

The Thermometer Times

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

VOL. 11 NO. 12

Out of darkness . . .

December 2001

Dates to Remember

CARE & SHARE GROUPS

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

Saturdays, December 1, 8, 15, 22 & 29

10am-12 noon
at Riverside County Mental Health Administration Building
(see page 9 for address)

Christmas Dinner

at JoAnn's

Noon, December 25

directions below

December 29, meeting at Jo Ann's and to finish off Christmas Dinner. 10 am



IT IS ESSENTIAL TO BE ON TIME in consideration for others in the group.

In fact, please come early to socialize, sign in, or help set up the room.

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 right

16280 Whispering Spur
Riverside, CA 909/780-3366

The Lowdown on the Upswing

by Ann Palmer

Mania. It starts with feeling good. You feel enthusiastic about life, cheerful, in high spirits, self-confident. Everything is going well. You are full of energy and are involved in a number of activities and projects. You feel more sociable, more attractive, more creative.

By degrees these feelings become more insistent, more powerful. They add brilliant color to your emotional life: enthusiasm becomes elation. You're feeling better than you ever thought possible. Life is rich, full of possibilities, the promise of bliss.

Your euphoria soon changes to argumentativeness, lashing out at friends and family who you think are interfering with your positivity. Your high level of energy takes its toll: you become restless. With less sleep, you become irritated. Your feelings of sociability, creativity and perceptiveness may get on other people's nerves. You may talk too much, too loud and too fast. Your subjects may be too "out there" for others to relate to. These inflated notions make perfect sense to you, and you're ambitious and optimistic. Your increased self-esteem and persistence may be perceived by others as aggressiveness. If you feel you are capable of just about anything, you may exercise poor judgment and impulsivity. Your senses are heightened; normal sensations increase in pleasure tenfold. You may behave in socially inappropriate ways, or participate in excessive pleasurable activities that often result in painful or dangerous consequences: drinking, drugging, sexual indiscretions, spending, etc. You may think you have special powers or abilities. You may become involved in grandiose projects, despite a lack of talent, such as making plans to write a novel or star in a movie. You may entertain more religious thinking, feeling a special connection to God or things of a spiritual nature. You may not perceive your thoughts and behavior as impulsive and reckless, but as confidence and energy. This loss of self control and judgment can mark you as "a danger to yourself or others."

You begin to think a succession of thoughts. You cannot hold onto one for long. The source of these thoughts is unclear. If they are irrational or unreasonable, worries may be put aside, since these grand schemes, big plans, ideas and dreams are so compelling, you want to hold onto them at any cost. [It feels like you're going to receive the big payoff for years of inner work, like you're going to get everything you've ever wanted.] Things weren't only just looking up, you felt like you were going to be a star. When success seems within your grasp, you do what you can to sustain this emotional charge. Because of the promise of lasting good feelings, somewhere along the line you maximize the scope. It is no longer sufficient for you to be the sole recipient of all this projected good; you see that world peace is possible. It's almost too easy to assemble a world view where "all you need is love" and world problems will vanish. You have the unshakable conviction that what you're thinking is right, good and possible. You strive to use all your faculties to bring these new and

Continued on page 2 (Upswing)

Upswing (continued from page 1)

wondrous ideas together. It is like constructing a pyramid; brick by brick, you lay down new and perfect beliefs about yourself, your place in the world, your relationships, your community, the world. You believe this construction benefits everyone. You may spend a lot of time refuting other people's reality. It's often a case of "you against the world," since those close to you try to disassemble what your mind is creating. You may become irritable, paranoid, or enraged when your grandiose plans are criticized or sabotaged. You will try to push all intruding and unwelcome thoughts away. The "high" power is getting away from you. It takes on its own life and mutates into something ugly, fearful.

You can barely eat and hardly sleep, all your thoughts are running "a mile a minute," and admonitions from others to "just calm down" don't make an iota of difference. It seems like hope for redemption of your very soul is dying.

The upswing in mood for persons with bipolar disorder can lead to debilitating and dangerous consequences. Mania takes you places you never planned to go. You may never have dedicated yourself to the initial beliefs if you had any choice or any hints they would turn around and attack you, mock you, undermine your sense of identity, your hopes, your sanity.

If you opt for antimanic and antipsychotic medication, in time, it may dull or slow the disturbing thought processes. If you voluntarily elect to be hospitalized to bring yourself down from your high, time on the psychiatric ward may succeed at this purpose. However, you may be signing yourself into further disturbance. You may likely be tranquilized, literally drugged 'out of your mind' to lessen the symptoms of mania. When the confines of the locked ward parallel the trap of your cognitive processes, you may struggle. When agitated, you may invite four-point restraint, forced injections and time-out in the quiet room. Days are spent in the hospital with minimal stimulation for the brain and the body. Mental health hospitals provide care and therapy in the safest possible environment. But when your delusions lead you to believe the hospital staff is your enemy, preventing you from accomplishing your life's work of saving your soul and the world in one sweep, being thwarted and confined seems like torture. You may be in a state of denial and resist treatment, making it more difficult for the professionals and the medication to help you. Or you may accept the rules and follow the daily routine of the hospital on the surface, to facilitate being discharged sooner.

In any case, mania will run its course. Your finances, home life, and relationships have suffered. Your sense of self is shattered. You will have to fight self-loathing, despair, and suicidal thoughts. It will take time, plenty of time, to recover. It is said that what doesn't kill you makes you stronger. So learn the lessons

Continued on page 3 (Upswing)

We are now officially on the web.

Check it out at:

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

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

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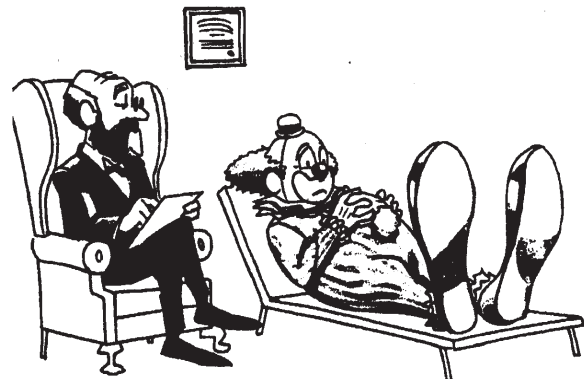
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Please feel free to reprint any of our articles. However, please acknowledge our publication, date, and author or source. It will please the authors and recognize their efforts.

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



"When did you first suspect they weren't laughing with you?"

Upswing (continued from page 2)

that your mania tries to teach you. Trust yourself. Honor those who have lost the fight. You may be recovering for the first time, or the umpteenth time but every time, give yourself the compassion you would give to a beloved friend.

*“Be gentle with yourself
You are a child of the universe,
no less than the trees and the stars;
you have a right to be here.”*
from the Desiderata

Source: *Mental Health World, Summer 2001*

MEET EDITOR ANN PALMER:

From Buffalo, NY, Ann has a BA in Humanities and has done graduate work in Political Science and Communications.

A recipient of mental health services since 1989, and an employee of various mental health agencies, she has advocated on housing and vocational issues.

County’s director of mental health recognized by national organization

THE PRESS ENTERPRISE 9/12/01

RIVERSIDE—John Ryan, Riverside County’s director of mental health, has been honored by the California chapter of the National Alliance for the Mentally Ill.

Last week, Ryan received that group’s Don and Peggy Richardson Award for creating and supporting policies that help family members cope with a loved one’s mental illness.

Ryan created a family advocate position at the county’s mental health department in 1993. The post, the first of its kind in California, has since been replicated by seven counties.

Riverside County is also the only county in the state to offer free family-to-family educational courses. The 12-week class provides information on mental illness and teaches coping skills. Since it began in 1997, nearly 400 Riverside County family members have graduated from the course.

Ryan has been director of mental health in Riverside County since 1980. The department serves about 40,000 individuals annually.

Thanksgiving Dinner

If anyone wishes to throw a big Thanksgiving Dinner party, members of the MDDA Riverside Support Group are the perfect guests to invite. They are the best clean-up and preparation help crew one could ask for. I was so impressed this year, I decided to share some of what went on with the rest of our readers.

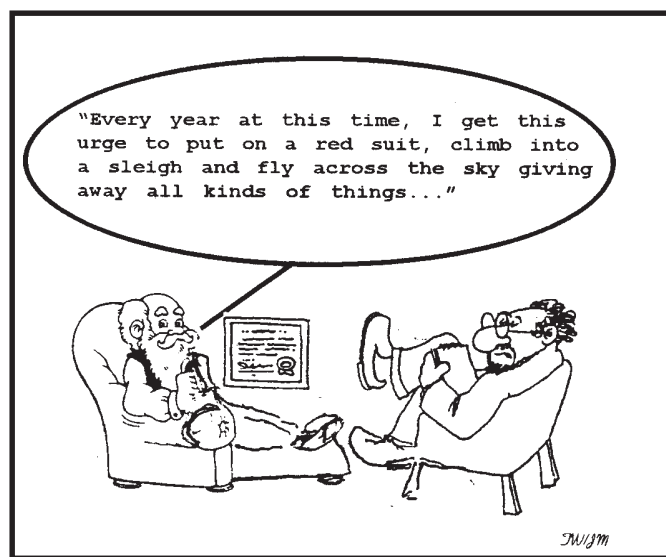
Susan H. came early with her usual mouthwatering ... She assisted with getting things ready. If it weren’t for Samantha and David J. arriving just in time to help get everything on the table, there would have been much delay. I seemed to have some trouble getting things warmed up at the same time. They saved the day and brought enough gorgeous yellow mums to make two or three bouquets.

An additional treat was a great back rub by Susan. Georgia Ann’s dressing was a big hit, really wonderful. Nelma brought me some veggie turkey and another loaf for Christmas. Pies, pies, pies...thanks Leroy. Among them was a minced meat which I hadn’t tasted for years. Of course, the turkeys were cooked and delivered by Grace F., and everyone loved them.

I always forget something. This time, it was the cranberry sauce. After most everyone left, I spotted it in the refrigerator and brought it out for the few people left watching the big screen TV and munching on leftovers. There were many other delicious items. If yours was left out, contact us and we will mention it in our next newsletter.

Our Saturday meeting was held at the house, and there was plenty of food left, so instead of going to a restaurant, we enjoyed another “Thanksgiving meal.” After Christmas, we hope to do the same, adding a fifth Saturday meeting at the house and enjoying another Christmas meal.

JO ANN MARTIN



An Interview By Sandy

Sandy Waples talks with Georgia DeGroat

Sandy: Before your diagnosis, what made you suspect that you might need one?

Georgia: I never thought I had a diagnosis, although I worked as a nurse at Riverside General Hospital. As a treatment nurse on the floor and on the ambulance crews as well, I worked with mental health patients on the units. As a staff person you weren't even to think of having depression or Dx. You know, the stigma stuff. Our patients could but not the staff. I have never felt that I was good enough no matter how I excelled in school or my work or anything. I'm just not perfect enough or good enough or even OK! And I did suffer from bouts of depression and low self esteem. I could always help others but not myself. I also worked day and night to try to fill that void. Then I crashed and burned after a major surgery & was diagnosed with major recurrent depression/Bi-Polar due to being a workaholic. I had been working for (3) surgeons as their nurse and insurance biller. With low self esteem I never felt good enough! I also have a chronic pain disorder RSD & shoulder pain and right hip damage as well as head trauma with ocular migraines, neck pain & memory loss.

Sandy: Was your diagnosis ever changed?

Georgia: To what? Not that I can remember. It's always been major recurrent depression/Bi-Polar. But in recent years they did add Post Traumatic Stress Disorder. And I'm SASSY but they don't have a pill for THAT!

Sandy: How did you feel about having to take medication?

Georgia: At first my parents had to make me take it due to memory problems, & I really hate to take pills of any kind. I have been on as many as 50 a day. Now its down to about 27 kinds and I live on a machine to keep my hand alive and the pain at a liveable level. Medication lets me help others and be with my family. It helps me have some quality of life.

Sandy: How did you think your friends might react if they were to hear your diagnosis?

Georgia: Well, that they wouldn't want anything to do with me! And that's just what happened! I wasn't the perfectionist Georgia I had used to be & some were even afraid of the fact that if it happened to me that it could happen to them. They all abandoned me except for my Mom & Dad & Sister. Stigma is a terrible thing. I do believe it's changed a little from when I became ill but we still have a long way to go!

Sandy: If you told your family of your diagnosis, what was their reaction?

Georgia: They were frightened at first, but they knew there

was something wrong and my mom said I was burning the candle at both ends. They knew I couldn't do 2 jobs and the family and all the volunteer work I was doing for the kids then. However, they didn't want to believe I had a real problem...that this was temporary. I started making bad decisions and isolating from my family. The marriage was falling apart. And the surgery that went bad is what made me crash because I couldn't work.

Sandy: Did you stay on your medications, or go on and off'?

Georgia: I've stayed on them ever since I was diagnosed.

Sandy: During your illness, did you try to work or volunteer even if just part time? If so how did that go?

Georgia: For me when I was first Dx., my doctor put me off work and that's what really set me over the edge, for I felt worthless and went into a deep depression. I couldn't even talk. My family had to take total care of me. Now that's a permanent part of my life my volunteer work is part of my life. I do plan on going back to work when my Workers Compensation case closes. Hopefully I'll be a paid Entitlement Specialist that's winning benefits for clients so they can have some quality of life back. They win & I win!

Sandy: Do You have some skill or hobby that you enjoy?

Georgia: Yes, being on mental health boards locally & state-wide as well as winning clients their Social Security Benefits. I do enjoy public speaking & helping others find their quality of life again.

Sandy: How, if at all, has the MDDA helped you in your feeling about life in general?

Georgia: I love being with the other clients and working with each other. Sometimes it even makes me feel like I might be an OK person!

Sandy: In your view, what does the future hold?

Georgia: I want to finish this workers comp case so I can go back to work and get on with my life and maybe work for the Mental Health Dept. doing benefits. Right now there's no light at the end of the tunnel, though!

Sandy: What is your view of yourself?

Georgia: My life is on hold!

Sandy: What are your feelings about going after what you want?

Georgia: I've been fighting this and my other disabilities for 14 years, I really want to get my life back and help others do the same. I'm nothing without work!

Sandy: Do you have a personal faith that encourages you? Describe it briefly.

Georgia: I'm Catholic, and my mother has raised me that we do for others. She was that way and still is. I believe that that's

Continued on page 7 (Interview)

Interview (continued from Page 4)

my reason for being here. It is to help others, so they don't suffer and go without! I've been there and done that, it's terrible & you feel hopeless!

Sandy: Have your friends or family members become more understanding & supportive?

Georgia: As I said, I had lost all my friends but my present friends are there for me. Of course, Fred, my boyfriend, whom I met in a clinic my first day at day treatment is very supportive. I couldn't live without him and my sons Josh & Michael. And my parents & sister are always there for me and encourage & support me!

Sandy: If you were to give a fellow sufferer some words of encouragement, what two statements would you make?

Georgia: 1. This may be the best thing that ever happened to you. This is like another shot at life for the better. Good friends who accept you for who you really are are worth a lot. New medications give you the quality of life you're looking for and a second start at your future.

2. You can be who you really are in any way that it is; And find yourself and love your self. And you have to love & like yourself before you can anyone else. I know I'm still working on that. And volunteer work is a wonderful thing. It makes you feel worthwhile. You have a purpose when it doesn't feel like there's any reason to go on. Someone values you and needs your gifts!! We all have some gifts within ourselves to give!

Sandy Waples, MDDA Interview Correspondent

DO YOU HAVE BIPOLAR DISORDER?

Have you gained weight taking
medication to treat bipolar disorder?

Bipolar Disorder Research Study

Being conducted at UCLA

If you are 18 — 65 and have gained weight taking medications to treat bipolar disorder, you may be eligible to participate in a yearlong research study. Please call 310.794.9913 for more information. You will receive free medication as part of this study.

UCLA MOOD DISORDERS RESEARCH PROGRAM

Mark Frye, M.D. • Lori Altshuler, M.D. • Natalie Rasgon, M.D., Ph.D.
For more information, call 310/794-9913

MY MOM

by Jo Ann Martin

My mother has been living with me and my husband for about three years. During that period of time, I have had a chance to really get to know her in a special way. Something I've noticed is that the being within her, reaches beyond the aging, wrinkles, and outer wrapping.

I have looked into her eyes and seen a young woman who is still very interested in the world around her, always eager to go places. My father who died some years ago, said "she was born on wheels." That has not changed. She is eager to learn new things and to experience life, even hot air ballooning.

She loves to laugh and have a good time and refuses to miss any new life experience, plus she enjoys sending cards and flowers to her friends and reminds me of birthdays and anniversaries I can't seem to recall. My mom is constantly reading, playing games, and occupying her brain with new information.

She also looks forward to visits from relatives which start about Thanksgiving and last throughout the winter months. This year, she will be traveling to Michigan for Christmas to see friends, relatives and her church family all by herself. I know of many people half her age who would not do this, especially with the recent events in Washington and New York.

When the relatives come to visit, I see the child in her. She can't wait for their arrival and is going from dawn to dusk to places like Disneyland and the San Diego Zoo.

I hope when I am 91 years old, my daughters will behold the same qualities in me.

The next time you are around your aging loved ones, take a close look and hopefully you will see the youth, dreams, and the child there. If not, perhaps you can try to bring them out again. It is worth the effort, believe me.



Who Are You?

Sandy would like to interview members for a brief personality profile that we can publish in
The Thermometer Times.

If you would enjoy participating in this,
please call her at 909/688-0368.

Alliance
Library

1215 N. Buena Vista
Suite K
San Jacinto, CA

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

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

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

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

**Riverside Suicide
Crisis Helpline**
at
(909) 686-HEIP
[(909) 686-4357]
24hr. Helpline
7 Days a Week

GOT E-Mail?

If so, join **NAMI Stigma Busters** E-mail network. Help flood stigma-builders when they do or say offensive things that create stigma. Go to NAMI website: <http://www.nami.org> click on **Campaign Page** then **Stigma**. Leave your name and address. Done!

Don't forget
Christmas Dinner

at my home.
It will be here before you know it.
Dinner promptly at 12:00 P.M.
Bring a friend and or family member.
You may bring a dish to pass if you like
Don't stay home alone.
Directions to my house are on the front left lower corner of this newsletter.
Any questions, call 909/780-3366
Jo Ann MARTIN

**Emotional Health Anonymous
Saturday Riverside Meeting**

Emotional Problems?

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

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

When: **EVERY SATURDAY**

Time: 4:00pm - 5:00pm

Where: **KNOLLWOOD**

**PSYCHIATRIC CENTER
at 5900 Brockton Ave.,**

Meetings are held in Room 2

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



**Phone
Phriends**

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

Leroy

**6 a.m. to 9 p.m.
(909) 686-5047**

Sandy

**3 p.m. to 9 p.m.
(909) 688-0368**

Arnold Oberg

(909) 685-1663

Georgia Ann

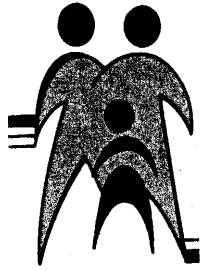
**6 a.m. to 9 p.m.
(909) 352-1634**

Georgia Peterson

**12 noon to 6 p.m.
(909) 354-8727**

Marlene and George

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



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

A MIRACLE MEDICINE

It's WATER. University of Washington Studies have shown that a mere 2% drop in body water can trigger a fuzzy short-term memory, trouble with basic math, and problems focusing on a computer screen or printed page. (It could also cause dizziness and vertigo.) Your brain is 80% water and if its fluid level drops, your brain cells can't send messages to one another efficiently. Preliminary research suggests 8-10 glasses of water daily also significantly eases joint and back pain for up to 80% of sufferers.

Source: Valley Women's Center Newsletter
Via SFVAMI, June 2001,
Polar Star, Fall, 2001 DMDA of Los Angeles

A Card for Affirmation

Front

I'm doing just great. I like myself. I like what I'm doing in my life, and I'm glad to be alive.
I'm full of life. I like life, and I'm doing what I like. I am a very special person, living at a very special time.
I take absolute responsibility for who I am and where I'm going. By setting goals and working daily to achieve them, I take responsibility for determining my own destiny.
I live life at my best, physically, spiritually, and in every other important area of my being.

Back

People like to hear what I have to say and know what I have to think.
One reason people like to be around me is that I always make people feel good about themselves. I love me.
I listen when people speak to me. But I listen to much more than the words they say. I listen most to the messages that come from within. I feel great! My mind is sharp and clear. I am physically fit and healthy. My energy level is high. My attitude is excellent. And I am organized and in control.

Karen C., MDDA member
Try this or make up your card and refer to it daily.

TO SPLIT OR NOT TO SPLIT

In some cases, splitting higher strength pills can save considerable money but consult your doctor before doing so. Particularly ask about pills that do not have score lines to aid in splitting. Splitting tablets of certain medications may change the rate of absorption, or may affect drug strength because of exposure to moisture or humidity. Also, coated tablets that are split may become ineffective due to the effects of stomach acid. Split with caution!

Source: Mood Points, Fall/Winter 2000
and Fox Valley DMDA Newsletter, December 2001

ORIGINAL MATERIAL WANTED

Do you have a story to tell, or a poem or art work?
We welcome submissions to our newsletter.
If you have something you think we could use, please send it to:
EDITOR



MDDA P.O. Box 51597 Riverside, CA 92517-2597
FAX 909/780-5758

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 fruit packs
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 amount), contact us at: 909/780-3366.

Bring items by December 20th.
Make someone's Christmas a little happier.

Perfectionism (continued from page)

foods, wet paper towels, freeze them and lay them over fresh vegetables and fruit platter.

They will stay fresh for several hours.

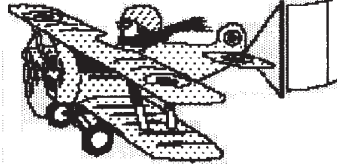
8. Buy holiday pies, no one will notice

9. Never admit something is wrong with a dish.

Your guests won't notice and may be more uncomfortable with your distress.

10. Your guests will remember warm fellowship and love, longer than the food.

Source: DMDA, Fox Valley, December 2001



ANNOUNCEMENTS

HEMET SUPPORT GROUP

"Foundations" meets every Tuesday 7-9 pm.

Trinity Lutheran Church
 Please call (909) 658-5013

TEMECULA DMDA

Meets every Tuesday 11 am-1 pm.

41002 County Center Dr.
 Contact Mark at: (909) 507-1365

UPS & DOWNS - Riverside

Call Family Services at
 (909) 686-3706

THE UPLIFTERS

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

UPLAND DMDA FONTANA DMDA

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

For Support People: AMI - Riverside Mental Health Administration Building, 4095 County Circle Dr. (off Hole Ave. near Magnolia) 7:30 pm, 1st & 3rd Monday each month (909) 737-5747 (call FIRST)

Calling all interested consumers.

We are looking for consumers who are interested in sharing their personal recovery story.

Living With Schizophrenia and Other Mental Illnesses (*LWSIOMI*) is a recovery-education program given by trained consumer presenters for other consumers, family members, friends, professional, and lay audiences.

Individuals need not be active in mental health advocacy at this time, but they:

- "have been there"
- are in recovery
- believe in treatment, with medication as the cornerstone for recovery
- must be able to present professionally
- have the time to be trained, and periodically present at 1 1/2 to 2 hour workshops, often during working hours.

Stipends will be paid for presentations.

*NAMI - - Living With Schizophrenia
 and Other Mental Illnesses*

Please call for more information:

Lisa Partaker, Program Coordinator



(909) 686-5484 or email: llpartaker@excite.com

A collaborative effort brought to you by:

Riv. County MH Dept. — NAMI, Western Riverside County —
 Jefferson Transitional Programs



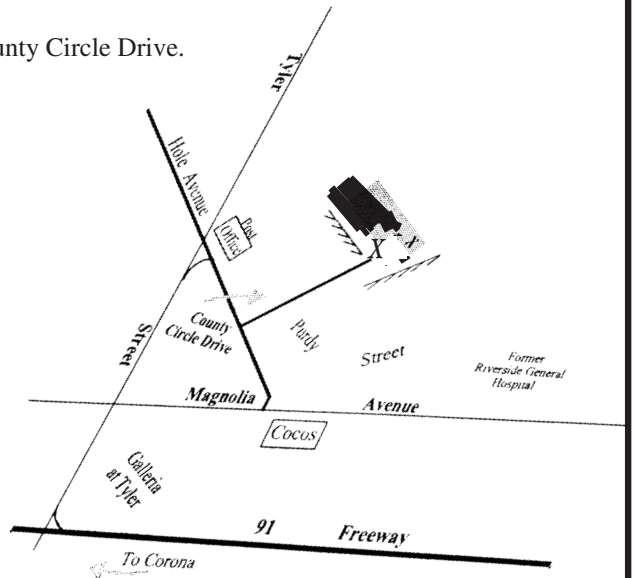
MDDA of Riverside
Map Legend

-  = Meeting Location
-  = Parking

ABOUT MDDA

MDDA Of Riverside is a support group for manic-depressives and depressives who have sought or are seeking treatment for their illness. MDDA is totally patient run, which means we need volunteers like you to help with mail-outs, telephoning and planning. A work time is held at the home of Jo Ann Martin on the Saturday afternoon following the last Rap Group Meeting of each month to assemble the newsletter for mailing. Directions are printed on the lower left corner of the front page of this newsletter. You may reach Jo Ann or Leroy at (909) 780-3366. Our Rap Group Meetings are on the first, second, third, and fourth Saturdays of the month from 10:00 a.m. to 12:00 noon at the Riverside Mental Health Administration Building, 4095 County Circle Drive (off Hole Avenue near Magnolia), Room A.

Buses 1 and 13 stop on Hole near County Circle Drive.
Bus 12 stops at Tyler and Hole



MEMBERSHIP INFORMATION

Individual membership for the Manic-Depressive and Depressive Association of Riverside is \$15.00 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 \$8.00 per year. If you are unable to help financially, the newsletter may be sent upon request. Volunteers are always needed. If you would like to volunteer, indicate below.

✂
Mail to MDDA of Riverside, 16280 Whispering Spur, Riverside, CA 92504

DATE _____  Please Print New Renewal

NAME _____ PHONE _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

Please check one of the following:

I have: Manic-Depression Depression I am a: Family Member Professional

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

Enclosed is my payment for MDDA Membership _____ \$15.00 (includes newsletter).

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

I would like a subscription to the newsletter only. \$8.00 (12 issues per year).

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