Six times a year, on the 2nd Wednesday of January, February, March, September, October, and November, in McLean’s de Marneffe Building cafeteria, 7–8 p.m., DBSA-Boston sponsors lectures – with question and answer sessions – on mood disorders and their treatment, recovery and wellness, and social services. Lectures are free and open to the public: Donations Welcomed! 

**Wednesday evenings** we have music events, 5:30–7 p.m. in Room 132, a Coloring Circle 6-7 p.m. on the lower level of the cafeteria, and a Peer-Led Mindfulness Meditation 6:30-7:00 p.m. in Room 115. Every 2nd Saturday we have a Jam Session 3:40-4:40 p.m. after drop-in group. See page 8.

03/11  “Mind Fixers: Psychiatry’s Troubled Search for The Biology of Mental Illness,” Anne Harrington, PhD See page 12.

03/15  Foundations Workshop in Facilitating Peer Support Groups, led by Chuck Weinstein, LMHC, CPRP, CPS See page 7.

04/15  Ice Cream Social! See page 9.


05/16  NAMIWalks Massachusetts: Join the DBSA-Boston Team! See page 9.

05/27  Candidates Night 7-8 p.m. Come hear candidates for the Board. See page 3.

Support groups meet Wednesdays: 7–9 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, Family & Friends, Maintaining Stability, 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/DBSABoston, 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

**WHAT’S INSIDE**

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**Board Directors**

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<td>Adriana Grant</td>
<td>Ray Magnan</td>
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<td>Abraham Jordan</td>
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<td>Peter Liberman</td>
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**Facilitation Advisor**

Chuck Weinstein, LMHC, CPRP, CPS

**McLean Hospital Liaison:** TBA

**Office Staff**

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**Meeting Schedules**

**Board of Directors:**
1st Wednesdays (03/04, 04/01, 05/06)
7 p.m., Cole Center

**Facilitator Meetings:**
1st & 3rd Wednesdays (03/04, 03/18, 04/01, 04/15, 05/06, 05/20) 5:45 p.m., Room 132

**Share Care Committee:**
2nd Wednesdays (03/11, 04/08, 05/13)
5:45 p.m., Room 118

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**President’s Letter**

**Spring 2020**

Hello All:

It’s time again for the President’s letter. For years I have written about the amazing team of volunteers that we have at DBSA-Boston, and in this edition, I must reiterate what I have been saying for years: That I am so honored to be part of this organization!

And to be perfectly clear without our Vice President, Treasurer, Secretary, Board of Directors-at-Large, Committee Chairs and members and the Wednesday evening and Daytime volunteers (Room assignment coordinators, speakers bureau coordinator, activity champions [music circle, meditation and Zen Tangle coloring group] as well as our office manager and webmaster) we simply would not be able to operate and offer support groups four days a week and two evenings (a shout out to our brothers and sisters at DBSA-Downtown at MGH) and last but not least our esteemed facilitators, because even if we would be operational, without trained group leaders we would not exist.

Joining our Board as "Members-at-Large," are Abraham Jordan and Peter Liberman. Both Abe and Peter have been members for over a year and have been wonderful assets to the groups that they attend. We welcome them with open arms and look forward to their contributions to the Board and our organization.

Members of Leadership at DBSA-Boston and DBSA-Downtown were invited to a special strategic planning meeting to discuss the importance of attracting more members into leadership roles, to examine our strengths and challenges as an organization and to develop an action plan to address these needs. We were joined by DBSA-National’s Chapter Relations Director, Carla DiFlorio, who traveled to Boston to facilitate this meeting. A day well spent. Thank you, Carla!

Continued on page 13

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The Polars’ Express Newsletter Committee:
Barry Park • Susan Reynolds, Editor
See page 5

DBSA-Boston news is noted by the paw print.
DBSA-Boston Nomination of Officers and Board of Directors for 2020

Thank you for your interest in electing the Officers and Board Members for the incoming year 2020–2021. We are excited for the opportunity to engage our members in this very important task, which helps to maintain and shape DBSA-Boston for the continued benefit of our community.

DBSA-Boston’s leadership consists of five officers: the President, Vice President, Secretary, and Treasurer, plus the Immediate Past President; and six Directors for the Board of Directors.

Five full-term positions are open, including President, Vice President, Treasurer, and two Board Directors. The elections for Officers and Board Directors will take place at our Annual Meeting on Wednesday, June 10, 2020.

In order to be voted into an office, one must first be nominated. Nominations may be made by any DBSA-Boston chapter member, 18 years or older, who has been a dues-paying member for at least one year, is in good standing with dues fully paid. Candidates must also have been dues-paying members for at least one year and must be nominated by another member. Be sure that the individual you nominate is willing and ready! Permission of the person you are nominating is necessary. See page 14 for Nominations Form.

The terms for office are as follows: the President and Vice President are one-year terms; the Secretary and Treasurer are two-year terms; and all Directors are two-year terms. For the current composition of the Board, please refer to page 2 of this newsletter. For all duties and responsibilities of the Officers and Board Members of DBSA, please see page 4.

Please note: Nominations will close on Tuesday, March 31, 2020. Nominations that are mailed must be postmarked no later than Friday, March 27, 2019. To obtain a nomination form, please ask me, pick one up at the Welcome Table or find it on page 12 of this newsletter. You may also call the office directly. All nomination forms may be delivered in person or mailed to:

DBSA-Boston
Attention: Nominating Committee
PO Box 102
Belmont, MA 02478

And now for the fun part! Candidates will introduce themselves to chapter members at Candidates’ Night on Wednesday, May 27. Each candidate will have five minutes to speak to the membership about why they are running for office. The elections will happen June 10th, to allow time for all members to consider which individuals they believe would best serve DBSA-Boston in the coming year.

DBSA-Boston is the largest and oldest DBSA chapter in the country, and our members can feel proud to be part of this esteemed organization, which seeks to better the lives of its members and non-members suffering from mood disorders. The support available at DBSA is unique and incredibly valuable to our community. It is a privilege to be part of DBSA, to vote and nominate candidates, and to have each of our voices heard. Without you, we would have no chapter, and this is why your participation is so important.

We are always looking for new involvement in running and maintaining our organization. If you feel that you can benefit this organization as a leader, please don’t hesitate to step forward.

Thank you for your contributions to DBSA-Boston, Michele O’Shea, Nominating Committee Chair
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. He 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 nominate candidates and be nominated as candidates for the Board. 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](http://dbsaboston.netfirms.com/?page_id=121). To pay by cash or check, drop off your 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 manner. See pages 7 & 8.

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 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.

Wednesday Night Facilitators: Schedules and coordinates facilitators for the Wednesday night share care groups.

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### 2019-2020

**Committees**

Activities:  
Communications:  
Creativity:  
Executive:  
Finance:  
Fundraising:  
Marketing/Outreach:  
Membership:  
Nominations:  
Office Operations:  
Policy Committee:  
Share Care:  
Speakers Bureau:  
Training:  
Welcome Table:  

**Chairs**

Lillian Cravotta-Crouch  
Priyadarshi Khare  
Christian Tiongson  
Chuck Weinstein  
Open  
Lillian Cravotta-Crouch  
Chuck Weinstein  
Open  
Ray Magnan  
Michele O’Shea  
Barry Park  
Not currently active  
Michele O’Shea  
Mary Johnston  
Open  
Meach C.

### 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 May 15, 2020

Susan Reynolds, Editor, Polars’ Express
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, Family & Friends, Maintaining Stability, Women’s Issues, Working & Coping, and Young Adults. Working & Coping and Women’s Issues are every 4th Wednesday.

  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 Coordinator: 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 4th 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.

**Young Adults – (Ages 18-29):** Occurs every Wednesday
This group provides a safe place for young adults to share feelings about age-related issues. Jobs, relationships, stigma, and fitting in socially are common themes in the Young Adults group. Sometimes there is controversy about where we stand in society. There is often laughter and we tend to show up expecting an exciting event. There is an environment of acceptance and openness and hopefully, people leave feeling that there is nothing to be ashamed of or feel bad about regarding their illness.

**Members of the Share Care Committee:** Michele O’Shea, Chair; Adriana Grant, Bob Hanflig, Sylvia K., Steve Lappen, Ray Magnan, Chuck Weinstein, and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 15.
DBSA-Boston Facilitator Training Program Presents:
Foundations in Facilitating Peer Support Groups

Sunday, March 15, 2020
9:30 a.m.–5:00 p.m.
at McLean Hospital’s Cafeteria, Room 132

To register, download the registration form from the training page on our website, or complete a registration form while visiting a DBSA-Boston support group at McLean Hospital on Wednesday night.

If you ever wanted to be a DBSA Boston facilitator, this is the place to begin. This workshop is a comprehensive overview, providing the building blocks of effective peer-support group facilitation to people interested in becoming a facilitator. This training, for many, is the first step in learning how to facilitate a support group. People attending this training need not have any experience facilitating a group, only the desire, and interest to learn. Many people have attended this workshop solely to learn effective communication skills and strategies to use within a group setting.

The format is fun and interactive; role-play participation optional.

Limited to 20 participants. Pre-Registration is required. No “walk-in” registrations will be allowed. Registrants can pay in cash or by credit card. All attendees must prepay before attending the course. People that pay, but don’t attend can take the next available class.

Registration deadline is Wednesday, March 11, at 7 p.m.

Workshop:
Registration 9:30–9:45 a.m. • Continental breakfast 9:30–10 a.m. • Networking lunch 1 p.m. Workshop starts promptly at 10 a.m. and ends at 5 p.m.

Location: Francis de Marneffe Building, first floor, McLean Hospital, 115 Mill Street, Belmont, MA

Contact chuckw@dbsaboston.org, or call DBSA-Boston office staff at 617-855-2795.

Workshop Fee:

| DBSA-Boston Paid Member:                                      | $ 35 ($ 25 + $ 10 for guidebook) |
| DBSA-Boston Paid Member who took the course before*           | $ 15 for course*                  |
| DBSA-Boston Facilitator who took the course before*          | $ 5-$10 (donation for lunch)*     |
| Affiliated DBSA chapter members:                             | $ 45 ($35 + $10 for guidebook)    |
| Peer Services Professionals: Must send proof of employment or volunteering as CPS or Peer Worker for this rate. | $ 60 ($ 50 + $ 10 for guidebook)  |
| Other Attendees:                                             | $ 70 ($ 60 + $ 10 for guidebook)  |

*Please bring your guidebook from the course with you.

The Workshop fee includes:
Six hours of professional instruction on: group dynamics, the facilitator’s role, safety, techniques, with a practicum • continental breakfast, networking lunch & refreshments all day • Certificate of Attendance • Training guide: Retail cost of $20 is discounted $10 for workshop attendees.

The instructor for the workshop is Chuck Weinstein, LMHC, CPRP, CPS, the Director of Facilitator Training for DBSA-Boston. Chuck is currently DBSA-Boston President, with over 20 years of group facilitation experience. Chuck introduced the DBSA-Boston facilitator training program in 1997, and is an Adjunct Instructor, Tufts Medical School.

The Foundations Workshop is offered to support DBSA-Boston group members who are training to become facilitators as well as other DBSA affiliates in the New England area. Peer Professionals (CPS, peer-support workers, etc.) are welcome to attend as well as any interested person from the community. However, seating is prioritized for DBSA members, so please... consider registering early.
Music at DBSA-Boston
Weekly Song Circle
Wednesday 5:45–6:45 p.m., except 4th Wednesdays when we have Club 132 Open Mic (see below).

This is the perfect place to play your favorite instrument, learn a new song, and jam out with other musicians of the DBSA-Boston community! Location: de Marneffe Building Cafeteria in Room 116
Email Christian of the Creative Committee at christian@dbsaboston.org for details.

Club 132 Open Mic
Meets every 4th Wednesday 5:30–7:00 p.m. in Room 132, just before Support Groups

Musicians and poets are invited to share their creative talents in a “mini” Mill St. Showcase format.

DBSA-Boston Jam Circle
Meets every 2nd Saturday from 3:40 p.m. to 4:40 p.m. right after the drop-in group. Location: de Marneffe Building Cafeteria in Room 132.

Ever want to just jam out with other musicians from DBSA-Boston? Jam Circle is the perfect place for those who play instruments to get together with other musicians, learn new songs, and rock out! All are welcome!

Mill Street Showcase
The annual Mill St. Showcase will be on August 12 – time TBD. Stay tuned for details!

Contact Christian (christian@dbsaboston.org) with any questions about music events.

Weekly Mindfulness Meditation Circle
We meet for Mindfulness Meditation practice every Wednesday 6:30-7:00 p.m. in room 115 at the Mclean Hospital Cafeteria. This is not a class in Mindfulness, it is a guided practice, facilitated by Khare, who is a student of Mindfulness. Our meditations are based on some of the practices he learned as a student at the MBSR (Mindfulness Based Stress Reduction) courses, including one at UMass Medical School, Center for Mindfulness.

No prior experience with mindfulness or meditation required. Latecomers are welcome – you may enter the room anytime before 7 p.m. Everyone is welcome, but please check with your healthcare provider first to see if mindfulness meditation is right for you.
Contact Khare at khare@dbsaboston.org with any questions.

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
Talk and Book Signing Wednesday, April 29

The Cole Resource Center and DBSA-Boston co-sponsor author MIT professor Daniel Jackson for a talk on and book signing of *Portraits of Resilience*.

“In MIT professor Daniel Jackson’s recent book *Portraits of Resilience*, being resilient means being vulnerable. It gives a glimpse into how students at the Massachusetts Institute of Technology — one of the most competitive and elite universities in the world — cope, overcome, and find meaning in their lives.”

— The Boston Globe.

Professor Jackson will talk about his motivation for doing this book. There will be two other speakers as well, one who is featured in this book, and the other who will speak about the book’s impact on her. The event will be from 6 to 7 p.m at the Cole Resource Center in the de Marneffe Building cafeteria at McLean’s Hospital on Wednesday, April 29.

NAMIWalks Massachusetts: Saturday, May 16

Join the DBSA-Boston team “We are Believers” and partner with NAMI Central Middlesex for the NAMIWalks Massachusetts on May 16 at Artesani Park, Brighton, along the Charles River.

Be a part of the largest NAMIWalks in the USA again this year. Walk with your peers, friends, and family in the premier stigma-busting event in the Boston Area. Together we can make a difference! Each walker that has pledges of $25.00 will get a free DBSA-Boston Believers Special Walk shirt.

Learn more about this event and how you can participate, Wednesday evenings in April and May at our meetings, see Lillian Cravotta-Crouch or Alan Kravitz, our NAMIWalks Co-Captains, or sign up at: https://tinyurl.com/DBSA-Boston-NAMIWalks
“Musings at a Local Laundromat”
By Steve Lappen

Ah! No longer able to attend to the mundane task of drying my laundry at home. Suffering the indignity and indifference of a severed starter switch.

Ah! Relieved I can take a respite from the descent into a cob-webbed laden, darkened, and dank basement.

Carrying the burden of the added weight of wet laundry,

I lug the hamper to my car, feeling the strain in my weary arms and shoulder.

Headed to the quasi-urban setting known as Hillside, just beyond the outstretched arms of the Tufts University campus, I settle comfortably in the quiet and solitude of a public laundromat.

Careful to choose a time of day where there is little evidence of commerce,

I am alone with my thoughts and heavily weighted wet laundry.

I carefully choose an industrial-sized dryer with a view into the soul of a kinetic life-like piece of machinery that will violently toss and turn my wet burden to the point of scalding heat. I find an awaiting chair offering me an orchestra seat to view the impending assault on my clothes.

Rather than agitate me, observing the toss and turn of my clothes as they repetitively revolve at once apparently at peace when they reach the peak of spin, only to be unceremoniously released by force of gravity in a crash and heap to the bottom of the large cylinder, I am eerily calm in a way that a fulfilling meditation can produce in me.

What appears as chaos before my eyes will soon be ordered in the folded layers of still-warm laundry when withdrawn from the dryer.

Though warm and disheveled, how effortless it is to fold and crease what still seems to give off a slight wisp of steam.

How difficult it would be to render order out of chaos if I delayed removal by even a few minutes. Order can only be extracted while my offering is still warm, nay hot to the touch.

As I think of the calming effects of this quotidian task, I am reminded of what drew me to my academic interest in philosophy. Philosophy provided me a pathway to seek order in what had hitherto been destructive chaos.

P.S. Chaos won out and likely always will.
“Cancer and Mental Illness”
By Daniel Sullivan

A year ago January, I remember my hand shaking while I held my phone and heard the news: they had found a “spot” the size of a quarter on my lung. “Just take it a day at a time,” words sounding hollow. Sure, easy for you to say.

I was having severe back pain and it had taken 3 visits to get an MRI out of them. Deep tissue massage, acupuncture, and Tylenol all had failed miserably. As it turned out the cancer had worked its way from my lung through my adrenal gland and eaten away most of my lumbar 2. I basically had a broken back. Targeted radiation did nothing for the pain, which soon became so severe that I went to the emergency room, got admitted, and had the surgery.

My fortune took a turn for the better. My surgeon, Dr. Shin, was amazing. He is a very talented man and I’ll never be able to say enough about him. In no time I was able to get in and out of bed. I was soon transferred to the Spaulding Rehab where I met two outstanding Physical Therapists who I look forward to seeing whenever I return to the Spaulding for follow up. I was trying hard, doing well, and my reports were filled with glowing tales of my rapid progress. In two weeks I was discharged and now I am able to do the things I like to do; not without considerable effort to be sure, but I feel like I’m getting stronger every day.

About a year ago, I had been discharged from Mclean hospital. This was my third hospitalization for depression within a year and this was following a four-month stay for a manic episode. Things worked out much better for me after my last discharge and before long I was back to my old self.

I’ve often heard it sad in groups that people don’t show nearly the same compassion toward people with a mental illness than toward people with say, cancer. I unfortunately can relate to both firsthand. Unlike years ago, there is no stigma attached to cancer. People fighting cancer are indeed seen as warriors, bravely enduring suffering every day in battle for their lives. People with depression, on the other hand are often seen in an opposite light, unable or even unwilling to face the daily challenges of life. This stigma becomes internalized and only adds to one’s suffering.

Of course, if I could choose between these two diseases I would not choose the cancer, but on a day-to-day basis I’ve found the cancer easier to deal with. About four or five days after hearing my diagnosis, I woke one morning and lamented to myself oh, no Dan. Just when you started to feel better this happens. Well, that thought didn’t get much traction at all as I immediately said to myself “this isn’t the way I want to go.” I put that thought right out of my mind. I got out of bed and put on my warrior suit, which is much more suited to my better self-image.

When I am depressed, I hate myself from the moment I open my eyes. Why should I get out of bed? What am I going to do all day? I torment myself with these questions. I’ve learned not to torment myself with these questions. Sometimes it takes a concerted effort but I’ve learned to adopt a positive attitude.

Up front, they told me my cancer was too far advanced to be curable. I would be getting palliative care. I would be have regular rounds of chemo, but my physical comfort would be of at least equal importance. We would focus on quality of life as much as quantity. I’m in a fair amount of pain each morning but 60 mgs. of OxyContin and a half pot of my delicious coffee leaves me as often as not quite comfortable. It’s known that opioids are good for depression.
“Cancer and Mental Illness”
By Daniel Sullivan
Continued from page 11

I like politics, so if there's nothing doing in the morning right away, I can delve into CNN for a while. If I have an appointment, recovery has been going so well that I look forward to seeing the people on my team. I maintain my network of friends and support. People have been doubly supportive since my cancer diagnosis. I'm out of the house all the time. If nothing else is going on, I'll go to my favorite coffee shop and read and journal for an hour or two. The weather's been getting nicer so I am spending a bit more time in Harvard Sq. with the chess players I've known forever. I've gotten to a couple of Red Sox games and to two great shows downtown.

Of course, I can't go full tilt all the time. I remember one night I was tired and in a bit of pain and I got discouraged. I hadn't gotten out that day, the second day in a month. Then I thought, “Wait a minute! The second time in a month? Not bad for an old man!” It also helps to look back at progress I have made. After my surgery, I was doing well to walk with a walker and now just a few days ago I was on the dance floor. Not for long mind you, but I was out there. And speaking of progress, my tumor has shrunk over 30%.

To say the least, it’s been a journey. I was indeed fortunate to have been on an emotional upswing when I learned my diagnosis. It has taken effort to be sure. I’ve applied my CBT and DBT skills and used all my skills and network. Positivity breeds positivity and I’m determined to stay on that road and continue to do the things I enjoy as long as I am healthy enough to do them and be grateful to have been able to do the things I have done.

Background of Speaker Presenting at DBSA-Boston Spring 2020

March 11, 2020: “Mind Fixers: Psychiatry’s Troubled Search for The Biology of Mental Illness,” Anne Harrington, PhD

In her new book, Mind Fixers: Psychiatry’s Troubled Search for The Biology of Mental Illness, Dr. Harrington presents a fascinating history of psychiatry’s search for causes of and cures for mental illness. She discusses the various theories presented over the years and how social, political, and economic forces have shaped the way mental illness is treated. She reveals that the ‘biological revolution’ of the 1970s has not turned out to be the revolution that was touted. It’s a thought-provoking study and analysis of where psychiatry has been and where it is going.

Anne Harrington is the Franklin L. Ford Professor of the History of Science and Director of Undergraduate Studies, specializing in the history of psychiatry, neuroscience, and the other mind and behavioral sciences at Harvard University. For six years, she co-directed Harvard’s Mind, Brain, and Behavior Initiative. She also was a consultant for the MacArthur Foundation Research Network on Mind-Body Interaction, and also served for 12 years on the Board of the Mind and Life Institute, dedicated to cross-cultural exchange and collaboration between the sciences and various contemplative traditions. She was also a founding co-editor of Biosocieties, a journal concerned with social science approaches to the life sciences.

President’s Letter
Continued from page 2

We are offering our Foundations Facilitator Training on March 15, if you have been a member or attendee for at least a year, please consider attending. We are also looking forward to our annual Ice Cream Social on April 15. Underline the word “Ice Cream.”

DBSA-Boston and DBSA-Downtown have joined with the Cole Resource Center in co-sponsoring “Portraits of Resilience,” an hour presentation at the deMarneffe cafeteria that focuses on Daniel Jackson’s book. Daniel is a MIT professor who talk on his experience at MIT, alongside a MIT student and a person who was impacted by reading his book. The event will start at 6 p.m. and light refreshments will be on hand. Attendees can purchase a book signed by the author.

We are so happy that our Immediate Past President, Lillian Cravata-Crouch of DBSA-Boston has agreed to be our NAMIWalks Co-Captain again for the walk upcoming on May 16. We are equally delighted to announce that Alan Kravitiz from DBSA-Downtown has agreed to be Co-Captain as well. We are looking to you to join our team and walk with DBSA Boston and Downtown this year. The walk is roughly three miles around the lovely Charles River in Brighton at DCR Artesani Park. Please consider joining us, and walking is optional. We always have a tent, refreshments and it’s a fun day to see old friends and make new ones.

I do hope that you all are surviving the winter, that you may agree has been quite mild this year. Looking forward to seeing you on a Wednesday night or an event or activity.

Sincerely,

Chuck Weinstein
President, DBSA-Boston

DBSA-Boston “We are Believers” during the 2019 NAMIWalks
Official DBSA-Boston
Election Nomination Form – 2020
(See page 3 for Board Nomination Notice.)

I __________________________ nominate ________________________
(Your full name) (Candidate's full name)

For the position of
(Please circle one)
President    Vice President    Treasurer    Board of Directors

I, as DBSA-Boston member in good standing with dues fully paid, have permission of the
candidate to make this nomination. The candidate also is a DBSA-Boston member of at least
1-year and is in good standing with dues fully paid.

________________________________________ _________________
Your Signature      Date

________________________________________ _________________
Candidate’s Signature     Date

Contact Information of Candidate:
Home Number:________________________________________
Cell Number:   ________________________________________
Email Address:________________________________________

Your Contact Information:
Home Number:_______________________________________
Cell Number:   _______________________________________
Email Address: _________________________________________

If you have any questions, please contact: michele@dbsaboston.org
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
Thursdays 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:

Old Saybrook:
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

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

MAJOR HOLIDAYS
Christmas Eve: Saturday, December 24
New Year’s Eve: Saturday, December 31
Memorial Day: Tuesday, May 25
Independence Day: Monday, July 4
Labor Day: Monday, September 7
Thanksgiving: Thursday, November 26
Christmas: Tuesday, December 25

Key to Chapter List
* Asterisk indicates National DBSA Chapter.
+ Plus sign indicates Family & Friends are
MASSACHUSETTS, continued from page 11

Belmont:
*+DBSA-Boston • Wednesdays, 7–9 p.m. Speakers 2nd Wednesdays January, February, March, September, October & November, 7–8 p.m. Groups include Newcomers, Depression, Mania & Bipolar, Family & Friends, Maintaining Stability, 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
Website: www.dbsalowell.com

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.

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.

(CUT ALONG THE DOTTED LINE)
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