

POLARS' EXPRESS

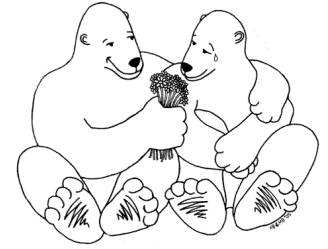
The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2019



Summer Calendar

Schedule of Speakers and Events



No DBSA-Boston speakers during June, July, and August. These will restart in September on 2nd Wednesdays. Donations Welcomed! **Every Wednesday** we have Music Circle 6-7 p.m. in Room 117, Coloring Circle 6-7 p.m. on the lower level of the cafeteria, and Mindfulness Meditation Circle 6:30-7:00 p.m. in Room 115. See page 9.

- 06/05: Candidates' Night 7–8 p.m. Come hear candidates for the Board. See page 3.
- 06/12: Annual Meeting and Election of Board Officers and Directors. See page 3.
- 06/26 Research Study: Hannah Heintz, Senior Clinical Research Assistant at McLean's Technology and Aging Lab will be recruiting for older adults living with bipolar disorder or depression. She will be set up near the Welcome Table, if anyone is interested in participating.
- 07/17: **Annual Cookout!** With Karaoke! See page 10.
- 07/31: "Mill Street Showcase" See pages 7 and 9.

Support groups meet every Wednesday: 1st, 3rd, 4th, and 5th Wednesdays, 7–9 p.m. 2nd Wednesdays, 8–9 p.m. McLean Hospital's de Marneffe Building cafeteria, Belmont, MA. Members and guests are encouraged to arrive between 6:15 and 6:45 p.m.

DBSA-Boston Services

- Wednesday night Share Care support groups include Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working and Coping, and Young Adults.
- Our Drop-in groups gather Mondays, Thursdays, Fridays, and Saturdays, 1:30–3:30 p.m., in McLean's de Marneffe Building cafeteria, Room 132.
- Thursdays, 7–9 p.m., Share Care support group at Mass General Hospital, in the Yawkey Center for Outpatient Care on the 2nd floor in Room 2-230, Satter Conference Center, Boston.
- For updates, follow us on Facebook at www.facebook.com/BostonDBSA, or call the office.
- Office hours are Tuesdays, Wednesdays, and Thursdays, 10 a.m.–4 p.m., in Room 119 of McLean's de Marneffe Building cafeteria 617-855-2795.
- DBSA-Boston, PO Box 102 (for packages: 115 Mill Street), Belmont, MA 02478 617-855-2795 • Fax: 617-855-3666 • Email: info@dbsaboston.org Website: www.dbsaboston.org



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The first Wednesday of each month, Board members will be at the Welcome Table.

Board, Advisors, and Staff Board Executive Committee

President:	Lillian Cravotta-Crouch
Vice President:	Michele O'Shea
Treasurer:	Susan Reynolds
Secretary:	Alli Bodek
Past President:	Chuck Weinstein
President Emeritus:	Everett Page

Board Directors

Bob Hanflig	Barry Park
Priyadarshi Khare	Christian Tionson
Ray Magnan	

Facilitation Advisor

Chuck Weinstein, LMHC, CPRP, CPS

McLean Hospital Liaison

TBA

Office Staff

Comptroller & Office Operations: Barry Park

Meeting Schedules

Board of Directors:
1st Wednesdays (05/22*, 07/10**, 08/07)
7 p.m., Cole Center

Facilitator Meetings:
1st & 3rd Wednesdays (06/05, 06/19,
07/03, 07/17, 08/07, 08/21) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (06/12, 07/10, 08/14)
5:45 p.m., Room 118

* Board meeting 05/22 replaced 06/05 meeting due to Candidates' Night on 06/05, see page 3.

**July Board meeting moved to the 2nd Wednesday in July, as the 1st Wednesday is a day before July 4th.

DBSA-Boston news is noted by the paw print.



President's Letter Summer 2019



Well it is hard to believe that my two-year term is coming to an end. It has been a pleasure serving as DBSA-Boston's President. First off I would like to thank the board for all being so hard working and really a team.

As you know all the committees are chaired by our wonderful board members. So much effort is put into everything they do.

I have had the pleasure of chairing Activities & Fundraising but I didn't do this alone. I had the support of board members as well as members of DBSA Boston. We have kept, thanks to Barry, documentation of everything we have done – what has worked as well as what hasn't. So, long after we're gone, this will make it easier for the next generation of leadership to have a guide to go by.

Fundraising has also gone quite well. We have done very well at our holiday appeal, etc. Our NAMIWalk this year has raised \$6,300 so far, and I suspect it will continue to rise as donations are still coming in through June. As captain I had the support of Barry, Christian, & Meach who did a lot to make this day happen.

Of course the walkers not only raised quite a bit of money but more importantly they raised Mental Health awareness. Fighting stigma is something that needs to continue so that people are able to get jobs, housing, and most of all respect, just like any other illness.

The day of the walk we had Sara & Barry manning the table bright and early, so when Meach and I showed up with the coffee & donuts we were ready to roll. All the volunteers who sat at the table were organized by Christian; they did a wonderful job. Our presence at the table allows us to spread the word about our support groups.

I also need to thank the Share Care members that work so hard to make sure our facilitators are trained and well informed about running our groups. They also make sure that our guidelines are followed, which is what keeps all of us safe and cared for.

So, as immediate past president I will still be very much around, not only to support our new president but to support all of you. You're all so very important to me.

Continue on page 10.



DBSA-Boston

The Depression and Bipolar Support Alliance of Boston

Annual Meeting

Election of Board of Directors
Officers and Members

June 12, 2019, at 7 p.m.

Francis de Marneffe Building Cafeteria
McLean Hospital
115 Mill Street
Belmont, MA

Join us for pizza at 6 p.m.!

We will have pizza at 6 p.m., Awards starting 6:30 p.m., the Annual Meeting starting at 7 p.m.,
with Share Care starting at 7:30 p.m.

More on the Annual Meeting on pages 4-5

Notice of Annual Meeting and Elections posted by Secretary Alli Bodek

Slate of Candidates for the Board of Directors

The election slate approved by the Board of Directors is as follows:

Officers

Two Directors for a Two-Year Term

President: Chuck Weinstein* (One-Year Term)

Ray Magnan*

Vice President: Michele O'Shea* (One-Year Term)

Barry Park*

Secretary: Ali Bodek* (Two-Year Term)

Candidates' Night: The candidates will address the DBSA-Boston members on Wednesday, June 5, 7–8 p.m. in the Francis de Marneffe Building cafeteria at McLean Hospital, Belmont. See Candidates' Statements on pages 4 and 5.

*Current member of the board.

Christian Tiongson
Nominating Committee Chair

See overview of Board duties and responsibilities on page 6

Candidates' Statements for the DBSA-Boston Board of Directors



Officers

President: Chuck Weinstein

I am running for the fifth time and asking you personally for your vote on June 12 in support of my campaign to be elected as your next President for the 2019-2020 term of office. My campaign budget is \$0.00. And I trust in you and your fine judgement to decide if I should be your next President or not. Seeing that I am running unopposed, I think that I might have a significant chance of winning, but I am not taking any chances, so please vote for me!

Why vote for Chuck, you ask. My answer: Happy to answer. DBSA-Boston, then MDDA-Boston has been an important and integral part of my life since around 1990, when I started attending meetings here. I went to Newcomers meeting my first night. I then immediately started attending meetings. Within six months I was asked to facilitate as the regular facilitators George and Judy were on a night off. And after my first night facilitating, I was hooked! In 1995 I was asked to run for the Board of Directors, I did, got voted in, and I've enjoyed being in leadership of this organization in some capacity ever since.

For 2019-2020, my goal is to continue to support the fine activities, and groups that we offer five times a week (4x at McLean and 1x at MGH), and once on Saturday. To continue being fiscally responsible with the dues and contributions that you, the membership, entrusts myself and the Board with. During my last term in office, 2014-2016, our old office needed an overhaul and we had the 30th Anniversary Party to organize and prepare for. With the help of our fine volunteers, we were able to overhaul our office with new computers, software, furniture to be a warmer and welcoming presence to all who enters our doors; and the Anniversary Party was a huge success.

This term, my focus will be to build a system to support a constant and enduring leadership infrastructure, so that we will have a platform to invite and train DBSA-Boston leadership of tomorrow, today. I feel that it is a good plan. If elected President, I will try my best to see this project through to completion. Thank you for your kind attention.

Vice President: Michele O'Shea

Honestly, I decided to run for VP this year primarily because with days to spare before the nomination deadline, we did not have a candidate running for the VP position. Thus, I decided that I would continue to contribute my time and energy to DBSA-Boston during the coming year. I am currently on the Board and the Share Care Committee and have previously been President and Vice President of DBSA-Boston.

During the next year, I will work with the Board and Share Care Committee to support greater involvement by our membership as participants in DBSA-Boston meetings, committees and events, and to create paths for others to grow into leadership positions. While it is important for any organization to have leaders that have institutional memory and experience, it is just as important to also have new people contribute their time, ideas, talent and experience to help DBSA-Boston continue to meet the needs of our membership in new and exciting ways in the future.

It is not a question of seeking leaders of a certain age or background. Rather, it is a question of educating the membership about the responsibilities for various leadership positions and encouraging individuals who would like to be of service to DBSA in a leadership capacity that have not previously done so. Those of us who have served on the Board and Share Care can attest to the hard work that is required to keep the high quality of services and support, and community that DBSA-Boston provides. We can also say that it is very rewarding to be able to give back to an organization that has given us so much support in various ways.

Thank you for giving me an opportunity to serve you in the coming year.



Candidates' Statements for the DBSA-Boston Board of Directors

Continued

Officers, continued

Secretary: Alli Bodek

My name is Alli Bodek, and I am running for Secretary of the DBSA-Boston Board of Directors. This organization was vital in my recovery from mental illness, and I am committed to ensuring its sustainability and advancement as a volunteer-based, peer-led, non-profit.

Previously, I have held the positions of Board Member-at-Large from 2016-2017, and Secretary from 2017-2019. I am currently part of the Membership, Training, and Outreach committees, and have served as a facilitator for both Wednesday evening and inpatient outreach groups.

I am currently pursuing a Master's Degree in Social Work, with a focus in macro practice, from Boston College. Within my academic, employment, and field work, I have focused on organizational development, research in mental health, and implementation of trauma-informed practice. Overall, I look to continue bringing lived experience, passion, and a person-centered perspective to DBSA-Boston leadership.

Directors

Ray Magnan

My name is Ray Magnan. I am pleased to announce my candidacy for a Board Director position with DBSA-Boston.

I have been coming to the Friends and Family meetings for about five years. I learned a lot by listening to the experiences of others. It was a tremendous help in learning strategies for dealing with medical professionals and institutions, as well as insurance companies.

Last year, I took the DBSA Facilitator Training which was incredibly helpful. This course gave me the skills I needed to help members share their experiences. I then started facilitating Friends and Families meetings.

I feel that I owe a lot to this organization and want to join the Board of Directors to help give back to those who helped me in the past.

Barry Park

My name is Barry Park.

I am running for the position of Director on the DBSA-Boston Board.

I was a business consultant, programmer and web designer for 35 years and then retired because of too much pressure.

I came to DBSA-Boston in 2012. I was dealing with Bipolar Disorder. I attended the Bipolar group every week. I soon became a Facilitator and led many Bipolar groups. I became the Webmaster in 2014, I was voted on the Board of Directors in the next year.

Not knowing when to stop I volunteered for the Treasurer job, the comptroller job and the Office Manager. Many people say that DBSA saved their lives. This is also true for me, but I also say that DBSA gave me direction for my life.

My goal is to make DBSA not a business but business like. Please vote for me.

DBSA-Boston Overview of Duties and Responsibilities Board Member



1. Attend all Board Meetings.
2. Attend any and all additional "Planning Sessions." Not likely to exceed two in the coming fiscal year.
3. If unable to attend a Board Meeting, will notify President in person or by the President's personal email or voicemail only.
4. If any Board Member should have three consecutive unexcused absences, he/she runs the risk of being dismissed from the Board.
5. Chair one committee, or sit on one or more committees.
6. Help out during special events: Holiday Party, Ice Cream Social, Summer Cookout, etc.
7. Be a current dues-paying member of DBSA-Boston.

Committee Chairperson

1. Hold meetings at regularly scheduled intervals.
2. Identify meeting location in advance. In order to avoid space conflicts, first check with President.
3. Recruit and cultivate committee members.
4. Organize and facilitate committee meetings.
5. If unable to attend, appoint someone to facilitate in your absence.
6. Furnish the Board with a projected annual budget, if needed. Should the need arise to exceed the projected budget, the Chairperson would need to make an appeal before the Board for approval.
7. Apprise the Treasurer of all inflows of monies.
8. Clear expensive, sensitive, and unusual projects through the Board.
9. Always consult in advance with the Treasurer when incurring expenses. She will apprise you of any office-generated forms that must be filled out and filed.
10. It is always useful to maintain a year-long history of the committees' works and deeds. This can be presented to your successor. 'Tis better to exist in a continuum than a vacuum.

Make Sure Your Membership is Current

Have you paid this year's dues? If you are not sure whether your membership is up to date, check with Comptroller Barry Park. Be sure to keep your membership active: your contribution supports DBSA-Boston and its members.

Only current members can vote in the election of board officers and members. They also receive discounted pricing for all parties and all Facilitator Trainings, and are sent a printed Polars' Express.

The Membership Form is at the end of this newsletter. You can become a member or renew your membership by check or online. To do this online, go to: http://dbsaboston.netfirms.com/?page_id=121. To pay by cash or check, pick up a form at the Welcome Table or the DBSA-Boston Office.



Committees at a Glance

Activities: Organizes DBSA-Boston social events.

Communications: Develops and maintains DBSA-Boston website, and produces the newsletter.

Creativity: Provides the DBSA-Boston community unique opportunities to use their creativity as a way to cope with mental illness in a positive matter. See page 9.

Executive: Oversees the Board of Directors.

Finance: Oversees the financial info and investments.

Fundraising: Develops fundraisers to benefit DBSA-Boston.

Marketing/Outreach: Develops strategies, materials, and programs to get DBSA-Boston better known to healthcare providers at Greater Boston area hospitals.

Membership: Manages the Welcome Table, promotes DBSA-Boston membership.

Office Operations: Proposes updates/changes in office operations.

Policy: Reviews DBSA-Boston policies.

Nominations: Oversees nominations for the Board.

Share Care: Coordinates and oversees share care groups.

Speakers Bureau: Finds speakers and organizes schedule for the monthly speakers' series.

Training: Evaluates and proposes training sessions for facilitators.

2018-2019

Committees

Chairs

Activities:	Lillian Cravotta-Crouch,
Communications:	Susan Reynolds
Creativity:	Christian Tiongson
Executive:	Lillian Cravotta-Crouch
Finance	Barry Park
Fundraising:	Lillian Cravotta-Crouch Barry Park
Marketing/Outreach	Barry Park Alli Bodek
Membership:	Alli Bodek, Christian Tiongson
Nominations:	Christian Tiongson
Office Operations	Barry Park
Policy Committee	Michele O'Shea
Share Care	Michele O'Shea
Speakers Bureau:	Mary Johnston
Training:	Chuck Weinstein Alli Bodek

If you have an interest in serving on a committee, please speak with the respective chairperson.

Mill Street Showcase

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Dates for 2019:

- January 30
- May 29 see page 9.
- July 31
- October 30

Questions?

Email christian@dbsaboston.org



Share Care Support Groups

DBSA is about peer-support groups. At DBSA-Boston, we provide four different venues for groups, with total attendance between 400 and 500 people each month.

When and where we provide support groups:

- Wednesday evening meetings, 7–9 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. We have eleven different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working & Coping, and Young Adults.

Mentor Coordinators: Lillian Cravotta-Crouch and Michele O'Shea.

- Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 2nd Floor, Satter Conference Center, Room 2-230, at Massachusetts General Hospital (MGH), Boston. These are open to people who have an affective disorder and their family and friends.
- In-house groups at McLean Hospital, Belmont. These are for patients in the hospital.
- Daytime Drop-in groups, Mondays, Thursdays, Fridays, and Saturdays (Room 132), 1:30–3:30 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont. Fridays a DNP from McLean's joins the group from 1:30-2:30 p.m. to discuss/answer questions on medications. Daytime Facilitator: Steve Lappen.

Highlighted Groups

Newcomers: Occurs every Wednesday

The group for newcomers is a must for DBSA first timers and anyone interested in reacquainting themselves with all that DBSA offers. All DBSA-Boston newcomers, including family and friends, are encouraged to attend. As the DBSA-Boston orientation group, Newcomers focuses on providing information on the DBSA organization as a whole, as well as the range of share care groups, lectures, and other events, resources, and services that form the core of DBSA-Boston. Newcomers meetings usually conclude with a share care session that is typical of other DBSA-Boston groups.

Women's Group: Occurs every Wednesday

The Women's group provides a haven for women who feel more comfortable participating in share care sessions made up of women only. The female-only environment is often conducive to discussion of topics specific to women, but a wide range of subjects may be covered depending on the group's needs and interests. Meets weekly.

Open Exchange: Occurs every Wednesday

Group provides an ideal opportunity for people with mood disorders to meet and talk with people from our Friends and Families group. By sharing our different perspective and life issues, we foster awareness and empathy, and help each other understand how we cope with our respective experience. It can be very helpful for friends and family members to hear stories from unrelated people who live with depression, bipolar disorder, and other mental illnesses. People with mental illness may benefit from the objectivity of friends and family who are not engaged in their daily lives. Please note that although Open Exchange is a good group for exchanging feedback and support between family, friends and people with a mood disorder, it not a family therapy group, and family members are discouraged from attending the group at the same time.

Members of the Share Care Committee: Michele O'Shea, Chair, Steve Lappen, Sylvia M., Barry Park, Chuck Weinstein, and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 13.



Weekly Music Circle

Every Wednesday 6:00–7:00 p.m. in Room 117
Every Saturday Noon–1:15 p.m. in Room 132 before the drop-in group

The Weekly Music Circle is the perfect place to play your favorite instrument, learn a new song, and jam out with other musicians of the DBSA-Boston community! All skill levels are welcomed – and it's free! Bring your music instrument, chord charts/tabs (if you want to share a song), and jam with us every Wednesday and Saturday before support groups! Don't have an instrument? We have house instruments available thanks to the Club Passim Iguana Music Fund! An acoustic guitar, ukulele, keyboard, and various percussion instruments will be on hand during the song circle. Email Christian of the Creative Committee at christian@dbsaboston.org for details.

Weekly Coloring Circle at DBSA-Boston

Every Wednesday 6:00–7:00 p.m., lower level of the de Marneffe Building

Do you like coloring as a way to reduce anxiety and practice mindfulness? Have you ever wanted to try it as a new coping skill? Come down to the new Coloring Circle and color away with your peers before group starts! Anyone can join and it is FREE too! Our office has a number of coloring books as well as color pencils and markers for you to borrow. You can also bring your own books and supplies as well! See you there! Questions, comments, ideas? Email Christian of the Creativity Committee at christian@dbsaboston.org

Weekly Mindfulness Meditation Circle

Every Wednesday 6:30–7:00 p.m. in Room 115

We meet for Mindfulness Meditation practice every Wednesday 6:30-7:00 PM in room 115 at the Mclean Hospital Cafeteria. Latecomers are welcome – you may enter the room anytime before 7 PM. This is not a class in mindfulness, it is a guided practice, facilitated by Khare. Our meditations are based on some of the sitting practices he learned as a student at the MBSR (Mindfulness Based Stress Reduction) program at Center For Mindfulness, UMass Medical School. Everyone is welcome, but please check with your health-care provider first if mindfulness meditation is right for you. Contact Khare at khare@dbsaboston.org with any questions.

Club 132 Open Mic

Every 4th Wednesday 6:00–7:00 p.m. in Room 132, just before Support Groups

Due to the popularity of the Mill St. Showcase, the Creativity Committee started the Club 132 Open Mic from 6:00–7:00 p.m. in Room 132 right before groups! The new open mic is a smaller and low-key version of the Mill St. Showcase!

No advance sign-ups needed. Just show up, sign-in and wait until you get called up! First come, first serve! We will run this open mic by "rounds": 5-minute intervals (1 song, 2 poems/spoken word), which will let everyone play at least once. Once everyone has gone through one round, the order starts over again! The fewer people performing, the more chances you play! This is the perfect way to try out new material, practice performing in front of a small crowd, collaborate with others, and more! As always, material has to be COMMUNITY FRIENDLY (i.e. no swears, no drug/sex references, culturally insensitive topics).



Annual Cookout!

Come join the fun as DBSA-Boston holds its Annual Cookout, Wednesday, July 17th!

Bring your family, bring your friends, bring your baseball mitt and Frisbee (and mosquito repellent). \$3 for members, \$5 for non-members, facilitators free!

DBSA-Boston will provide the hamburgers and hot dogs, beverages and condiments. There will be sign-up sheet at the Welcome Table on Wednesdays for folks to note what appetizers, sidedishes or desserts you plan to bring.

At the Cookout we will have a 50/50 raffle and offer karaoke. Tickets for the 50/50 raffle will be available at the Welcome Table starting in July.

If you would like to help organize the Cookout, please see Lillian Cravotta-Crouch, Social Activities Chair, or contact the DBSA-Boston office.

Mill St. Showcase July 31

6:30–8:00 p.m. at the deMarneffe Building Cafeteria

The purpose of this session (formerly called Mill St. Open Mic) is to appreciate and showcase creative individuals in the DBSA-Boston community.

The session will showcase the 1st 8-10 performers who signed up. Sign up now at the Welcome Table before time slots are filled up!

Each performer will have a 10-minute time slot for two songs or poetry pieces that are COMMUNITY FRIENDLY (i.e. no swears, drug/sexual content). Content will be reviewed before the performance.

All music, comedy, and poetry must be live; NO karaoke tracks, loud amplifiers, or drum-kits, unless approved by Christian.

Thanks to the Club Passim Iguana Fund, DBSA-Boston now has house instruments (guitar, ukulele, keyboard, and percussion) available to use at the Mill St. Showcase.

Please contact Christian at christian@dbsaboston.org Mill St. Showcase is offered on 5th Wednesdays!

President's Letter, continued

I hope to see you all at the Annual Meeting, and don't forget our next activity is the Annual Cookout on Wednesday, July 17.

P.S. Best wishes to Susan Reynolds who is retiring from the board after 20 years of hard work, but lucky for us she will continue to publish our Polars' Express.

Lillian Cravotta-Crouch
President, DBSA-Boston



THE 2019 DBSA-Boston Merit Scholarship

Open to DBSA-Boston Members Who Are Pursuing a Post-Secondary Degree/Certificate

The DBSA-Boston Merit Scholarship is awarded to a DBSA-Boston paid member who is in good standing and is actively enrolled in or accepted as a part-time or full-time student to a two-year or four-year undergraduate or graduate program in an accredited college/university OR a program in an accredited technical or trade school.

DBSA-Boston will award \$500 to the winner. The winner of the scholarship will use the award for tuition and books, supplies, and equipment required for the course of instruction. Scholarships used as noted are tax free.

Requirements:

The prospective applicant must fulfill the following requirements to apply for the scholarship:

Applicant must:

- Be a DBSA-Boston paid member in good standing
- Be currently accepted/admitted to a two-year or four-year undergraduate or graduate program at an accredited college or university in any major OR a program in an accredited technical or trade school
- Submit a personal essay of how DBSA-Boston helped them in their recovery or stability.
- Not previously won the DBSA-Boston Merit Scholarship.

Optional:

- Be a volunteer at DBSA-Boston for at least three-months as a staff-member (i.e. welcome table assistant, music circle lead, office assistant) or helped at least one annual DBSA-Boston event in the past year.

[Please, download complete, and submit the application](#) for the DBSA-Boston Merit Scholarship.

Deadline to submit application: August 1, 2019.

If you have any questions, please see Lillian Cravotta-Crouch.

Polars' Express

- The newsletter is published quarterly, the 1st of March, June, September, and December.
- The Polars' Express is an electronic newsletter, available to anyone who subscribes. A printed version is available for members only, who request it.
- Please email your submissions to news@dbsaboston.org, including your name, email address, and/or phone number in case the editor has questions. Author/artist name will be withheld from publication upon request.

The next submissions deadline is August 15, 2019

Susan Reynolds, Editor, Polars' Express



The Future

By Dan Sullivan

I was journaling the other day when out slipped from my pen two words I have long avoided using: the future. Before my cancer diagnosis I vaguely thought of my future in terms of what my quality of life might be like when I'm say 81 should I live so long; not so unreasonable an expectation. What level of care will I need given the fact that I haven't always lived the healthiest of lifestyles? What will be the health of my relatives? What will the world be like? Will we even exist as a nation? Will we be able to breathe after the continuous trashing of our planet by the time I'm 81?

However, since my diagnosis, such questions are as moot as the possibility of my living as long as to see these questions answered. My future extends to my next chemotherapy appointment. As grim as that sounds, I do not look beyond that. I have hopes. I hope once the weather gets warmer to see a Red Sox game. My 66th birthday is coming up. I hope to enjoy that. For a long - range goal, I hope to have a nice Christmas. I have no thoughts beyond that. When I have new information about how my treatments are going – and to be honest I haven't sought much – I can begin to make other plans, to think beyond this. But as for now, I don't. It doesn't make any sense.

Nor do I ruminate about how unfair this is. I'm 65 years old and it's not like I've gotten cheated out of life. Perhaps I could have done a better job of it, but I got to live my life. Dying is not a matter of 'if' but 'when'. When I see a child in a wheelchair after a chemo treatment, it breaks my heart. That's what unfair is. I've been blessed.

Having undergone back surgery in the midst of all this, I can really appreciate now the pleasure in being able to move from one place to another. It's really easy to break out the old gratitude list when the most taken for granted things become cherished. Even more so when I realize how much people really love me. I must have done a few things right on this earth to have the people in my life that I do.

So not surprisingly, I've learned to live more in the moment. I love my coffee in the morning so I always look forward to getting up. I like politics so there's always CNN. I can read, do my journaling, get myself out to the coffee shop, make plans with friends – all the healthy things that I know will keep me moving forward. And who knows about my prognosis? It's too early for me to ask, but what if it begins to look better? I haven't thought about next year, it's too early. I'll keep my mind on what's relevant. Next year could be a thousand years away, but I know I'm having breakfast with friends next Saturday and I am very much looking forward to it.

Regional DBSA/DMDA/MDDA & Other Support Group Listings

DBSA National Headquarters

Depression and Bipolar Support Alliance
730 N. Franklin, Suite 501, Chicago, Illinois, 60654-7225
800-826-3632 • Email: questions@dbsalliance.org
Website: www.dbsalliance.org.

CONNECTICUT

Branford: *+DBSA-Branford

Mondays 6–8 p.m.
BHCare, 14 Sycamore Way, Branford, CT
Contact: Alan Rosenthal • Phone: 860-661-5093
Email: branforddbsa@gmail.com
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

Greenwich: *DBSA-Greenwich

Fridays, 2:30–4:30 p.m. • 27 Stag Lane, Greenwich, CT
Contact 1: John S. Tamerin, MD • Phone: 203-661-8282
Contact 2: Susan Perry Williams • Phone: 203-661-8307
Email: jtamerin@optonline.net
Website: www.dbsagreenwichct.com

Hartford: *+DBSA-Greater Hartford

Wednesdays, 7–9 p.m. • Institute for Living
200 Retreat Avenue, Commons Building, 2nd Floor,
Litchfield Conference Room, Hartford, CT
Contact: Selina Grover-Welborn • Phone: 860-462-3049
Email: swelborn@mindlink.org

New Canaan: *+DBSA Branford

Thursday 6–8 p.m., Silver Hill Hospital,
208 Valley Road, New Canaan, CT
Contact 1: Alan Rosenthal
Phone: (860) 661-5093
Contact 2: Albert
Additional Phone: (203) 842-8573
or awhquaker@gmail.com
Email: branforddbsa@gmail.com
Website: <http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/>

Listings change frequently: We suggest you call, email or write contacts for current information.

Attention Chapter Contacts: to change or add a listing, call, email or write to DBSA-Boston, Attn: Chapter List.

CONNECTICUT, continued

Old Saybrook: *+ DBSA Branford

Wednesdays, 5:45–7:30 p.m. Acton Library,
60 Old Boston Post Road, Olde Saybrook, CT
Contact 1: Wendy Anderson
Phone: (860) 304-4258
Contact 2: Alan
Additional Phone: (860) 661-5093
Email: Wendyanderson1987@gmail.com
Website: <http://www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/>

Torrington: *+DBSA-Northwest Connecticut

Thursdays, 7–9 p.m.
Charlotte Hungerford Hospital
(small dining room off the cafeteria)
540 Litchfield Street, Torrington, CT
Contact: Ann Kelly • Phone: 860-567-8165
Email: annkelly7@yahoo.com
Website: www.dbsanwct.com

Waterford *+DBSA-Branford

2nd and 4th Saturdays, 9–11 a.m.
Waterford Baptist Church
111 Rope Ferry Road, Waterford, CT 06385
Contact: Michelle Minnich
Phone: 860-908-0911
Email: md222be@sbcglobal.net
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

MAINE

Rockland: *+DBSA-Mid-Coast

Thursdays, 7:00–8:30 p.m. • Tuesdays 11–Noon
First Universalist Church,
345 Broadway, Rockland, ME
Contact: Erica • Phone: 207-505-2663
Email: dbsamc@hotmail.com

MASSACHUSETTS

Attleboro: *+DBSA-Attleboro

Tuesdays, 7–9 p.m. • Newcomers at 6:45 p.m.
Hillside Adult Day Health Center,
50 Walton Street, Attleboro, MA
Contacts: Chapter Information Line
(774) 254-0321
Email: dbsa.attleboro@gmail.com

Continued on page 14

Key to Chapter List

* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are welcome to attend.

Regional DBSA/DMDA/MDDA & Other Support Group Listings

MASSACHUSETTS, continued from page13

Belmont:

*+**DBSA-Boston** • Wednesdays, 7–9 p.m.
Speakers 2nd Wednesdays, 7–8 p.m.
Groups include Newcomers, Depression, Mania & Bipolar, Dual Diagnosis, Family & Friends, Maintaining Stability, Open Exchange, Veterans, Women's Issues, Working & Coping, and Young Adults.

McLean Hospital de Marneffe Building cafeteria,
115 Mill Street.
For Directions, call 617-855-2000 ext. 7000.

DROP-IN groups every Monday, Thursday, Friday,
and Saturday, 1:30–3:30 p.m. • McLean Hospital de
Marneffe Building cafeteria, Room 132

In-house groups for patients at McLean Hospital

DBSA-Boston, PO Box 102
(for packages, 115 Mill Street), Belmont, MA 02478
Contact: Barry Park
Phone: 617-855-2795 Fax: 617-855-3666
Email: info@dbsaboston.org
Website: www.dbsaboston.org

Boston:

+**DBSA-Boston** at MGH/Downtown
Thursdays, 7–9 p.m.
Massachusetts General Hospital (MGH), Boston, MA
Yawkey Center for Outpatient Care, 2nd Floor,
Satter Conference Center, Room 2-230
Phone: 617-855-2795
Email: mghgroup@dbsaboston.org

Hingham: DBSA-South Shore Massachusetts
Contact: E. Christopher Kehoe • Phone: 781-908-0268
Email: dbsasouthshore@gmail.com

Lowell:

*+DBSA-Merrimack Valley • Thursdays, 7–8:30 p.m.
Lowell First Church of the Nazarene
1195 Varnum Avenue, Lowell, MA
Contact: Tim
Toll-free phone: 888-280-7773
Email: dbsamerrimackvalley1@yahoo.com

Listings change frequently: We suggest you call, email or
write contacts for current information.

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email or write to DBSA-Boston, Attn: Chapter List.

MASSACHUSETTS, continued

Marion:

DBSA-Southcoast
1st & 3rd Thursdays, 6:30–7:30 p.m.
St Gabriels Episcopal Church, 124 Front Street,
Marion, MA
Contact: Rachel Clark • Phone: 508-813-8605
Email: DBSA.southcoast@gmail.com

Revere:

+Depression Bipolar Support Group
Tuesdays, 6:15–7:45 p.m. MGH Health Care Center
Revere • Administrative Conference Room, across
from Security Desk
300 Ocean Avenue, Revere, MA
Revere Beach Train Stop
Contact: Kim Harol • Phone: 781-248-9825
Email: dbsarevere@gmail.com

Worcester:

*+DBSA-Worcester
Mondays, 7–9 p.m.
UMass Medical Center,
N. Lake Avenue, Worcester, MA
Contact: Don Latham • Phone: 508-864-4759
Email: dlatham46@verizon.net

NEW HAMPSHIRE

Concord:

*+DBSA-Concord
Meet 1st, 3rd & 5th Wednesdays, 7–9 p.m.
St. Paul's Church, 21 Centre Street, Concord, NH
Contact 1: Susan Milliken • Phone: 603-224-2664
Contact 2: Steve Farr • Phone: 603-494-2685
Fax: 603-229-1635
Email: dbsaconcord@comcast.net

Exeter:

*+DBSA-Greater NH Seacoast
Fridays, 7:00–8:30 p.m.
Exeter Hospital, North Conference Room #1
5 Alumni Drive, Exeter, NH
Contact: Brad • Phone: 603-303-0205
Email: dbsaexeterchapter@gmail.com

Nashua:

*+DBSA-Nashua • Thursdays, 7–9 p.m.
Community Council, 100 West Pearl Street,
Nashua, NH
Contact 1: Thomas Doucette • Phone: 603-888-2141
Contact 2: Amanda Potash • 603-560-7502
Email: info@dbsanashua.org

Key to Chapter List

* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are welcome to attend.

DBSA-Boston Membership Agreement

DBSA-Boston brings us together to offer each other what we have learned about living with affective disorders. In these circles of trust, we share our feelings, our experiences, and our coping strategies. We do not give advice, particularly about medication. Our support groups are not therapy groups. Our facilitators are not therapists, but DBSA-Boston members trained in peer-group facilitation.

To make everyone feel safe and welcome, our groups are governed by certain guidelines. In particular, we recognize that everything shared within groups (and much revealed one-to-one) must be kept confidential for people to feel safe enough to participate. We also use "I" statements and speak from our own experience; and when differences arise, we refrain from judging one another and instead seek understanding.

DBSA-Boston members in good standing are entitled to the following privileges:

- A safe and empathetic environment to aid in their personal growth
- Receipt of our quarterly newsletter via email or printed/snail mail by preference
- Participation in our Share Care groups, daytime drop-in and monthly lectures
- Group functions including the summer picnic and holiday party
- Opportunities to "give back" to others by serving as a group facilitator, running for the Board of Directors or working on committees
- The right to vote in DBSA-Boston elections

See page 5 of this newsletter for meeting schedules.

(CONTINUED ON OTHER SIDE)

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DBSA-Boston Membership Agreement

Make checks payable to: "DBSA-Boston" and bring them to the Welcome Table at the Belmont chapter meetings on Wednesday nights or mail them to: DBSA-Boston, ATTN: Membership, PO Box 102, Belmont, MA 02478.
(You must be 18 years old to become a member.)

Check all that apply ☐ New Member ☐ Renewing Member ☐ Donation
☐ Change address/phone/email ☐ Change Membership Terms

If paying full dues causes you financial hardship, please contact the Membership Chair.

Categories and Dues ☐ Individual: \$35/year ☐ Student \$15 (With ID) ☐ Household: \$50/year ☐ Professional: \$75/year
☐ Lifetime: \$300 ☐ Benefactor: \$500 ☐ Angel: \$1,000

Help us to help others by giving an additional donation. Donations are tax deductible to the extent provided by law. DBSA-Boston is a non-profit corporation in accordance with I.R.S. Code, Section 501(c)(3).

Donations ☐ \$25 ☐ \$50 ☐ \$100 ☐ \$150 ☐ \$_____ ☐ In honor/memory of _____

Acknowledgments sent on request: enclose name, address and additional information

TOTAL AMOUNT ENCLOSED (dues and/or donations) \$_____ Checks to DBSA-Boston

DBSA-Boston Membership Agreement, continued

DBSA-Boston has established clear guidelines for the security and well-being of all members participating in our organization. Because disruptive behavior is often a symptom of bipolar and depressive illnesses, it must be accommodated to some degree. Beyond a certain point, however, it cannot be tolerated as it jeopardizes the work or even the existence of a group dedicated to helping people transform their lives. We list here some examples of behavior that, if it persists, can lead to a review of an individual's group participation privileges, and possibly to that individual's removal from the organization by the Board of Directors.

1. Discrimination against any individual or group based on age, gender, race, creed, nation of origin, ethnicity, sexual orientation, disability, religion or any other characteristic protected by the laws of the United States
2. Physical or verbal aggression
3. Suggestive remarks or other forms of sexual harassment
4. Violating confidentiality of support group meetings or individual members
5. Disrupting groups by coming in late habitually, wandering in and out, or refusing to cooperate with a group facilitator in following established DBSA-Boston guidelines
6. Abuse of the telephone or email lists by making calls at inappropriate times or by refusing to stop contacting those who have asked not to be contacted
7. The use of cell phones during groups, including texting, Web access and photos
8. Harassing or stalking individuals who have asked not to be contacted
9. Inappropriate or illegal behavior in contexts where members are viewed as representatives of DBSA-Boston, such as at McLean Hospital, local restaurants or other public places
10. Bringing pets other than service animals to group meetings
11. Attending DBSA-Boston meetings or functions while under the influence of alcohol or other recreational drugs
12. Repeatedly violating the smoking policies of a facility where an DBSA-Boston group is meeting

Your cooperation and commitment are what keep DBSA-Boston alive and well. Thank you!

(Cut on the dotted line)

Please print clearly

DBSA-Boston Membership Agreement

Name _____ Date ____/____/____

Address _____

City _____ State _____ ZIP _____

Phone () _____ Email _____

Emergency Contact _____ Emergency Telephone _____

SIGNATURE REQUIRED: I understand and will abide by DBSA-Boston's Membership Agreement (see back)

X _____ (Form continues on the other side)

How did you find out about DBSA? _____

Comments or suggestions: _____

Please note: If your check to DBSA has insufficient funds, you will be charged the amount of the bank fee.

Thank you very much! The Membership Committee