receptors normally varies markedly among individuals. Those whose brain scans showed the most receptor activity proved on personality tests to have the strongest proclivity to spiritual acceptance.

Reporting in the American Journal of Psychiatry, the researchers see the evidence as contradicting the common belief that religious behavior is determined strictly by environmental and cultural factors. They see a biological underpinning for religiosity, and it is related to the neurotransmitter serotonin.

Source: *Polar Star, MDDA of Los Angeles, Summer 2004 as seen in DBSA Tampa Bay Newsletter, December-January-February, 2004-2005*

It is one of the most beautiful compensations of life that no man can sincerely try to help another without helping himself.

Ralph Waldo Emerson



An Innocent Cup of Coffee: Drugs that Don't go with Java

By Morgan Landry, PS

I panicked when I saw the pale, shaking young man staring back at me with dilated pupils. I knew I was looking at someone who thought he would die of an overdose. A caffeine overdose.

My boyfriend, Robert, told me later than his heart was beating so hard that he felt his pulse in his tongue. In the emergency room, he learned that he had a resting heart rate of 138. That means his heart was pumping hard enough to get him through a very long, exhausting race while he was sitting quietly in a chair. Untreated, he would have died of a heart attack at age 19. Luckily, he did not die, but he did learn a little-known lesson the hard way.

When Robert drank his usual two double-shots of espresso that morning, he expected his body to wake up, not freak out. He did not know that the antidepressant he just started taking, Imipramine, made him more sensitive to caffeine. His doctor did not warn him. His drug prescription information did not list a warning against using caffeine either. What Robert didn't know did hurt him.

One serious consequence of taking medication is the risk of drug interactions. Some drugs just don't mix well and create deadly consequences. Most of the time, medication information comes with each purchase of the drug. Patients should take this information seriously and inform the doctor of every drug they take. Despite common misconceptions, caffeine is a drug.

Medlineplus, a database of health information sponsored by the U.S. government, says that a doctor should know if his or her patient takes any of the following while taking caffeine: Amantadine (Symmetrel), Amphetamines (Desoxyn, Dexedrine), Appetite suppressants (diet pills), Bupropion (Wellbutrin), Clonidine (Ulon), Cocaine, Fluoxetine (Prozac), Asthma

medicine or other breathing problem medications), Medicine for colds, sinus problems, hay fever, or other allergies (including nose drops or sprays), Methylphenidate (Ritalin), Nabilone (Cesamet). Other medicines or beverages containing caffeine, Paroxetine (Paxil), Pemoline (Cylert), Sertraline (Zoloft).

Using any of these medications with caffeine can cause irritability, trouble sleeping, nervousness, seizures, or changes in heart rhythms. The site also says that taking the drug with Monoamine Oxidase Inhibitors (MAOIs) can cause extremely high blood pressure or dangerous changes in heart rhythm.

When I switched medications recently, I noticed that I became jittery after my daily cup of coffee. "Switch to decaf," my psychiatrist told me. My symptoms disappeared. Although giving up my daily boost is difficult, I already learned from my boyfriend that some drugs and caffeine don't mix.

Source: Published by the Mental Health Association of Tarrant County, Texas, Vol. 1, No. 1 as seen in The Rollercoaster Times, DBSA Newsletter of Orange County, CA, Winter, 2004

Read Personal Stories -- or Post Your Own

Several websites allow people to post their stories--the ups and downs of their journeys with mood disorders. Our national organization has a great one - check out the stories at <http://www.dbsaliance.org/Stories/storymenu.html>. Another good site is <http://www.mindhorizon.org/mental-disorders-personal-stories.htm>. Not only might you see yourself in some of these stories, they can be a tool for helping a friend or family member understand what you go through with your mood disorder.

Source: Moodpoints, Fall 2004

Website for DBSA Riverside

The website address for our Riverside group is: dbsaofriv1@aol.com. And for DBSA of California go to: dbsaofca1@aol.com.

Six Chix

By Margaret Shulock





Phone Friends

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

951/682-9519

Yen (cell)

951/315-7315

Patrick

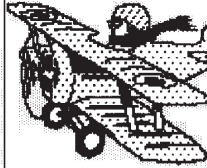
noon to 9 p.m.
951/359-4755

Kevin

kevin2004n@aol.com

Attention Newsletter Subscribers!!!

Those who have not renewed subscriptions to the Thermometer Times or renewed membership to DBSA- Riverside have been dropped from our mailing list. You will need to re-apply to receive our newsletter if your name was dropped. Exempt status (newsletter) persons must notify us of a desire to continue receiving the newsletter. Thank you.



ANNOUNCEMENTS

THE UPLIFTERS

(Christian emphasis) meets at
The Grove Community Church
Contact Arlie 951/780-0379

UPLAND DMDA FONTANA DMDA

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

HEMET SUPPORT GROUP

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)

TEMECULA DMDA

Mark Monroe
951/926-8393

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 951/737-5747 (call FIRST)

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:

*Dave Neff, Program Coordinator
(951) 686-5484 or e-mail: neff@jtpfriends.org*

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 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 JoAnn or Leroy at (951) 780-3366. Our Rap Group Meetings are every Saturday of every 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.

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