



The Thermometer Times

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

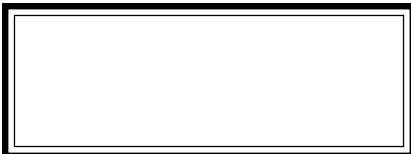
VOL. 22 NO. 1 Out of darkness . . . January 2010

Dates to Remember

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
January 6, 13, 20 & 27



Web Site for DBSA, Riverside:
<http://californiadbasa.org>
E-mail for DBSA, Riverside:
dbsaofriv1@aol.com
E-mail for DBSA, California:
dbsaofca1@aol.com



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.

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



Photo: Rebecca (Becky) Beck

Why Worry? It's Completely Unproductive

Worrying is like a rocking chair... it gives you something to do, but it gets you nowhere. —Glenn Turner

We live in a culture where everyone seems to worry. Turn on the news — someone got shot, there's mercury in the fish we eat, the cows have got BSE, a new super-flu is coming, terrorists are regrouping, ... On and on it goes. If you take all of this stuff seriously, it's likely that you'll never go out, never eat, never travel, never take any kind of risk at all.

I've no doubt that people have always worried. Dale Carnegie's book 'How to Stop Worrying and Start Living,' which was published in 1944, is packed with stories from the early part of the twentieth century (and even earlier in some cases) about people who worried about all kinds of things. But in fact, as Carnegie so ably and amusingly points out through his many examples, worry makes no sense at all. Here are some reasons why worry really is a pointless and damaging activity. I suspect we all know this deep down, but a reminder doesn't hurt.

- **Things never happen the way you imagine.** When you worry, you are predicting the future. You are saying, "I know that things will turn out badly." But this just isn't the case. You have no idea how the future is going to turn out, except to say that it will not be what you think it will be. So why worry?
- **Worry means you give away your power.** Some people are so entrenched in worry that they cannot see any other way to live. But worry robs you of your power to be proactive. The truth is that you are in control and you can choose how to react to situations, so why choose to give that power away so easily and so unconsciously?
- **Worrying is completely unproductive.** Why waste your energy doing something that gets you nowhere. On a treadmill at least you get some exercise, but worry is a truly pointless activity. Spend your time and energy on something more useful.
- **Worry distorts reality** We live in an age where people live longer, have

Continued on Page 3 (Why Worry?)

a note from the Editors

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

Articles, poetry and/or drawings can be on anything pertaining to your personal experiences with depression and/or bipolar disorder; what it is to live and cope with it; what helps, what doesn't. You may write on any other mental health issue or problem that you are passionate about. You can tell us about yourself and how you spend your time and what's important to you. You may want to write a report on a mental health event you attended or a mental health book you have read. We would appreciate that, too.

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

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

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

E-mail it to: joanmartin1@aol.com

FAX to: 951/780-5758

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

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

Thank you.
The Editors

Movie Night At Jo Ann's*

2nd and 4th Tuesday of January

6:30 PM

Tuesday, January 9

Fly away Home

Jeff Daniels and Anna Paquin star in a soaring adventure by learning what family is all about when they adopt a flock of geese and teach them to fly. This will give you inspiration!

Tuesday, January 23

All About Steve

*Sandra Bullock and Bradley Cooper
Mary follows Steve across the country and makes
breakings news of her own...a clinging comedy!*

Enjoy pizza and friends!

*See page one, left lower corner for directions to Jo Ann's home.

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

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**Child, Adolescent & Adult Psychiatry
American Board of Psychiatry
and Neurology**

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.

Riverside Suicide Crisis Help Line

Call (951) 686-HELP [686-4357] if you need to talk to someone. It is available 24 hours - 7 days a week.

National Suicide Prevention Hotline

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

www.suicidepreventionlifeline.org

WHY WORRY? (Continued from page 1)

better access to health care, have more opportunity for personal and a professional growth, more chance to travel, greater access to information and lifelong education, and many other wonderful things. Yes, there are risks and potential dangers, but worry magnifies these disproportionately and blinds us to the wonders of our age.

- **Worry is bad for your health.** Worry is not a normal state of mind, and it adversely affects your health, even your physical health. When you worry, physical changes are happening in your body which are very damaging. It increases stress which can increase blood pressure, cause higher levels of stomach acid, cause muscle tension and headaches, among many other things.

- **Worry is not natural.** Do little children worry? Do animals worry? Do all adults worry? There is nothing inherent in being human that means you have to worry. Worry is a pathology, a distortion of our natural, healthy state.

Do you know the most frequent instruction given in the Bible? Surprisingly, it is not 'love one another' or 'love God' or anything like that. It is simply 'do not be afraid.' I don't know how many times it appears, but I've seen estimates between 100 and 366 times. You don't have to be religious to realize that this is good advice.

So how can we break out of this worry habit? Like all habits, it might not be easy to do, but there are some clear, simple and effective steps you can take to eliminate worry from your life.

- **Realize that you are in control.** In *The Seven Habits of Highly Effective People*, Steven Covey tells us that the first step to a better life is the realization that we are free to

choose how to react to circumstances. Worry is a choice — it's inside our own head and, as such, it is within the sphere of our own influence.

- **Recognize that worry is a habit.** Like all habits, there is a momentum to worry, and it might not be easy to break away from this, especially if you've been a worrier all your life. But it's possible to change any habit.

- **Keep things in perspective.** E. Joseph Grossman said, "If you want to test your memory, try to recall what you were worrying about one year ago today." Are you still worrying about those things? Will all this stuff matter a 100 years from now?

- **Face your fears.** Nelson DeMille said that "Somehow our devils are never quite what we expect when we meet them face to face." After you do something that scares you, you'll probably find it wasn't as bad as you thought. With time, all your worry will dissipate.

- **Stop trying to control everything.** You cannot control the whole world. Things happen that are truly outside our circle of influence, and so we need to relax and accept that sometimes things just happen as they will. This is part of life, and worry will not change it one little bit.

- **Stop taking yourself so seriously.** If you fail, so what? If you screw up, is it the end of the world? Are you really so important that the world will stop turning if you get things wrong? Life is not that serious.

Finally, one of my favorite quotes from the master of quotes, Mark Twain. "I am an old man and have known a great many troubles, but most of them never happened." Worry is a dangerous and poisonous thing. Don't let it eat away at you. Take Dale Carnegie's advice — stop worrying and start living!

Pets Help People Cope With Depression

A study at the University of Missouri-Columbia found that stroking pets could help people cope with depression and certain stress-related disorders. That's because petting releases "feel-good" hormones including serotonin, prolactin, and oxytocin, and lowers levels of cortisol, the bad-guy stress hormone. In fact, all companion animals provide us a reason for being ... to take care of them ... and may help ease us back into interactive, social situations. The wonderful feelings pets elicit may not be easily defined, but a "Good boy!" (or "Good girl!") is good for us, too!



Source: *Esperanza Magazine*
Spring 2008 (edited)
As seen in *The Rollercoaster Times*

Winter 2009-10

Five Self-Care Strategies for Depression

There's no quick fix for depression. Even if you are under medical care and taking antidepressant medication, improvement takes time. Mayo Clinic offers five self-care strategies to help you feel better and reduce risks of recurrence.

1. **Keep active.**
 - As little as 15 to 30 minutes of physical activity most days has been shown to improve mood.
 - Long-term regular exercise can help prevent recurrence.
2. **Eat Well. Well-balanced eating strategies help you feel better now and later.**
 - Eat more whole grains, beans and vegetables. They provide a longer-lasting energy source than processed baked goods and sugar.
 - Eat regular meals, especially breakfast. Regular meals avoid the irritability and overeating that can come from skipping meals.
 - Increase your intake of cold-water fish (salmon, halibut, tuna & bluefish) for omega-3 fatty acids that can help reduce symptoms of depression.
 - Avoid alcohol and caffeine, which can contribute to depression and anxiety.
3. **Get adequate sleep.**
 - Aim for eight hours a night, and be consistent with bedtime.

4. **Control stress. Coping with depression is stressful enough, so try to limit other sources of stress.**
 - Simplify **your** schedule and prioritize.
 - Get organized so you can find the things you need.
 - If you need a break, take it, even if it's just a day trip or weekend getaway.
 - Recognize stress signals and slow down. Is your stomach upset? Are you forgetting things or feeling extra irritable? Take notice of your signals and do something about it.
5. **Stay connected. Make relationships a priority. Social ties give you a sense of purpose and meaning in life.**
 - Recognize the importance of give and take. It's true you should give of yourself in a relationship, but it's also important to receive from others, especially when you are depressed.
 - Cultivate your spirituality. Studies have shown that believing in something larger than yourself strengthens your ability to cope with life's ups and downs.
 - Avoid negative and unhealthy connections that might bring you down.

*Mayo Clinic,
as seen in DBSA Metro Atlanta News
(Edited for brevity)
As seen in The Rollercoaster Times
Winter 2009-10*



Peanuts: © United Feature Syndicate, Inc.

Paying Attention to One's Life

by Jo Ann Martin

From the moment I was diagnosed, I was a willing and compliant patient. I took whatever was prescribed, although the man who diagnosed me only used talk therapy. I never questioned the doctor, as to what side effects to expect or how long before the meds would make a change. I really didn't know what kind of change was supposed to occur. My first experience with medication was during a lengthy depression, in fact my first. Little did I know that the antidepressant given to me could cause my mood to accelerate into a manic phase. I'm sure now that the night a last minute party would trigger something in me to climb out of abyss I was experiencing straight into euphoria.

All the way through Atlanta, I remained silent as far as medications and how they affected me, watching episodes come and go. By the time I reached Detroit, after my second five week hospitalization, I felt that I needed to learn more about this malady myself. I checked out books from the public library...anything that had to do with manic-depression. I began to read about the medications I was taking. I felt more in control of my situation. I began to take notes...of how the meds made me feel, how long the side effects lasted, how long after I took them before I would feel the effects of them. I watched for signs of depression before it hit and for signs leading to a manic episode. My relationship with my doctors would have to be more as teamwork, not as me being the sick, helpless patient and the doctor being "god".

I remember one incident when I was taking Elavil. The doctor allowed me to increase the antidepressant to a high level to get out of the depression. It had worked in the past, but wasn't kicking in this time. I was also taking a lot of vitamin C. I re-read the information about Elavil and it mentioned that high doses of Vitamin C could lessen the effect of the antidepressant.

I mentioned this to the doctor who prescribed my meds and he simply said he had never heard of it. I pulled out the book and showed it to him. Bingo! The doctor treated me differently after that. I was no longer a number in his long line of patients. It didn't hurt my ego either.

What I'm getting at is—one must take the matter of one's health, both physical and mental, seriously and put it in one's own hands, so to speak. Pills and appointments alone are never going to do what self examining, note taking, careful

consideration as to what one eats or takes into their bodies, exercise, discipline, and purpose can do. Your life is in your own hands and should be exciting. If someone else is in charge...if someone else is living it for you, you don't exist.

I used to get up early each morning. I had a dog that needed to walk and I lived three stories up. I threw on a coat and shoes or boots and out we went, no matter what the weather was like. I would tell myself "You can go back to bed when you get back if you wish to."

We walked for blocks. I tried to walk a different route each time. I noticed little things I never noticed while driving. I watched the tiny leaves on trees grow into large ones, saw new blossoms. I stopped by a small garden some children and I had planted in back of our building and pulled some weeds. The dirt and the touch of the plant felt good. Perhaps a neighbor passed by and we said a few words. Upon returning to my apartment, I rarely went back to bed. I bathed and got dressed and ate some breakfast. This literally saved me from spending the day in bed, which I did while in Atlanta. I spent as much time as possible in bed while playing at the Hyatt Regency Hotel in Atlanta. I had a great job (only 15 hours a week) and I could support myself. But I was so depressed that for nine months, I only got out of bed to eat my shake for breakfast, set the alarm for lunch, a TV dinner, and again set my alarm to get up and ready for work, remembering what used to look good on me. I drove to the Pancake House where the staff upon seeing me drive in started making my patty melt. As soon as my three hours were over, I drove home and...you guessed it, back to bed.

At least, by the time I got to Detroit, I was getting out of bed in the morning. This was quite a feat as Elavil was very sedating and left me feeling like I could hardly move for about 10 to 12 hours after taking it.

So if a person has an illness, they can settle for just being a sick person and letting the doctor do all the work, or they can realize that the only one who can be with them 24/7 is themselves and there is a lot of observing and learning and teamwork that can be done. Now, I wake up and look forward to the day. Of course, I've had fine doctors, teamwork, medications that work, and an environment I love to help me. I try to do whatever I tackle with joy no matter how small the task. Life is exciting!





Insomnia and Depression: Bipolar Disorder and Sleep Disturbances

Insomnia and other sleep disturbances are prominent in bipolar disorder. A recent review of 11 studies involving 631 patients with a diagnosis of bipolar disorder demonstrated that insomnia was the most common prodromal syndrome of mania (77% of patients) and the sixth most common syndrome of bipolar depression (reported in 24% of patients). Furthermore, experimentally induced sleep deprivation can precipitate hypomanic or manic symptoms in a sizeable proportion of patients. Some theoretical models also suggest that circadian rhythm instability may be a core feature of bipolar disorder. These patients may be particularly susceptible to alterations in sleep as a result of psychosocial stressors, which then disrupt a vulnerable circadian rhythm, triggering a manic or hypomanic episode.

Adapted by Jan Redford From: Gutman, D.A. and Nemeroff, C.B. Emory University School of Medicine. Medscape.com (2005)

*Source: DBSA MoodPoints
Fall/Winter 2009-2010*

Mental health support groups: an important part of treatment

According to data collected by The National Survey on Drug Use and Health, participation in mental health support groups is becoming an important part of their treatment.

What was once viewed as an alternative is now considered an element of mainstream services and supports. In fact, an annual average of 2.4 million adults aged 18 or older received support from a mental health self-help group in the past year.

Among those participating in a support group, the majority are female (61.2 percent) and the vast majority are older than 25 (89.4 percent) with those between the ages of 26 and 49 making up the largest group 55.3 percent.

Seven Steps for Improving Sleep

Normal everyday responsibilities can sometimes interfere with sleep. Factor in other unexpected challenges, such as financial worries, layoffs, relationship issues or an illness, and quality sleep may be even more elusive.

Lack of sleep or poor sleep can impair your thinking, reaction time and, most important, your mood. Most people function best on 8 hours of sleep a night. Try these suggestions if you have trouble falling asleep or staying asleep.

1. Stick to a regular sleep schedule.
2. Create a relaxing routine before going to bed.
3. Create a relaxing environment for sleeping.
4. Here are some don'ts:
 - Don't eat or drink large amounts before bedtime.
 - Avoid nicotine, caffeine and alcohol in the evening.
 - Don't take naps after 3 pm and limit nap to about 30 minutes.
5. Exercise regularly but not within 5 or 6 hours of bedtime.
6. If you can't sleep, get up. Don't lie awake in bed for more than 20 minutes.
7. See your doctor if you continue to have trouble sleeping on a regular or frequent basis.

Following these steps may assist you in getting back on the road to a good night's sleep, enhancing your overall health and improving your mood.

Adapted by Jan Redford from: Kochar, H.S., *Simple Steps to Improve Your Sleep* (August, 2009). *Breakthroughs in Health*. Memorial Hermann Hospital Northwest; Mayo Clinic Staff, 10 tips for Better Sleep. *Mayo Foundation for Medical Education and Research*. MayoClinic.com

*Source: DBSA MoodPoints
Fall/Winter 2009-2010*

Almost two-thirds of the support group participants also receive traditional treatment such as inpatient (7.7 percent) or outpatient (51.0 percent) services or prescription medications (53.2 percent).

About 5.5 percent of the 28.8 million adults who received any traditional type of mental health treatment in the past year also received support from a mental health self-help group.

*Source: ADAMs Advantage
Winter 2009-2010*

A Healthier You

Create motivaion for a new you

From ARAcontent

If you're like many people, you might have a history of unmet New Year's resolutions. It's common to set big goals and then disappoint yourself by falling short. A wise and more positive approach is to set a series of small, realistic goals that deliver easy successes and quick rewards.

If taking better care of yourself is one of your resolutions, aromatherapy can help strengthen your resolve, make your efforts enjoyable and reward your successes. "Appli-

cations of 100 percent pure essential oils (which are distilled from aromatic plants) provide true aromatherapy benefits, as opposed to synthetically perfumed products," says Tom Havran, aromatherapy expert at aura Cacia. Havran suggests trying these aromatherapy applications as original and effective motivational treats for your senses. They can reward and inspire you along the way, too.

"New you" shower wash

Every day of the year, not just Jan. 1, is a chance for a new beginning. How about some fresh inspiration every morning

with a natural, home crafted shower wash that is much less expensive than synthetically-fragranced, chemical-laden products?

Start with 4 ounces of unscented oil-based liquid soap. Add 36 drops of an invigorating essential oil, such as peppermint, rosemary, tangerine, or grapefruit. For fun, try some unique combinations. For example, mix equal parts (9drops each) of peppermint, rosemary, tangerine, and grapefruit oils. If you prefer a more invigorating blend, bump up the peppermint and use less grapefruit. Use a bath sponge or loofah to work up the

fragrant lather. Here's another tip: follow up your shower with an all-over application of jojoba oil to still-wet skin - it's the best, most natural moisturizer you will ever use.

Clean practice mat spray

If shaping up and managing stress are part of your New Year's resolutions, this is the time to sign up for a yoga or Pilates class. A natural spray of purifying and deodorizing essential oils will help you care for your yoga or Pilates mat while providing an aroma that centers your attention

on your practice.

Meditative oils will inspire you to breathe deeply and immerse yourself in your poses, truly connecting body and spirit, which is what these practices are all about. Start with a spray bottle and 4 ounces of centering , purifying oils like sandalwood, tea tree, sweet orange, and eucalyptus. Again, have fun with various combinations of all or just a couple essential oils. Shake wipe clean.

Source: The Press Enterprise, Dec. 10, 2009



Psychiatrists are urged to help mentally ill stop smoking

Mentally ill patients smoke more than others, get less help from their doctor to stop smoking and are at a greater risk of dying from smoking-related diseases, according to an article published in the June issue of the *Canadian Journal of Psychiatry*. More than 75 percent of psychiatric patients smoke and 50 percent are tobacco dependent.

The research said that the mentally ill receive tobacco treatment on only 12 percent of their visits to a psychiatrist and 38 percent of their visits to a primary care doctor.

Dr. Tony George, chair of addiction psychiatry at the University of Toronto, said that many physicians and patients believe their illness will worsen if they stop smoking.

However, a review of 15 years of research shows that smoking cessation is safe with little evidence of worsening psychiatric symptoms. In fact, he said, depression and anxiety symptoms often decrease after the patient stops smoking.

Source: ADAMhs Advantage Winter 2009-2010



DBSA would like to thank the following sponsors who have donated to our Saturday morning refreshments:

Ralph's
(Allesandro, Riverside)

Food For Less
(Van Buren Blvd, Riverside)

Stater Bros.
(Mary St., Riverside)

We also appreciate the efforts of Dawn Ferrone in obtaining these contributors and all the people who help with setting up our morning coffee and refreshments.

Phone Phriends

If you need someone to talk with:

Leroy 951 / 686-5047

6 a.m. to 9 p.m.

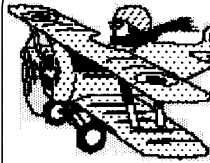
**Roger and Lorraine
daytime 909 / 980 - 3692**

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



ANNOUNCEMENTS

HEMET SUPPORT GROUP

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

TEMECULA DMDA

Mark Monroe
951/926-8393

UPLAND DMDA

Meet Thursday evenings
Call David or Samantha Johns
909/944-1964 OR
e-Mail dmjbf@aol.com

DBSA - Rancho Cucamonga

Roger or Lorraine
909/980-3692

DBSA - Loma Linda

(909) 327-6178

THE UPLIFTERS

(Christian emphasis) meets at The Grove Community Church 19900 Grove Community Drive (off Trautwein) Riv. 92508
- meets 1st & 3rd Saturday, Room # D-4.
Contact Sheri 951/565-8131
s2_smatsumoto@charter.net

For Support People:

NAMI - Riverside Mental Health Administration Building
4095 County Circle Dr. (off Hole Ave. near Magnolia)
7:00 pm, 1st Monday each month 951/369-1913 - Rosanna

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

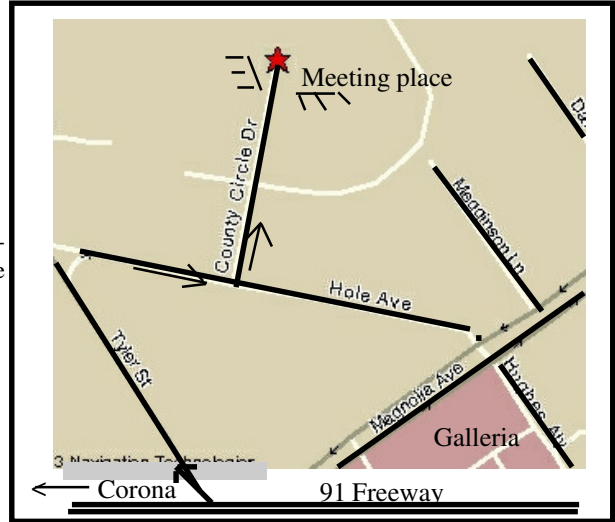
Due to route changes, no RTA regular bus crosses County Circle Drive anymore. However, several routes stop at the Galleria (Tyler Mall), which is only a three-block walk from where we meet. Those routes include Canyon Crest, Corona, Country Village, Hemet, La Sierra, Perris, Norco, and Sun City.* For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