

# POLARS' EXPRESS

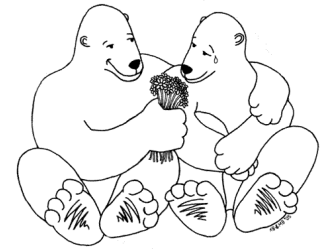
The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2016



## Summer Calendar

### Schedule of Speakers and Events



On the 2nd Wednesday of each month 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! **There will be no speakers in June 2016.**

#### See pages 9 for background on speakers

- June 01: Candidates' Night! 7–8 p.m. Come hear candidates for the Board. See page 3.
- June 08: Annual Meeting and Election of Board Officers and Directors See page 3.
- June 15: Free Exercise Workshop Wed. June 15, July 20, August 17 3-4 p.m. Cole Center See page 7.
- July 13: "Town Meeting," DBSA-Boston President, VP, and Board members See page 9.
- July 20: **Annual Cookout!** See page 7.
- August 10: "Life After Lithium," Rose Amrhein See page 9.
- August 31: "Mill Street Open Mic Session" See page 7.

Support groups meet every Wednesday: 1st, 3rd, and 5th Wednesdays, 7–9 p.m. 2nd and 4th 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, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women's Issues, 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 at Mass General Hospital, in the Yawkey Center for Outpatient Care on the 4th floor in Suite 4A, Schiff Conference Center, Boston.
- For updates, follow us on Facebook at [www.facebook.com/BostonDBSA](http://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](mailto:info@dbsaboston.org) Website: [www.dbsaboston.org](http://www.dbsaboston.org)



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## Board, Advisors, and Staff

### Board Executive Committee

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

### Board Directors

Bob Hanflig	Kelley Stout
Lucinda Jewell	Christian Tiongson

### Facilitation Advisor

Chuck Weinstein, LMHC, CPS

### McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

### Office Staff

Bookkeeper:	John P.
Office Staff:	Kelley and Suzanne

## Meeting Schedules

Board of Directors:  
1st Wednesdays (07/06, 08/03) 7 p.m.

Facilitator Meetings:  
1st & 3rd Wednesdays (06/01, 06/15,  
07/06, 07/20, 08/03, 08/17) 5:45 p.m., Room 132

Share Care Committee:  
2nd Wednesdays (07/13, 08/10)  
5:45 p.m., Room 118

DBSA-Boston is live on Facebook at  
[www.facebook.com/BostonDBSA](http://www.facebook.com/BostonDBSA)



Join us there to receive event updates as they become available.

The Polars' Express Newsletter Committee:  
Barry Park • Susan Reynolds, Editor - see page 8

## President's Letter Summer 2016



Dear Friends:

We find ourselves touching upon summer! Can you believe it? So many wonderful moments have been enjoyed at our meetings since the start of the new year. We cheered on Jason Scolnick when he gave a live concert/CD release party; met and listened to Bill Lichtenstein's story, a nationally celebrated journalist; saw Kitty McKay in her two performances of "Dangerously High," and at our annual April Ice Cream Social we added karaoke, to the delight of our members and guests. Big continued thanks to Mary, Speakers Bureau Coordinator.

Shortly we will have our Annual meeting in June when a new 2016/2017 slate of Board Officers and Directors will ask for your vote. It's exciting to have more Young Adults interested in the leadership of our organization, and run for our Board of Directors this year, I am happy that we will have more diversity of age in our decision-making and brainstorming process.

I hope you all were able to join us for Candidates' Night on June 1st to learn about your next Board of Directors, what they would like to accomplish as well as their hopes and dreams for their terms.

Anyone who is interested in helping out in leadership, please contact our wonderful Vice President Lillian, or to help out in a variety of ways, please contact our terrific new Membership Chairperson Christian. Kudos to Bob, Nominating Committee Chair (with excellent assists from Michele, Susan and Everett) for all your good work in preparation of this election.

Last month we had scheduled to have our first "Town Meeting," to establish time for a community dialogue around our organization, and how you, the membership, feel about what we are doing and how we are doing it. We wanted your input to help shape our thinking as we plan for the next year, as well as the immediate future.

Continued on page 5

## DBSA-Boston News



DBSA-Boston related news is noted by the paw print.



## DBSA-Boston

The Depression and Bipolar Support Alliance of Boston

Annual Meeting

Election of Board of Directors  
Officers and Members

June 8, 2016, 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., the Annual Meeting starting at 7 p.m.,  
with an hour of Share/Care starting at 8 p.m.

More on the Annual Meeting on page 4.

## Slate of Candidates for the Board of Directors



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

Officers for a One-Year Term

President: Chuck Weinstein

Vice President: Lillian Cravotta-Crouch\*

One Director for a Two-Year Term

Mia Guerriero

The candidates will address the DBSA-Boston members on Wednesday, June 1, 7–8 p.m. in the Francis de Marneffe Building cafeteria at McLean Hospital, Belmont. See Candidates' Statements on pages 4.

\*Current member of the board.

Bob Hanflig  
Nominating Committee Chair

See overview of Board duties and responsibilities on page 8

# Candidates' Statements for the DBSA-Boston Board of Directors

## Officers



### President: Chuck Weinstein

Hello, Friends. It is my honor to run for a second term as President of DBSA-Boston. During the last year and the 30th Anniversary I was privileged to be involved with the planning of the 30th Anniversary Celebration Gala, as well as other activities.

The Board of Directors were wonderful to work with and we accomplished so much in our moving forward with modernizing our office space as well as office operations. For 2016/2017 I hope to provide to the organization the same energy and caring that I was able to extend this past term. I would really appreciate your vote. Thank you.

### Vice President: Lillian Cravotta-Crouch

Hello, my name is Lillian Cravotta-Crouch and I've been Vice President at DBSA for the past year. One of the things I've enjoyed this year is getting to know even more people that attend our groups.

I came to DBSA 10 years ago when my daughter was first diagnosed with a mental illness. I attended Family & Friends and have developed so many wonderful relationships over the years that I value.

One of the things I've learned is how mental illness does not have to limit people from having a full life. It may change the course one started on but it can also send you down a path with a silver lining.

So many people with a mental illness learn compassion that so many others will never know. I see people reaching out to help each other in such a way it still takes me back at times, after all these years.

I'm so glad to be able to give back to an organization that has been there to help not only me but also to my daughter through the many ups and downs that our journey has taken us on. It can still be so hard for some people outside of DBSA to understand not only my daughter but some of the decisions we have had to make, but I always get kindness and understanding from all of you. Thank you.

## Director

### Mia Guerriero

Hi my name is Mia Guerriero and I am hoping to join the Board at DBSA-Boston.

I have been coming to DBSA since February of 2013. I started coming with my parents and while they went to the Family and Friends group, I attended the Young Adults group and have been attending this group ever since.

I became a facilitator for the Young Adults group in April of 2015. I've gained a lot from my experience as a facilitator here and have been able to use the skills I've learned in my personal life and at my job.

Coming to DBSA changed my life and helped me out of a very dark place. After being manic for 6 months straight, this place became my safe haven. And this group not only helped me, but my mom and stepdad who wanted to understand. It also helped my dad understand that what I have is real and probably helped him realize his own issues. I've even brought my best friend here and it has helped her and our friendship grow stronger than it's ever been in the 14 years we've known each other.

All in all DBSA-Boston is one of the main reasons that I'm as stable as I am now. I've gained not just a safe place to come and be myself, but friends and a second family.

I would probably find it an amazing experience and would love the chance to contribute ideas and participate in being greater part of the place that saved me from who I was and helped push me to who I am today.

## 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 nine different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Veterans, Women’s Issues, and Young Adults.
- Facilitator Coordinator: Roberta U. • Room Assignment Coordinator: Meach C.
- Thursday evening meetings, 7–9 p.m., in the Yawkey Center for Outpatient Care, 4th Floor, Suite 4A, Schiff Conference Center, 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. Daytime Facilitator: Kate R.

Members of the Share Care Committee: Lillian Cravotta-Crouch, Chair, Dennis H., Bob Hanflig, Sylvia M., Michele O., John P., Kate R., Roberta U., and Chuck Weinstein (ex-officio)

Go to our website to see other regional support groups: [www.dbsaboston.org](http://www.dbsaboston.org)

## President’s Letter, continued from page 2



However, as many of you know, we lost our beloved former President, Arthur Stead, and we wanted to have a remembrance group to honor him and to talk about what impact he made on our organization and in the world. The Town Meeting had to wait, understandably. We are planning another Town Meeting on July 13, I hope you will be there to add your voice and important thoughts to the discussion.

And we are already planning now for the Annual Cook Out in July, with the traditional hotdogs, hamburgers, (vegie and salmon burgers too due to popular demand) potato salad, chips, cold drinks, desserts plus whatever our membership brings as the potluck. We have heard the voice of our membership, so we are also having karaoke in the large conference room 132, as the membership said loud and clear they do not want to have this fun only once a year. Anyone willing to help out, contact Lillian who as Activities Chair is coordinating the event.

I hope you can attend our activities, and join us in our caring and compassionate community of people with lived experience, family and friends. The Leadership of DBSA-Boston strives to provide a safe space, both physically and emotionally to all. We are here one evening, and four afternoons a week for you. We are here when you need us! It’s so nice when you are able to make it to a meeting.

Sincerely,

Chuck Weinstein  
President  
DBSA-Boston

# In Memoriam



It is with great sadness we let you know of the deaths of two members of our DBSA-Boston community this past quarter.

## **Jonathan Michael Archibald**

Jonathan Archibald, a longtime member and friend of the DBSA-Boston community, died March 4, 2016. He was 43.

Jonathan attended DBSA groups for many years, starting in Young Adults, and what was most memorable was his kind smile, compassion for others, and gentle manner.

Jonathan was born December 22, 1972, in Boston and graduated from North Cambridge Catholic High School. He received a bachelor's with dual majors in psychology and sociology from the University of Massachusetts, Boston. He was employed at various social service agencies and at A-Pro Corp., the family business.

Jonathan was a deeply religious man, which helped fortify him for the lifelong challenges he faced after being diagnosed with bipolar disorder at the age of 16.

Jonathan enjoyed basketball, skiing, travelling with his family, reading the Bible and listening to gospel music. He was very caring of others, especially people of different cultures.

He is survived by his mother, Joan Griffith Archibald; father, Henry Archibald; brother David and his wife Nicole; nephews David and Dylan; aunts Artis Archibald Spears, Elaine Farnum, and Karen Griffiths; and many cousins.

DBSA-Boston extends their sympathy to the Archibald family.

## **Arthur Robert Stead**

"Fair Winds and Following Seas"\* to our beloved Arthur Stead

Arthur Stead, a longtime member and friend of so many in the DBSA-Boston community, died April 25, 2016, of a tragic accident. He was 42.

Arthur served as President and Board Director, and when Vice President as Chair for the Share Care Committee. He was a facilitator and organizer of our many art shows. With his computer savvy and quick learning Arthur also managed the website – a major contribution to DBSA-Boston. He was a tireless champion of people living with mental health issues.

A two-hour Remembrance group was held April 27 at the DBSA-Boston meeting. Memories of his leadership, energy, spirit, and passion live on. Read Dennis Hagler's moving elegy to Arthur on page 10. Read more about Arthur on our website.

DBSA-Boston extends its sympathy to Arthur's family.

\* Arthur always wished his friends well by wishing them, "Fair winds and following seas."



## Annual Cookout!

Come join the fun as DBSA-Boston holds its Annual Cookout, Wednesday, July 20th!

Bring your family, bring your friends, bring your baseball mitt and Frisbee (and mosquito repellent).

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, side dishes 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, Activities Chair, or contact the DBSA-Boston office.

## Mill Street Open Mic Session, August 31st

Every 5th Wednesday of the Month  
Hosted by Christian Tiongson  
6:30 p.m.-8:00 p.m.

Attention all musicians and poets! Here is your chance to share your music and writing with the DBSA-Boston community at the new Mill Street Open Mic Session! The purpose of the open mic session is to appreciate and showcase creative individuals in our community.

Each performer will have a 10-minute time slot for 2 songs or poetry pieces that are family friendly (i.e. no swearing, drug/sexual content). All music and poetry must be live; no karaoke tracks, loud amplifiers, or drum-kits allowed.

If you are interested in performing, sign-up sheets will be found at the Welcome Table. For any questions, please see Christian or email him at [christian@dbsaboston.org](mailto:christian@dbsaboston.org).

Come by to play your favorite tune, recite your poetry, or cheer on your peers! See you there!

## Join Us: Free Exercise Workshop

3 Wednesdays: June 15, July 20, and August 17 • 3:00-4:00 p.m. • DeMarneffe Building, Room 118

Presented by The Cole Mental Health Resource Center

Facilitated by Joseph Ferris: Certified Track Coach, Current USATF Coach, and two-time Boston Marathon Finisher



# 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 three 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, Summer Picnic, Raffles, Ice Cream Social, and others as they arise.
7. Be a current 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.

## Polars' Express



- The newsletter is published quarterly, the 1st of March, June, September, and December.
- As of March 2015 the Polars' Express is an electronic newsletter, available to anyone who subscribes. An abbreviated printed version is available for members only, who request it.
- **Please email your submissions to [news@dbsaboston.org](mailto: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, 2016**

- Send your letters, comments, and suggestions to: Susan Reynolds, Editor, Polars' Express, PO Box 102, Belmont, MA 02478 or email: [news@dbsaboston.org](mailto:news@dbsaboston.org).



## Background of Speakers Presenting at DBSA-Boston Summer 2016



Note: Starting this summer, DBSA-Boston will have one speaker a month, the second Wednesday of each month. We will not have a speaker in June, as the 2nd Wednesday is scheduled for the DBSA-Boston Annual Meeting and Election of Officers and Directors.

### **July 13: "Town Meeting," DBSA-Boston President, VP, and Board members**

Members of the Board of Directors will hold a "Town Meeting," to engage membership in a discussion about what they envision our organization to be, what our culture is, and what services we will offer in the next five to ten years.

### **August 10: "Life After Lithium," Rose Amrhein**

Rosemary Amrhein is the youngest of 10 children. She was diagnosed bipolar at age 16. She's worked for Star Market, the US Postal Service, and Home Instead Senior Care. In 2004 she began College at Massasoit in Canton and then began a writing career: she has self-published six books to date.

Writing about her struggles in autobiographical and poetic form has been very cathartic. Her latest book, *Life After Lithium*, gives a look into her life with bipolar and how she has grown and changed since getting off lithium. Currently Rosemary is preparing to go back to college and finish a degree in Liberal Arts.

Rosemary was irritable and in a fog for 20 years while on the wrong meds. Since then she has overcome bipolar's demons of suicidal depression, rage, severe irritability, and social anxiety. It took a lot of hard work including exposure therapy and CBT and DBT, and spirituality. Now she has achieved a level of wellness she always dreamed of. Writing has helped her heal, as well as listening to motivational speakers. She will tell her story of recovery and read excerpts from her six books.

## 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 Treasurer Barry Park. Be sure to keep your membership active.

### **Only current members can vote in the elections for Board Officers and Directors.**

You can become a member or renew your membership by check or online.

To do this online, go to: [http://dbsaboston.etfirms.com/?page\\_id=121](http://dbsaboston.etfirms.com/?page_id=121)

To pay by cash or check, pick up a form at the Welcome Table or the DBSA-Boston Office.

The Membership Committee is looking for volunteers to work at the Welcome Table on Wednesday evenings (perhaps once a month) 6:15-8:00 p.m.

It's a great way to connect with other members, and to give a smile and information to people who are joining us for the first time. If you are interested, speak with Membership Chair Christian Tiongson., or call the office at 617-855-2795.

## Members Writings

### Elegy for Arthur Stead

Who hasn't been mesmerized by a sparkler?  
Who hasn't watched that star burn toward your hand.  
Feel the heat on your fingertips, then - Let Go.  
Arthur's light burned bright ...  
the sparkle in his eyes,  
the light of his smile...  
But it did not come easy,  
It took all the fight and might  
that his intelligence, and diligence, could muster.  
But Arthur had more than fierce tenacity...  
He had compassion, and empathy,  
and these made him human.  
These made him... Humane.  
Arthur became understanding, kind, and gentle  
by helping others.  
Compassion and empathy can only manifest in us  
through another...  
Then another...,  
and another became many,  
and many became all of us.  
I hope someone with the experience can come up here  
and talk about Arthur's time in the Navy,  
In the service to his Country.  
I could thank him for his Military Service  
if I knew the sacrifices he made,  
but I don't,  
so I can't.  
I can only thank him for the friendship he gave to me.  
Thank him for the care he shared with others,  
he shared with us.  
So all of us, who are here tonight, can salute him,  
because  
we all know the pain of becoming human.  
The pain of becoming who we are.  
But some of us are here because we are lost.  
Some of us need that spark.  
That light in the dark.  
The light that was Arthur,  
is Arthur.  
Shine on.

Dennis Hagler



Arthur R. Stead  
December 6, 1973–April 25, 2016

### Psych-meds

Tears well up in the backs of my eyes,  
Tears of grief, of sadness  
Which can't get though the dam of the psych meds  
Mood stabilizers that prevent me from feeling what  
I need to feel.  
The perfect pill? Here's a  
A zombie, no side effects,  
Joy being a complete accident as likely as  
hitting the lottery  
Anti-psychotics combatting depression

How do I feel about this? I don't. I try but I can't  
The tears don't get though.

Dan S

## News from DBSA National

Sometimes in the whirl or difficulties of our daily lives, we forget that DBSA-Boston is part of a larger organization and movement for mental health awareness and change. Even as some of us may be in the grips of experiences that interfere with our motivation or ability to participate as fully as we would like, others of us go about our business with the usual ups and downs of work, career, family and friends in spite of them. Where does the line of debilitating to “abilitating” cross?

DBSA National reminds us of our larger community, provides online resources and a wealth of opportunities to participate wherever we may find ourselves on the wellness/illness spectrum. Because the illness phases of our conditions often narrow our world, we forget that we are still powerful both as individuals and collectively regardless of how we temporarily feel.

Last year, DBSA focused on the “I to We” Campaign—“Illness” to “Wellness” and the idea that together “we” not only source our strength and resiliency, but also source our capacity to make a difference in the world. “We” are stronger together.

This year, “we” are kicking it up a notch with the “We Are Powerful” Campaign: we are powerful “In Our Own Lives,” “In the Lives of Others,” and “In the World.” Like “wellness,” “powerful” also contains “we.” Each month there are opportunities to think differently, take on practices and/or share our experiences with others in a way that exemplifies and supports the difference we make in one or more of these areas.

May has been “I am resilient.” We consider why it is that some people come back stronger than ever after they’ve been knocked down. How have they developed that hard-to-define quality of resiliency? Psychologists say resilience is not extraordinary or inborn. It’s really quite ordinary, lying in a positive attitude, optimism, and the ability to see failure as a form of helpful feedback—all of which can be learned! What steps can we take this month to practice “resiliency?”

“I am resilient,” or other monthly themes of the “We Are Powerful” campaign, can make for rich discussion in our support groups. Even as DBSA-Boston urges all of us to give back to our organization when and how we can—whether representing us in the NAMI walk, facilitating, volunteering to organize or help out at our social events, attending groups, etc.—DBSA offers the same. There are opportunities to send a quick email to our congressmen in support of mental health legislation, share in online support groups when getting to Belmont is a challenge and/or use the many other resources that remind us that we are a contribution even if we don’t always feel like it. There would be a missing in the world of what it is to be human if we weren’t here to express it.

So, check out what’s available at [www.dbsalliance.org](http://www.dbsalliance.org). There is no DBSA National without DBSA-Boston, and our nationwide network of in-person support groups. And, there is no cure for the human condition that gives rise to our mental health conditions, but together—being who we are where we are—can eliminate stigma and I believe that is a cure we all can get behind!

Respectfully submitted,  
Lucinda Jewell

