



# The Thermometer Times

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

VOL. 23 NO. 11 Out of darkness . . . November 2010

## Dates to Remember

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### CARE & SHARE GROUPS

Clients, guests and professionals are invited to come and participate.  
Riverside County Mental Health Administration Building  
(see page 9 for address & map)

**Saturday 10:00 am - 12 noon**

**November 6, 13, 20 & 27**

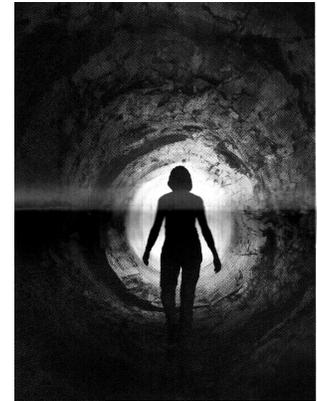
**Meetings start promptly at 10 am.**

**Do yourself a good turn: Be on time...visit with friends before the meeting.**

**If you come late, please enter quietly.**

## Treasures Out of the Darkness

Juanita Campbell Rasmus



No one could have made me believe that with my jubilant, out-going, assertive, and energetic personality—think Energizer Bunny — I would wake up one morning and seemingly have the life sucked out of me. August 27, 1999, was such a morning.

I awakened to prepare breakfast for my family, and afterwards my husband, Rudy, offered to take the girls to school. I was appreciative of a few extra minutes to get ready. I thanked him and kissed them goodbye. After finishing my makeup I walked out of the bathroom, and I began to feel sick. I called my administrative assistant and told her that I wasn't feeling well, so I would be in around noon. I hung up the phone and saw myself pick it up again, push the speed-dial button and say "I won't be in today, I don't know when I'll be back. I'm taking a leave of absence or medical leave or something." I hung up the phone and proceeded to have what my grandmother would have called a nervous breakdown. I lay down and experienced a downward spiral into a pit of darkness.

In the days to follow I would become overwhelmed by anxiety, lose my ability to concentrate and remain cloistered in my home. I slept 18—20 hours a day, awakening only long enough to be aware of my family's coming and going and to nurse my ravenous hunger. I found myself thinking that if I could just get enough sleep I could shake this off.

The Sunday before that fateful day, which we affectionately call "the crash," ironically I had preached a sermon on the need to seek balance and renewal. I pointed to the biblical model of creation, how God illustrates that balance in his six days of work and resting on the seventh. In retrospect I had not lived a life of balance, boundaries or renewal. I believe "the crash" was the evidence of that. An incredible psychiatrist, who first suggested I see my primary physician to rule out other illnesses that mimic depression, aided the road to recovery. She helped me select the antidepressant that might be most effective and have the fewest side effects. She put a name to the panic attacks I had been experiencing as bouts of fear and anxiety. She was careful to question whether I had experienced any suicidal thoughts. I was diagnosed that day with a major depressive episode. I walked away with a prescription and hope. Now I knew what was wrong and could begin to focus on healing instead of the gloom that comes with not knowing.

I got help finding a therapist, and I couldn't have asked for a better person. He had been a clergyman and in his retirement became a Jungian analyst. He

*Continued on page 2 (Treasures)*



Come to Jo Ann's

## THANKSGIVING DAY

See details on page 7

**Web Site for**

**DBSA, Riverside:**

<http://dbsatoday.com>

**E-mail for DBSA, Riverside:**

[dbsaofriv1@aol.com](mailto:dbsaofriv1@aol.com)

**E-mail for DBSA, California:**

[dbsaofca1@aol.com](mailto:dbsaofca1@aol.com)

*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

## A Note From the Editor

As always I invite you to submit your stories, poetry and/or drawings for review and possible publication in the newsletter. Your articles allow us to get to know you in greater depth and to learn of your accomplishments and your many talents, interests and assets. They also contribute to our readers' well being and recovery.

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

It may be mailed to: The Thermometer Times  
% Jo Ann Martin  
16280 Whispering Spur  
Riverside, CA 92504

E-mail it to: joannmartin1@aol.com

FAX to: 951/780-5758

I look forward to your contribution. Share your wisdom and experience with your DBSA friends through *The Thermometer Times*.

Thank you.

Lynne Stewart, Sr. Ed.

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

## *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.**

### **TREASURES**(Cont'd from page 1)

knew my challenges were not just physical and mental but spiritual as well, and he helped me take a holistic approach.

My lack of concentration left me unable to access my usual tools of hope and support. I couldn't pray or study the scriptures that meant most to me in times of crisis. And my memory was shot. Early in the depression I was given a scripture to encourage me — Isaiah, chapter 45, verse 3a: "I will give you the treasures out of the darkness." That promise helped me hold on. I believe that our challenges are our teachers. I decided to learn all I could from this experience.

Over time I realized that depression was anger turned inward, so I began to address my anger. I had some belief that no longer served me well as an adult. I had to learn to use my "no" muscle and say no to things that drained me. I learned that in order to love my neighbor as myself I first had to embark upon loving myself. I had to let go of pride and learn to ask for help when I needed it, no matter how simple the task. I made healthier meal choices and drank more water to lubricate my brain cells, which no doubt were depleted by caffeine and sodas. I learned that I'm an introvert who had lived as an extrovert and I had to stop wearing the mask. I began to learn how to live in the moment. I stopped wearing a watch and began to honor the moment rather than incessantly being driven by the next thing on the agenda. I began learning how to "be" in a world obsessed by doing. I invest a good deal of time now in prayer and various forms of meditation including walking meditations (called Labyrinths). I am cultivating

inner peace, and my life is very different.

Proper diagnosis, medication, talk therapy and a loving support network are invaluable to me. I have a few people who hold me accountable to my need for self-care, and they are cherished gems cultivated out of the darkness of my depression. God had promised me that I would be given treasures out of the darkness, and God helped me to mine them.

**Juanita Campbell Rasmus** co-pastor St. John's Downtown Church along with her husband Rudy. St. John's is home to over 9000 members — 3000 of which are, or were, homeless. A DBSA support group is currently operating at the church.



Pastor Juanita  
Campbell Rasmus

Juanita and Rudy have two adult daughters, both with undergraduate degrees in psychology. Juanita is presently working on her first book *Learning How to Be in a Do-Do World* — it chronicles her journey to find inner peace in an often chaotic world.

Source: DBSA MoodPoints  
Houston, Texas  
Fall/Winter 2010

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# Stop calling them ‘food stamps’

The program’s name is changed in an effort to encourage more Californians to apply.

ALEXANDRA ZAVIS

California’s food stamp program has a new name, which officials hope will encourage more people to apply for the nutrition benefit: CalFresh.

The new name and logo — an abstract representation of the diverse produce available in California — was launched Saturday at an event in Long Beach sponsored by first lady Maria Shriver to provide free medical, financial and educational services to low-income women.

“This rebranding campaign will go a long way in helping to erase the unfortunate stigma associated with this program and encourage families to seek CalFresh as a resource for putting healthy meals on their table,” Shriver said in a statement.

The rebranding of food stamps is the latest in a series of efforts to increase participation in the federal program, which offers qualifying families an average of \$200 per month of food benefits in California.

More than 3 million Californians receive the benefit every month. However, participation has typically lagged behind most other states. In 2007, the most recent year for which federal estimates are available, fewer than half of the eligible California residents were receiving the benefit. Only Wyoming had a lower participation rate.

In California, the program used the term “food stamps” for more than 40 years. However, the paper coupons that inspired it were replaced years ago with a card, which looks and functions like a debit card.

In 2008, Congress decided to rename the program the Supplemental Nutrition Assistance Program, or SNAP. States were given the option to come up with their own names and branding.

The state Legislature assigned the task to the California Department of Social Services, which officials said conducted consultations, research and testing that included many current and potential beneficiaries.



Department Director John Wagner said the name chosen by Congress did not test well in local focus groups because it suggested a welfare program rather than a health and nutrition program.

“I think that CalFresh better captures the goals of the program as well as conveys the rich tradition of our great state as a leader in agribusiness,” Wagner said.

The California Endowment provided \$150,000 for development of the name and branding. The printing and distribution of new brochures were paid for with \$5,000 in federal funds. Officials said no additional funding will be sought to promote the new name, which is to be included in outreach efforts already funded by the federal government.

Advocates for low-income families welcomed the rebranding.

“We really needed something to capture how the program has changed,” said George Manalo-LeClair, senior director of legislation for California Food Policy Advocates. “There are new ways to apply, new rules to improve access for working folks and a wonderful EBT electronic benefit transfer card to deliver benefits.”

The federal government pays for the benefit and for half the cost of administering the program. The state and counties pay the rest.

Federal officials estimate that every \$1 in benefits generates as much as \$184 in economic activity by increasing business for grocery stores, farms, transportation companies and other firms.

The benefit also boosts state revenue by freeing up income that would otherwise be spent on food, enabling beneficiaries to spend more on purchases that are subject to sales tax.

Source: Los Angeles Times

October 24, 2010



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# Personal Journeys and Quests

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## ALONE

By Judy Lindmeier

Alone am I  
That's how I feel  
Nothing is comforting  
Nothing is real

No one to hold my hand  
How I moan  
It's no fun to hold my hand  
All alone

I go for walks  
With no one by my side,  
That empty feeling  
Cannot be denied,

Yes, emptiness deep  
Within my very own soul  
I still always feel  
Like half-a-whole.

So over the next few years  
I did try  
To learn how not to be so lonely  
I'd feel I could die.

At first I went to my doctor  
To see what was to be,  
Manic depressive disorder  
That sure described me.

He gave me a blood test  
Then he prescribed some pills.  
He was sure that giving me Paxil  
Would help control my ills.

I then went to a psychiatrist  
And he concurred  
After talking for hours  
He could hardly believe all I had endured.

I went to the psychiatrist  
For a year or two  
Then, I decided  
To add something new

I went to a counselor who  
counseled  
To help walk through my fears  
We walked and walked together  
For over five years.

The best healing I've had  
Came from above  
With God constantly showing me  
His pure sweet love.

I'm still going through healing  
Each and every day,  
I'm still learning so much  
I'd have it no other way!

My friends, dig deep for your courage  
And I'm telling you  
Our minds can be healed  
For me and for you.

\*

## Poem

By Susie Phillips

Both young and old  
Alone  
I stand.  
Gazing at all around me  
Where I've been, where I've yet to go  
Where I am.

Gazing at all within me  
Who I've been, who I've yet to be,  
Who I am.

Fine talks, fine friends  
Caressing knowledge  
In love,

Grown old  
From that which my heart has beheld

Yet young  
In what I have yet to know  
Ah life...!

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# Friendship Found at 2010 DBSA California Conference

by Patti Kiddy

“Friendship is a sheltering tree” is a saying on the wall of my church. I saw this kind of friendship at the 2010 DBSA Conference in Ontario, Ca. Friends from all over the country came, embraced and supported each other in workshops and luncheons. Friends and family enjoyed partying together at the enchanting estate of Jo Ann Martin in Riverside.

My favorite parts of the meeting were:

### **The Willard Suitcase Project**

The speaker presented four moving case histories from Willard Mental Hospital in New York. Suitcases and trunks containing artifacts of the owners were found in the attic after the hospital was closed. Many of the patients, including the four cases, lived there for decades and were not buried with proper dignity and remembrance. People with mental illnesses should never be forgotten.

### **Hoarding Workshop**

The two presenters really changed the minds of the attendees on this subject. My heart went out to the sufferers of this hoarding and obsessive compulsive disorders. I feel so much more informed with much compassion for the person involved and the family. My question remains: Should television use case histories of hoarders for entertainment. It disturbs some watchers to see this anguish and despair used in order to make money.

### **“A Personal Journey to Recovery”**

Peter Ashenden was the keynote speaker at the dinner. He recounted his personal journey through mental illness and presented many practical and useful ideas when collaborating with health care providers. He had some great quotes and recovery rights.

“**Writing Through the Darkness**” by Elizabeth Schaefer, PhD, was marred for me. I was looking forward to this speaker as I find the writing process actually works for easing the symptoms of mental illness. Being hearing-impaired and using aids, I found it nearly impossible to hear the presenter during a luncheon due to conversation and serving noise. It was competition and so unfair to the presenter.

All in all, I really enjoyed my first conference and hope to go again in the future.

*We live in a world where the forces that seek to divide us are strong. To overcome them, we must do more than simply stand next to one another in silence.*

EBOO PATEL

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# The Pain-Mood Connection

Pain is one of the most common symptoms people with depression complain about, and people who are depressed experience more impairment from their pain than those who are not depressed. Often, the depression-pain scenario plays out in a vicious cycle, and to find relief from one, you must treat the other.

Although we like to think of ourselves as stoic, physical pain can wear down even the most robust of spirits and eventually lead to depression or anxiety. For those who have a family history of mood disorders or have had prior episodes, the stress of pain can trigger a new episode. So if you're struggling with persistent pain and find your mood is becoming affected, it's important not to ignore it and to seek treatment.

Pain can be debilitating, unpleasant, and bring on a wide range of negative emotions from anger to despair and fear. Because it stirs up uncomfortable feelings and may be associated with a loss of function and the ability to interact with others and enjoy life, it's no surprise that chronic pain can cause depression and anxiety. Chronic pain is stressful, both physically and psychologically, and may alter your brain chemistry in a way that makes you vulnerable to such mood disorders.

In addition, the more pain you feel, the more severe your mood symptoms tend to be, and the longer your pain persists, the more likely you are to feel depressed - 30-80% of people with chronic pain suffer from clinical depression.

Pain and anxiety are also closely linked: Anxiety about pain can intensify its severity - if you fear that you'll have pain after surgery, it's likely you will, according to one study. Previous experiences with pain can also increase your anxiety about it in the future: If you've thrown your back out in the past, doing so again in the future may bring on the same or more intense pain. Finally, anxiety about pain may inhibit you from getting exercise or cause you to stiffen up in anticipation of painful sensations, which can lead to even more pain.

Source: [www.johnshopkinshealthalerts.com](http://www.johnshopkinshealthalerts.com)

January 2010

As seen in: *Life in Balance*

April/May 2010



# Prescription Assistance

The Partnership for Prescription Assistance (PPA) helps uninsured and financially struggling patients, who lack prescription coverage, get access to programs that offer medicines for free or nearly free.

This free service is confidential and easy for patients to find programs for which they may be eligible to apply. It offers a single point of access to information on 475 public and private patient assistance programs, including nearly 200 programs offered by pharmaceutical companies. It can offer members more than 2,500 brand-name medicines including a wide range of generics. It also provides information on nearly 10,000 free health care clinics.

Find out more by going to their Web site or calling their toll-free number and speaking with a specialist to answer any questions or be guided through the application process. PPA accepts calls in English, Spanish and many other languages.

**Web Site: [www.pparx.org](http://www.pparx.org)  
Phone: 1-888-4PPA-NOW**

*Source: PPA Fact Sheet, 2010  
As seen in: The RollerCoaster Times  
Fall 2010*

A noble, courageous man is recognizable by the patience he shows in adversity.

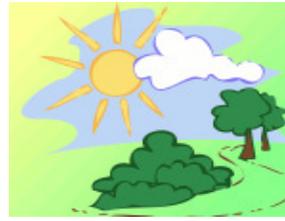
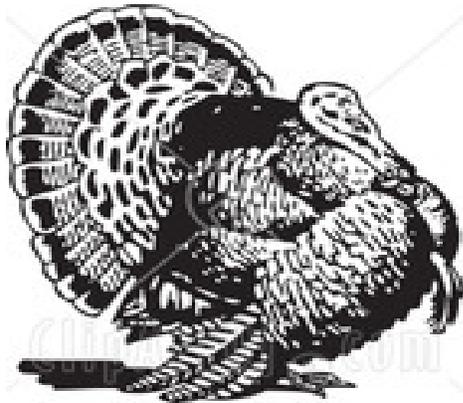
PACHACUTEC INCA YUPANQUI  
\*

The first of earthly blessings, independence.  
EDWARD GIBBON

## ATTENTION:

Anyone interested in donating a car in good running condition to a worthy cause, please contact us at 951 / 780 - 3366

We are tax deductible!



# Doses of nature can provide MOOD

## BOOSTS

ESSEX, United Kingdom—Just a few minutes of physical activity in a natural setting each day can improve mental health and mood, a new study has found.

British researchers said their study found that as little as five minutes of so-called “green activity” such as walking, gardening, cycling or farming can boost mood and self-esteem.

People with mental illness were among those with the greatest self-esteem improvements, the researchers said.

They said their findings should motivate policymakers to encourage more people to spend time in parks and gardens.

The study, which appeared in the journal *Environmental Science & Technology*, was entitled “What is the best dose of nature and green exercise for improving mental health? A multi-study analysis.”

*Source: bpMagazine, Summer 2010  
As seen in The Roller Coaster Times  
Fall 2010*

## DBSA-Riverside, friends and family

*At Jo Ann Martin's\**

for the

## Holidays

Picnics or dinners

**at noon**

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, Halloween,

**Thanksgiving**, & Christmas

\**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

951 / 780-3366

# Worst and Best Things to Say

Some people trivialize depression (often unintentionally) by dropping a platitude on a depressed person as if that is the one thing they needed to hear. The context in which they are often said mitigates any intended benefit to the hearer. Clichés and platitudes usually aren't much help to someone who is depressed. Being depressed is not the same thing as just being sad about something. This is just a starting list; there is a lot of information in books and the internet about positive ways to communicate with one another.



## Worst Things to Say

What's your problem?  
Will you stop that constant whining  
Have you gotten tired of all this me-me stuff  
But it's all in your mind  
I thought you were stronger than this  
No one ever said life was fair  
Just pull yourself together  
Just grow up  
Stop feeling sorry for yourself  
There are a lot of people worse off than you  
You have it so good, why aren't you happy  
What do you have to be depressed about  
You think you've got problems....  
Well at least it's not that bad  
Why can't you just be normal  
Get a grip  
Most folks are about as happy as they make up their minds to be  
Get a job  
You don't look depressed  
You're just looking for attention  
Everybody has a bad time now and then  
Why don't you smile more  
A person your age should be having the time of their life  
The only one your hurting is yourself  
You can do anything you want as long as you set your mind to it  
You brought this on yourself  
You'd feel much better if you went to church  
You're a real downer to be around  
You are embarrassing me  
You'd feel better if you lost some weight  
You should get off those pills  
You are just being immature  
You are your own worst enemy  
That's life-get used to it

## Best Things to Say

I love you  
I care  
You're not alone in this  
I'm not going to leave you  
Do you want a hug  
You are important to me  
It will pass, we can ride it out together  
When all this is over, I'll still be here  
You have so many extraordinary gifts  
I'm sorry you are in such pain  
I can't imagine how hard it must be  
I can't really understand but I can try  
I'm sorry you have to go thru this  
I am not perfect but I can listen  
This is not your fault  
I will go to a support group with you  
You deserve to find happiness  
I will listen without judging  
I will go outside for a walk with you  
There are professionals that can help

Source: [www.Healthy Place.com](http://www.Healthy Place.com)

As Seen in: DBSA - Fox Valley Newsletter

Fall 2010

*DBSA Friends*

*Come to Jo Ann's\**

**THANKSGIVING DAY**

**Thursday, November 25, 2010**

**12:00 NOON**

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.

\*See page 1 for address and  
direction's to Jo Ann's



*Happy Thanksgiving*



## 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

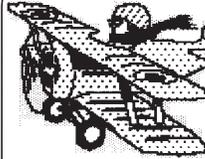
## Phone Phriends

If you need someone to talk with:

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

**Andie (Amanda)** 909 / 824 - 5385  
9:30 a.m. to 7:30 p.m.

**Yen Cress** (951) 315-7315  
9 p.m. - 6 a.m. & Weekends  
**Cathy Waechter** (951) 529-8586  
5 pm to 9 pm



## ANNOUNCEMENTS

**TEMECULA DMDA**  
Mark Monroe  
951 / 926 - 8393

### Rancho Cucamonga DMDA

Meets 1st and 3rd  
Wednesdays evenings  
Contact: David or  
Samantha Johns  
909 / 944 - 1964 OR  
e-mail: dmjbf@aol.com

### DBSA - Loma Linda

909 / 327 - 6178

### HEMET SUPPORT GROUP

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

### THE UPLIFTERS

(Christian emphasis) meets at  
The Grove Community Church  
19900 Grove Community Drive  
(off Trautwein) Riv. 92508  
meets Mondays 7 pm  
Contact Ken Sharum  
951 / 368 - 7713

### 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

## Calling all interested consumers!

*NAMI—In Our Own Voice:*

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 a component 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:**

**Angela Sandoval, IOOV Coordinator**  
(951)686-5484, ext. 120

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

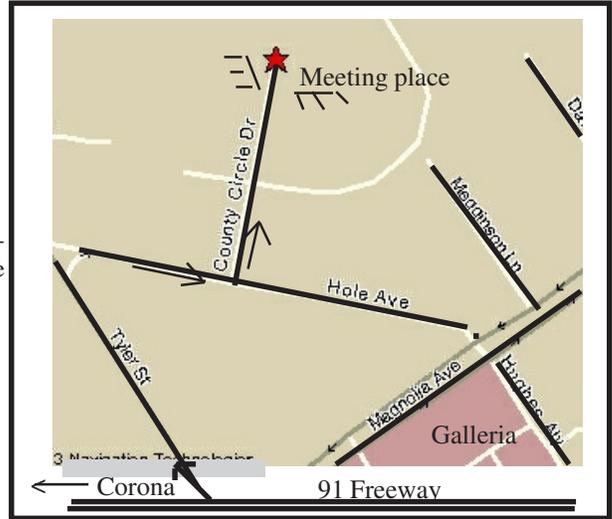
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.\* For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

DBSA OF RIVERSIDE  
16280 Whispering Spur  
Riverside, CA 92504

HELP US KEEP COSTS DOWN

We're using a computer mailing list

Please help us keep costs down by

making sure your name and address  
are correct. If there is an error or if

you are receiving more than one  
newsletter, please let us know.

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