

# POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

June, July, and August 2014



## Summer Calendar Schedule of Speakers and Events



On the 2nd and 4th Wednesdays 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!](#)

See pages 9-10 for more information on speakers.

- June 1: "Foundations Workshop in Facilitator Training," led by Chuck Weinstein, LMHC, NCC, CPS See page 8.
- June 4: "Meet the Candidates Night" See pages 3-6.
- June 11: **Annual Meeting and Elections** See pages 3–6.
- June 25: Speaker TBA
- July 9: "The Medical Mind vs. Meaning," Ben Boone, author of *Minority of One*
- July 16: **Annual Cookout and Art Show** See page 8.
- July 23: "Tai Chi and Qigong for Mood Disorders," Albert Yeung, MD, ScD
- August 13: "Music and Madness: The Case of Robert Schumann," Folie a Quatre String Quartet
- August 27: "Social Security Disability: Who is Eligible, Why Should They File?" Ginger Lanigan and Associates

Support groups generally 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, 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.
- Thursdays, 7–9 p.m., Share Care at Mass General Hospital, at the Yawkey Center Outpatient Clinic on the 4th floor in Suite 4A, the Schiff Conference Room, Boston.
- For updates, follow us on Facebook at [www.facebook.com/BostonDBSA](http://www.facebook.com/BostonDBSA), or call 617-855-2795.
- Office hours are Tuesdays, Wednesdays, and Thursdays, 11 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:	Michele O'Shea
Vice President:	John Parente
Treasurer:	Dennis H.
Secretary:	John P.
Past President:	Arthur S.

### Board Directors

Rich B.	Lucinda J.
Lillian C.	Sylvia M.
Michaela C.	

### Facilitation Advisor

Chuck Weinstein, LMHC, NCC, CPS

### Medical Advisor

Martin Kafka, MD

### Office Staff

Executive Assistant:	Dennis H.
Comptroller:	Rich B.
Administrative Assistant:	Lesley P.

## Meeting Schedules

### Board of Directors:

1st Wednesdays (06/04\*, 07/02, 08/06) 7 p.m.  
\* June meeting will be one hour, starting at 8 p.m.

### Facilitator Meetings:

1st & 3rd Wednesdays (06/04, 06/18, 07/02,  
07/16, 08/06, 08/20) 5:45 p.m., Room 132

### Share/Care Committee:

2nd Wednesdays (06/11, 07/09, 08/13)  
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.

## President's Letter

Spring/Summer 2014



Dear Friends and Peers,

It is so nice to see that the long winter is finally behind us. Pretty soon it will be time for our Annual Cookout on Wednesday, July 16th. What a great way to celebrate Summer!

This year, DBSA decided to participate in the annual NAMI Walk on Saturday, May 10th. The DBSA Team consisted of over 30 walkers, and we raised over \$3,000. It was a very successful event. A portion of the proceeds we raised from the walk will benefit DBSA. Thank you to our Team Captain, Deb Mann, for coordinating this effort.

DBSA Committees and volunteers have been working hard to make sure that all areas of DBSA are running well. We have a fully staffed welcome table on Wednesday evenings. We are providing additional training materials for use in our bimonthly facilitator meetings. We have several new facilitators, which increases our ability to offer our regular groups and facilitate overflow groups as needed. Thank you to all who contribute to the continued success of DBSA.

The Communications Committee is currently redesigning and updating the DBSA website. When this project is completed, the Committee will design an electronic version of our newsletter, which will be available online to all members of the DBSA community. We will keep you informed on our progress. Thank you to everyone on the Committee for all of your hard work.

We ask you to consider becoming a member, renewing your membership, and/or giving a donation to DBSA-Boston. As you know, we rely on membership fees and donations as our primary source of income. We appreciate any support you can provide.

President's Letter continues on page 6.

The Polars' Express Newsletter Committee:  
Suzanne L. • Lesley P. • Susan Reynolds, Editor

## 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  
Members and Officers

June 11, 2014, 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 pages 4 through 6

## Slate of Candidates for the Board of Directors

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

### Officers

President: one-year term  
Michele O'Shea\*

Vice President: one-year term  
John Parente\*

Secretary: two-year term  
Lillian C\*

### Two Directors for Two-year Terms

Lucinda J.\*

Chuck W.

The candidates will address the DBSA-Boston members on Wednesday, June 4, 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.

Sylvia M.  
Nominating Committee Chair

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



## Officers

### **President: Michele O'Shea**

I am running for a second term as President of DBSA. I have been on the DBSA Board since a position became vacant at the end of December, 2009. I have been a member of DBSA since 1997, and have been a facilitator of the Family & Friends group since 1998. I have also facilitated the Open Exchange and Newcomers groups. I was on the Share/Care Committee in 2000. In the 17 years that I have been a member of DBSA, I have received a great deal of support, and have been privileged to be able give back to the organization.

The Board has had a productive year. We established committees to bring together leaders and members of DBSA-Boston to work on communications, fundraising, membership, and activities. One of the main initiatives resulted in a new improved website; subsequently we decided to move forward with designing an electronic version of newsletter. The new website will be available shortly, and the electronic newsletter will follow in the coming year.

In January, we agreed to affiliate with NAMI and organize a team to walk in the annual NAMI Walk, which was May 10th. The DBSA Team of over 30 walkers raised over \$3,000. The event was a great success. We look forward to participating in this event again in the future. Thank you to all of the Board Members for their hard work during the past year.

If I am given the opportunity to continue to serve another term as President, I will continue to be active in identifying training opportunities and networking opportunities, and assisting in the streamlining of our administrative procedures. I would like to work to increase attendance at our groups, and help to promote unity and understanding across all DBSA support groups.

Despite our differences, there is a commonality among DBSA members; we all come to get support for ourselves because we or someone we love has a mental illness. I have a great amount of respect for DBSA-Boston, and I look forward to contributing to its continued success going forward.

### **Vice President: John Parente**

My name is John Parente and I'm running for Vice President of DBSA Boston.

I have been attending DBSA, or MDDA as it was called back then, for about 15 years. It was a difficult time in my life. The groups I went to and the people that I met helped me through those tough times. I realized the importance of DBSA to me and wanted to give back. I first became a paid member to help support the organization. I later began volunteering my help whenever I could.

I did this for a number of years. I decided I wanted to do more to help. I went through the Facilitator Training course and have been a facilitator for more than 7 years. I later was elected to the Board of Directors. I was an at-large member and I am currently Vice President. I have chaired a number of committees, including the Share/Care Committee. I was also the Wednesday night Facilitator Coordinator. I have also facilitated groups in some of the hospital's units to give a taste of DBSA to those that were interested.

I will use my experience to continue giving back to the organization. I want DBSA to continue being a big part of my recovery. I will do my best to keep DBSA a safe place for people to come together and support each other.

Thank You.

### **Secretary: Lillian Cravotta-Crouch**

Hi. My name is Lillian Cravotta-Crouch. I am running for Secretary of DBSA-Boston.

I have been attending DBSA since 2006 when a family member was diagnosed with a mental illness. It was a very tough time in my family's life and we needed to get a better understanding of what mental illness was. I started attending Family & Friends and I believe it helped me understand not only my daughter's mental illness, but also other members in my extended family who also suffered with this. I became a facilitator so I could help others and also continue to receive the support from my group.

For the last two years I have been on the board at DBSA, which has been a very nice way for me to get to know many members from the organization and see how things are run. Continues on page 5.

# Candidates' Statements, continued



## Officers, continued

### Secretary: **Lillian Cravotta-Crouch**, continued

I have chaired the fundraising committee which has organized a couple of fundraisers, along with the sale of bracelets and T-shirts, with the help of other volunteers of our organization.

I have become an advocate for change for the way mental illness is viewed by others, especially for our lawmakers and healthcare providers to see it as a real illness.

Thank you all for letting me be part of your lives.

## Directors

### **Lucinda Jewell**

I am honored to be a DBSA-Boston board member having previously served as Secretary, Vice President and President. I serve concurrently as Immediate Past Chair of DBSA National in Chicago.

My dedication to the transformation of the conversation about mental health has had me advocate in Washington, D.C., with the Council of Behavioral Health Hill Day, and at NAMI Day at the Statehouse in Boston, as well as represent DBSA-Boston and our members at the DBSA Conferences, APA Conferences, Harvard Psychiatric Conferences (among others) and, most recently, Deepak Chopra's Sages and Scientists Conference (where I was neither a Sage nor a Scientist, nevertheless...).

I am running for re-election to a two-year Director's term.

## Directors, continued

### **Chuck Weinstein**

Hi, my name is Chuck Weinstein. I have been a part of DBSA-Boston since 1992 when I first started attending groups here. Over the years I have been honored to participate in leadership roles within the organization. I have served on the Board of Directors, 1995-1998 as a Member at Large, 1998-1999 as Vice President and 1999-2001 as President.

I also started the facilitator training program in 1997, and am still facilitating all-day workshops on peer-support group leadership to this day. I am now interested in returning to a leadership role within the organization. When I was in leadership in the past, I contributed as an experienced and seasoned facilitator, understanding the challenges that come up during a group.

Now I can add to that my knowledge of organizational development and management, as I now have over eight years of experience in that area. My approach is thoughtful and compassionate. I want to be a positive and complementary addition to the Board of Directors, and part of the decision-making process at DBSA-Boston. With your vote, I will be able to do so. Thank you!

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See overview of duties and responsibilities of Board Members and Committee Chairs on page 6.

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**Meet the Candidates, Wednesday, June 4, from 7-8 p.m. at the regular DBSA-Boston meeting in the de Marneffe Building cafeteria at McLean Hospital in Belmont.**

## President's Letter, continued from page 2

As always, we would like to receive your feedback. We encourage you to use the suggestion box to communicate your concerns and suggestions. We will review them, bring them to the Board or Share/Care Committee, and communicate any actions back to you via the weekly announcements. Alternatively, please feel free to speak with any member of the Board or Share/Care Committee.

Thank you to all of our attendees, members, and volunteers for being part of DBSA. I hope you all have a wonderful summer!

Sincerely,

Michele O'Shea  
President  
DBSA-Boston

## 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 voice-mail 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 Finance Committee 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 Finance Chair of all inflows of monies.
8. Clear expensive, sensitive, and unusual projects through the Board.
9. Always consult in advance with the Finance Chair 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.

### 2013-2014

#### Committees

#### Chairs

Activities:	Tina M.
By-laws:	Rich B.
Communications:	John Parente
Executive:	Michele O'Shea
Fundraising:	Lillian C.
Membership:	Michaela C.
Nominating:	Sylvia M.
Scholarship:	Lillian C.
Share Care:	John Parente
Speakers Bureau:	Mary J.
Training:	Roberta U.
Wednesday Night Facilitators:	Michaela C.

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

## Make Sure Your Membership is Current



Have you paid this year's dues? Now is a good time to fill out the membership form, which can be found at the end of this newsletter, and pay the \$35.00. Send it in or give it to Dennis H., the Treasurer. If you are not sure whether your membership is up to date, check with Dennis. Only active members receive the Polars' Express.

### **Only current members can nominate, run, or vote for the Board of Directors.**

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 Michaela C., or call the office at 617-855-2795.

## Sponsor a DBSA-Boston Membership

DBSA is an organization open to anyone living with a mood disorder, members of their family, or friends who are dedicated to supporting them.

We are looking for people to help sponsor memberships for those who do not have the financial means to do so on their own at this time. Membership for individuals is \$35.00 a year.

Everyone is welcome at our meetings, but some people would like to become members for numerous reasons. Probably the most important reason is that being a member truly helps people feel more connected to the group. Many who come to our meetings say that they were able to start their road to recovery here.

If you would like to contribute to our scholarship fund or sponsor an individual, you can see me or any DBSA-Boston Officer or Board Member for details. Lillian C., Chair for Scholarship and Fundraising.

## Share/Care Support Groups



DBSA is about peer-support groups. At DBSA-Boston, we provide four different settings for groups, with total attendance between 500 and 600 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 10 different groups on Wednesday evenings, including Newcomers, Depression, Mania & Bipolar, Maintaining Stability, Dual Diagnosis, Family & Friends, Women's Issues, and Young Adults.
- 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. See page 15.
- In-house groups at McLean Hospital, Belmont. These are for patients in the hospital.
- Daytime Drop-in groups, Mondays (Room 118), Thursdays, Fridays, and Saturdays (Room 132), 1:30–3:30 p.m., in the de Marneffe Building cafeteria at McLean Hospital, Belmont.

**Members of the Share/Care Committee:** John Parente, Chair, Michaela C., Dennis H., Mary J., Sylvia K., Deb M., Michele O'Shea, Arthur S., and Roberta U.



## Annual Cookout and Art Show!

Come join the fun as DBSA-Boston holds its Annual Cookout and Art Show, Wednesday, July 16th!

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.

This is a great event. It will be held outside the de Marneffe Building, on the McLean Campus in Belmont. The party starts at 6:00 p.m., rain or shine!

During the cookout, DBSA-Boston members will have artwork on display and for sale, including paintings, photographs and jewelry. Many of the artists will donate 10% of their sales to DBSA-Boston.

Artists must sign up in advance to participate. Only eight spots are available for artists, so sign up as soon as possible. If you have questions about the Art Show, please contact the DBSA-Boston office, email [info@dbsaboston.org](mailto:info@dbsaboston.org), or phone 617-855-2795.

If you would like to help organize the Cookout or have questions about the Art Show, please see Tina M., Activities Chair, or contact the DBSA-Boston office.

## Support DBSA-Boston When You Shop for Books

We have an ongoing online fundraiser. Link to [amazon.com](http://amazon.com) **from our website**, and DBSA-Boston will receive a portion of the money for the purchases you make.

To do this:

- Go to [www.dbsaboston.org/Bookstore.html](http://www.dbsaboston.org/Bookstore.html)
- Select items featured on our Bookstore pages, and continue shopping for other selections on Amazon.

Spread the word of our campaign to your family and friends; help us continue providing a safe and supportive community.

## DBSA-Boston T-Shirts Now Available!

- Style: Short-sleeved T-shirts, in two colors – white or gray – with the DBSA-Boston logo in blue
- Price: \$10.00
- Sizes: Medium, Large and XLarge
- Available at the DBSA-Boston Welcome Table and in the Office

## Facilitator Training

Registration for the "Foundations Workshop in Facilitator Training," led by Chuck Weinstein, LMHC, NCC, CPS, on Sunday, June 1, is closed.

## Background of Speakers Presenting at DBSA-Boston Summer 2014



July 9: “The Medical Mind vs. Meaning” Ben Boone, author of *Minority of One*

Ben Boone, an author, public speaker, workshop presenter, and life coach, advocates that people with mental illness can live meaningful lives and make valuable contributions to society.

Boone, a native of Massachusetts, has a B.A. in writing and publishing from Emerson College in Boston. He was diagnosed with schizophrenia the day after he graduated from Emerson College.

After repeated hospitalizations, Boone has written a memoir: *Minority of Mind*, as well as *Experiments in Imagination*, a guide to help others like himself find meaning and joy in living. Boone has made numerous presentations, aimed at professionals in the mental health field as well as mental health consumers, and appeared on radio shows and internet podcasts in the U.S., Europe, and Israel.

Ben Boone will be presenting one of his books, *Minority of Mind*, which details his experience with schizophrenia. The talk will give an inside look at medical research in Boston, and a first-hand account of living with schizophrenia within the “medical model.” Boone addresses how society treats those with serious psychiatric disorders and challenges our definition of madness. He will have books available for signing.

July 23: “Tai Chi and Qigong for Mood Disorders”, Albert Yeung, MD, ScD

Dr. Albert Yeung obtained his medical degree from National Taiwan University. He also obtained a Doctor of Science degree with a major in epidemiology from Harvard School of Public Health. He completed residency training in psychiatry at the Massachusetts General Hospital (MGH).

Dr. Yeung’s major research interests include integrating primary care and mental health services to improve treatment of depression, mental health issues of under-served populations, and the use of complementary and alternative methods in treating mood and anxiety disorders. He has authored or co-authored over 70 original articles, numerous book chapters, and a book on self-management of depression.

Tai Chi and Qigong are mind-body practices that incorporate body postures, breath regulation, and meditation to attain deeply focused and relaxed states. These exercises may activate naturally occurring physiological and psychological mechanisms of self-repair and health recovery. There are preliminary research data suggesting the feasibility, safety, and efficacy of using Tai Chi and Qigong for treating depression.

Background of speakers continues on page 10

## Background of Speakers Presenting at DBSA-Boston Summer 2014, continued

August 13: "Music and Madness: The Case of Robert Schumann," Folie à Quatre String Quartet  
Violin: Psyche Loui, PhD; Assistant Professor, Wesleyan University  
Violin: Justin Chen, MD; Psychiatrist, Massachusetts General Hospital  
Viola: Andrea Spencer, MD; Child psychiatrist, Massachusetts General Hospital  
Cello: Tai Katzenstein, PhD; Psychologist, Massachusetts General Hospital

Folie à Quatre's members are all full-time clinicians and researchers treating and studying the brain in various capacities. They are fascinated by the complex interplay between music and neuroscience, creativity and mental illness.

Since 2011, the group has had the privilege of sharing their love of music with audiences in a wide variety of venues, including the Chapel at Massachusetts General Hospital, Cadbury Commons and Goddard House Assisted Living Facilities, Shakespeare in the Park Boston, and the MGH Ether Dome. They are members of Longwood Symphony Orchestra's community outreach program, "LSO On-Call."

Since ancient Greek times, a link has been proposed between creativity and mental illness. But the nature of this link is unclear. Do people suffering from psychological distress create because of or in spite of their symptoms?

In this talk, four clinicians and researchers interested in the brain, who are also musicians, will discuss the "case" of Robert Schumann, the famous mid-19th century German pianist and composer who suffered from lifelong bouts of depression interspersed with periods of great productivity and euphoria. They will also perform a movement of his String Quartet No. 3 in A Major, Op. 41

August 27: "Social Security Disability: Who is Eligible? Why They Should File?"  
Ginger Lanigan and Associates

For the past 21 years, Ms. Lanigan has successfully advocated for the physically and mentally disabled within the Social Security System.



## To the Core

Lesley Porter

The rings of a tree are a snapshot of an ongoing history.  
The years of plentiful rain, the years of seering drought,  
can all be seen when a core is extracted.

People are much like trees.  
In the seemingly endless days of youth  
immortality is taken for granted.  
Though many children prematurely encounter  
disease or even horrific abuse,  
all of them are warriors who  
battle the shadow-filled present  
in order to live to experience  
what can only be a  
glorious future.

Like a sapling pummeled by the wind,  
youth is ever flexible, resilient.  
Time cannot elapse fast enough to  
match the hopeful anticipation of  
all things novel and good.

Time is moving faster.  
The slow, ongoing aging of youth  
is not particularly noticed in the rush to  
fulfill childhood dreams.

Reality weeds out the less fortunate  
for special treatment.  
The rest usually achieve, not what they  
thought they would in childhood fancy,  
but an acceptable compromise.

Random appearances of mortality  
are encountered by those of middle age.  
A grandparent here, a cousin there.  
Death is making an appearance onto life's stage,  
never to depart.

The fear of one's own mortality, though,  
remains in the unconscious mind, for now.

Time is marching on ever faster.  
One is starting to consider the move to a  
new stage of life, far from the present  
maddening pressure to achieve.

Both sets of grandparents are long gone.  
Fear of disease and of one's own mortality  
seeps into consciousness. A parent has  
probably passed on by this time  
(How many years ago was that?)  
The surviving parent needs to be parented.  
(Which sibling will accept that  
grave responsibility, that burden?)

Old age has arrived  
and you have survived, for now.  
Disease is not a matter of if, just when.  
How long can you dodge  
a debilitating disease or terminal illness?

Each birthday seems to come  
at least twice a year.  
This strange law of physics is  
totally baffling to the ones experiencing it,  
equally scoffed at by those not yet  
cognizant of hurtling through time.

A sibling is dying,  
perhaps even before the demise  
of the remaining parent.  
It is naive to believe that life  
conforms to a natural order,  
not in this chaotic world.

So, we wail, we weep,  
but not in front of  
the less fortunate sibling,  
not ever.

Salt water tears mark the end of a life,  
as salt water emerging from a violent storm  
unmercifully engulfs the rings of a tree.

Look to the core, the history of a life.  
The joyous years, the miserable ones,  
the forgettable ones, the shining ones.

It is the nature of the mind to  
suppress piteous rumination over  
the imagined degree of hurt inflicted  
by long past thoughts, actions, words, reactions.  
In the final destination of the core, the heart,  
only love remains.

# Other Notices



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.

## Into the Light is back online! [www.dbsaintothelight.org](http://www.dbsaintothelight.org)

"Into the Light is a collection of writing and visual arts created by people with mental health conditions for people with mental health conditions, their families and friends. These conditions are not who we are, but how we temporarily feel, even as they have shaped and influenced our lives."

## "SCENT-FREE" STATEMENT

We do our best to keep meetings at DBSA-Boston "scent free." We have members with allergies/asthma and other very serious and disabling respiratory conditions who cannot come to our meetings if people are wearing scented products (e.g. perfume, aftershave lotion, cologne, soap, deodorant, hair products, laundry products.)

Please refrain from using scented products such as these when you attend our meetings. **Note** that the soaps in the dispensers (Purell®, etc.) are perfumed. There is a full listing of scent-free products available at the Welcome Table. Thank you for considering the needs of others with these disabilities (as defined by the Americans with Disabilities Act).

## Polars' Express

- The newsletter is published quarterly, the 1st of March, June, September, and December.
- The Polars' Express is mailed only to active DBSA-Boston members. There is a membership form at the back.
- **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, 2014**

- **Note:** We cannot print everything we receive, nor can we return material submitted, so be sure to keep your original.
- Opinions appearing in Polars' Express are the authors' alone. They are not intended to represent the views of DBSA-Boston.
- 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).

# Resources

## 24-Hour Emergency Hotlines

Suicide Prevention (Samaritans)  
800-252-8336 • MA 877-870-4673 • 617-247-0220 Boston

Boston Emergency Services Team (BEST) • 800-981-4357  
If you are calling from outside the towns listed below, BEST clinicians will direct you to your local emergency services team, if you call them in crisis.

- BEST provides free psychiatric services to Cambridge, Chelsea, East Boston, Revere, Winthrop, Back Bay, Beacon Hill, Brighton, Charlestown, Hyde Park, Jamaica Plain, Mission Hill, North End, Allston-Brighton, Roslindale, and Somerville.

Substance and Abuse Hotline  
617-445-5050 • 800-327-5050

Parental Stress Hotline  
800-632-8188

Crisis Intervention Hotline (psychiatric)  
800-540-5806

## Peer-Support Line

Peer-Support Line (at the Metro Boston Recovery Learning Community) • 877-733-7563 • Seven days a week: 4–8 p.m.  
[www.metrobostonrlc.org/warm-line.html](http://www.metrobostonrlc.org/warm-line.html)  
Directory of support lines by state: [www.warmline.org](http://www.warmline.org)

## Online Free Support Groups

[www.dbsalliance.org/](http://www.dbsalliance.org/) (adults)  
[www.thebalancedmind.org](http://www.thebalancedmind.org) (for parents with a child with bipolar or related disorders)

## Resource Centers

The Cole Mental Health Consumer Resource Center  
617-855-3298 • [www.coleresourcecenter.org](http://www.coleresourcecenter.org)

The Transformation Center • [www.transformation-center.org](http://www.transformation-center.org)  
617-442-4111 • [info@transformation-center.org](mailto:info@transformation-center.org)

The Metro Boston Recovery Learning Community (MBRLC) • 617-305-9976 • [www.metrobostonrlc.org](http://www.metrobostonrlc.org)  
[info@mbrlc.org](mailto:info@mbrlc.org)

- Go to [www.metrobostonrlc.org/rlcs.html](http://www.metrobostonrlc.org/rlcs.html) for list of the Recovery Learning Communities representing the other five DMH districts in MA.

## Advocacy Resources

National Alliance on Mental Illness (NAMI)  
800-950-6264 • 703-524-7600 • [www.nami.org](http://www.nami.org)

NAMI Massachusetts  
800-370-9085 • 781-938-4048 • [www.namimass.org](http://www.namimass.org)

NAMI Greater Boston Consumer Advocacy Network  
617-626-8691 • [info@namigbcan.org](mailto:info@namigbcan.org) • [www.namigbcan.org](http://www.namigbcan.org)

M-Power • [www.m-power.org](http://www.m-power.org)  
617-297-2030 • [ruthiepoole44@yahoo.com](mailto:ruthiepoole44@yahoo.com)

## Other Resources

McLean Hospital, Belmont MA  
800-333-0338 • 617-855-2000 • [www.mclean.harvard.edu](http://www.mclean.harvard.edu)

National Depression and Bipolar Support Alliance  
800-826-3632 • [www.dbsalliance.org](http://www.dbsalliance.org)

**For a more complete list of resources, please go to our website:**

## The Jonathan O. Cole, MD, Mental Health Consumer Resource Center

The John O. Cole, MD, Mental Health Consumer Resource Center (Cole Center) is a “consumer-to-consumer education and recovery community” dedicated to helping mental health consumers achieve full and healthy lives.

The Cole Center provides up-to-date educational materials and media outreach, to aid in reducing stigma surrounding mental illness. The Resource Center was founded, and is staffed and operated, entirely by volunteer mental health consumers who have themselves dealt successfully with mental illness.

The Center is open Tuesdays and Wednesdays, 10 a.m.–4 p.m., and Thursdays 1–5 p.m. It is located in the de Marneffe Building cafeteria at McLean Hospital, Belmont, MA. • 617-855-3298 • [www.coleresourcecenter.org](http://www.coleresourcecenter.org)

# 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@dbsaleance.org  
Website: www.dbsaleance.org.

## CONNECTICUT

Depression and bipolar support groups meet in Branford, Greenwich, Hartford, Putnam and Torrington.

General mental health groups are for those with anxiety, depression, low self-esteem and/or relationship problems.  
Contact: Mental Health Association of Connecticut (MHACT)  
860-529-1970 ext. 10 or (CT only) 800-842-1501 ext. 10  
Website: www.mhact.org for times and locations.

**Branford:** \*+DBSA-Branford  
Monday & Tuesday, 6– p.m.  
BHCare, 14 Sycamore Way, Branford, CT  
Contact: Alan • Phone: 203-779-5253  
Email: branforddbsa@gmail.com

**Farmington:** +(MHACT) • Wednesdays, 7–9 p.m.  
1st Wednesday of each month open to Family & Friends.  
UCONN Health Center • 263 Farmington Avenue,  
Farmington, CT

**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: Mary Lou Brown • Phone: 203-531-7507  
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 Welborn • Phone: 860-462-3049  
Email: swelborn@mindlink.org  
Website: www.mindlink.org/dbsa

**Norwich:** (MHACT) • Saturdays, 1–3 p.m.  
William W. Backus Hospital, Medical Building, Suite 130,  
326 Washington Street, Norwich, CT

**Orange:** (MHACT)  
2nd and 4th Mondays, 7:30–9:30 p.m. • Zion Lutheran  
Church • 780 Grassy Hill Road, Orange, CT

**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

**Putnam:** +DBSA-Putnam • Tuesdays, 6:30–8:30 p.m.  
Day Kimball Hospital, 320 Pomfret Street, Putnam, CT  
Contact: Mariel Bates • Phone: 860-315-3359  
Email: autumn70567@yahoo.com  
Website: www.dbsalliance.org/putnam

**Stamford:** (MHACT)  
Wednesdays, 1–2 p.m. • Mental Health Association,  
1480 Bedford Street, 2nd floor, Stamford, CT

**Torrington:** \*+DBSA-Northwest Connecticut  
Thursdays, 7–9 p.m. • Charlotte Hungerford Hospital  
(small dining room off the cafeteria)  
540 Litchfield Street, Torrington, CT  
Contact 1: Doyle Finan • Phone: 860-567-8928  
Contact 2: Palmer Marrin • Phone: 860-567-5454  
Email: pmarrin@optonline.net  
Website: www.dbsanwct.com

**West Hartford:** (MHACT)  
Fridays, 11 a.m.–1 p.m.  
Westminster Presbyterian Church, Fireside Lounge,  
2080 Boulevard, West Hartford, CT  
Contact: Dan at FridaysGroup@juno.com

**Westport:** \*+DBSA-Brandford • Thursday, 6–8 p.m.  
St. Vincent's Medical Center, Behavioral Health Service  
Westport Campus • 47 Long Lots Road, Westport, CT  
Contact: Alan • Phone: 203-779-5253  
Email: branforddbsa@gmail.com

## MAINE

**Portland:** \*+DBSA-Portland  
Wednesdays, 1:30–3:30 p.m.  
Maine Medical Center, Dana Health Ed. Center, Room 2  
22 Bramhall Street, Portland, ME  
Contact 1: Jeff Irving • Phone: 207-650-3248  
Contact 2: Ken Hess • Phone: 207-809-4776  
jcirving@maine.rr.com

**Rockland:** \*+DBSA-Mid Coast  
Thursdays, 7:00–8:30 p.m. • Tuesdays, 11 a.m.–Noon  
First Universalist Church, 345 Broadway, Rockland, ME  
Contact: Heather Christie • Phone: 207-691-3599  
Email: dbsamc@hotmail.com

**Rumford:** Thursdays, 6–8 p.m.  
431 Franklin Street, Rumford, ME

**Waldoboro:**  
\*+DBSA-Mid Coast • Mondays, 7–8 p.m.  
Waldoboro Word of Life Church  
41 Coles Hill (Old Route 1), Waldoboro, ME  
Contact: Heather Christie • Phone: 207-691-3599  
Email: dbsamc@hotmail.com

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## 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

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## MASSACHUSETTS

### Attleboro:

DBSA-Attleboro • Tuesdays, 7–9 p.m.  
Newcomers at 6:50 p.m.  
Hillside Adult Day Health Center,  
50 Walton Street, Attleboro, MA  
Contacts: Chris and Colleen • 508-222-7525 ext. 407  
Email: [dbsa.attleboro@yahoo.com](mailto:dbsa.attleboro@yahoo.com)  
Website: [www.dbsa-attleboro.org](http://www.dbsa-attleboro.org)

### Belmont:

\*+DBSA-Boston • Wednesdays, 7–9 p.m.  
Speakers 2nd & 4th Wednesdays, 7–8 p.m.  
Groups include Newcomers, Depression, Mania & Bipolar,  
Maintaining Stability, Dual Diagnosis, Family & Friends,  
Open Exchange, Women's Issues, Young Adults, and  
Parenting (for those raising a child who has a mood  
disorder.)

McLean Hospital de Marneffe 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 cafeteria, Room 132 or 118 (Mondays)

DBSA-Boston, PO Box 102 (for packages, 115 Mill Street),  
Belmont, MA 02478  
Contact: Dennis H. or Lesley P.  
Phone: 617-855-2795 Fax: 617-855-3666  
Email: [info@dbsaboston.org](mailto:info@dbsaboston.org)  
Website: [www.dbsaboston.org](http://www.dbsaboston.org)

### Boston:

+DBSA-Boston at MGH/Downtown  
Thursdays, 7–9 p.m.  
Massachusetts General Hospital, Boston, MA  
Yawkey Center for Outpatient Care, 4th Floor, Suite 4A,  
Schiff Conference Center  
Contact: Dennis H. • Phone: 617-855-2795  
Email: [mghgroup@dbsaboston.org](mailto:mghgroup@dbsaboston.org)

**Holyoke:** +DBSA-Western Massachusetts  
Mondays, 6–7 p.m.

Holyoke Hospital, Behavioral Outpatient Building, kitchen  
area • Hospital Drive, Holyoke, MA  
Contact: Barbara • Phone: 413-532-1784  
Email: [dbsaofwm@hotmail.com](mailto:dbsaofwm@hotmail.com)

### Hyannis:

+DBSA-Cape Cod  
Wednesdays, 7–9 p.m.  
Cape Cod Medical Center Conference Room  
40 Quinlan Way, Hyannis, MA (across parking lot from the  
Cape Psych Center)  
Contact: Lois • Phone: 508-681-8598  
Email: [dmcapecod@hotmail.com](mailto:dmcapecod@hotmail.com)

## MASSACHUSETTS, continued

### Lowell:

\*+DBSA-Merrimack Valley  
Thursdays, 6:00–7:30 p.m.  
Lowell First Church of the Nazarene  
1195 Varnum Avenue, Lowell, MA

Toll-free phone: 888-280-7773  
Email: [info@dbsamerrimackvalley.org](mailto:info@dbsamerrimackvalley.org)  
Website: [www.dbsamerrimackvalley.org](http://www.dbsamerrimackvalley.org)

### Natick:

\*+MDDA/Natick  
1st and 3rd Thursdays, 7:30–9:00 p.m.  
First Congregational Church, 2 East Central Street,  
Natick, MA  
Contact: Don Jessen • Phone: 978-443-6803

**North Adams:** See Bennington, VT listing.

### Pembroke:

DBSA-South Shore  
Thursdays, 7–9 p.m. (excluding major holidays)  
Pembroke Hospital, East II Conference Room  
199 Oak Street, Pembroke, MA  
Info Line: 781-829-7211

### 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 • Phone: 781-248-9825  
Email: [dbsarevere@gmail.com](mailto:dbsarevere@gmail.com)

### Wareham:

DBSA-Southcoast  
1st Thursday, 6:30–7:30 p.m.  
Wareham Library, 59 Marion Road, Wareham, MA  
Contact: Chet Haitsma • Phone: 508-295-3286  
Email: [thomasjosephhaitsma@yahoo.com](mailto:thomasjosephhaitsma@yahoo.com)

### Worcester:

\*+DBSA-Central Massachusetts  
Wednesdays, 7–9 p.m.  
St. Vincent Hospital, Room D, Atrium Level  
123 Summer Street, Worcester, MA  
Contact: James Benoit • Phone: 508-688-2124  
Email: [dbsacentralmassachusetts@yahoo.com](mailto:dbsacentralmassachusetts@yahoo.com)

### \*+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](mailto:dlatham46@verizon.net)

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## 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

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## 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: Shelly Sechrest • Phone: 603-219-0623  
Fax: 603-229-1635  
Email: dbsaconcord@comcast.net

### Dover:

+DBSA-Greater NH Seacoast  
Mondays, 6:00–7:30 p.m.  
Wentworth Douglass Hospital, Salmon Falls Room  
789 Central Street, Dover, NH  
Contact: Craig • Phone: 603-742-6760  
Email: doverdbsa@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: 603-734-4032  
Email: dbsanh@comcast.net  
Website: www.dbsalliance.org/greaternhseacoast

\*+DBSA-Exeter Women's Group  
1st and 3rd Wednesdays, 1:30–3:00 p.m.  
Seacoast Mental Health, Conference Room  
30 Prospect Avenue, Exeter, NH  
Contact: Jeanne Mancusco • Phone: 603-772-7769  
Email: dbsaexeterwoman@yahoo.com

### Lebanon:

+DBSA-Upper Valley • Tuesdays, 6–8 p.m.  
Dartmouth Hitchcock Medical Center (ask at the info desk), 2 Medical Center Drive, Lebanon, NH  
Contact: Jean Clark Townsend • Phone: 603-632-7493  
Email: dbsa@valley.net

**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.

## NEW HAMPSHIRE, continued

### Nashua:

\*+DBSA-Nashua • Thursdays, 7–9 p.m.  
Community Council, 100 West Pearl Street, Nashua, NH  
Contact: Tom Doucette • Phone: 603-888-2141  
Email: info@dbsanashua.org  
Website: www.dbsanashua.org

### Plymouth:

\*+DBSA-Plymouth • 1st and 3rd Mondays, 6–7 p.m. • Whole Village Resource Center  
Highland Street, Plymouth, NH  
Contact: Donna Serina • Phone: 603-783-2322  
Email: donnaserina@yahoo.com

## RHODE ISLAND

### Providence:

\*+DBSA-Providence • Tuesdays, 7–9 p.m.  
2nd and 4th Saturdays, 10 a.m.–Noon  
Butler Hospital, Ray Conference Center, 2nd Floor  
345 Blackstone Boulevard, Providence, RI  
Contact: Kathryn McNulty • Phone: 401-309-7575  
Email: Kathryn@mdda-ri.org  
Website: http://www.mdds-ri.org

### Wakefield:

+DBSA-Wakefield/South County  
1st Thursday, 7–9 p.m.  
South Shore Community Mental Health Center  
55 Cherry Lane, Wakefield, RI

## VERMONT

### Bennington:

\*DBSA of Bennington Area  
Mondays, 6:45–7:45 p.m.  
Bennington Free Library  
101 Silver Street, Bennington, VT  
Contact: Sue Altoft • Phone: 802-732-7092  
Email: susanaltoft31@live.com

## 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 1st class mail (in discreet envelopes)
- Participation in our Share Care groups, Daytime Drop-In groups and twice-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

(CONTINUED ON OTHER SIDE)

(Cut along the dotted line)

(Detach and send In)

**DBSA-Boston**

**Multipurpose Membership Form**

Please, use this form to **become a member** of DBSA-Boston, **renew your membership**, **change** terms of membership or address/phone/email or **make a donation**. **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  
 Mail only in confidential (unidentified) envelopes

Members requesting changes, please note: changes require 4-6 weeks to take effect.

**Categories and Dues**  Individual: \$35/year  Household: \$50/year  Professional: \$75/year  
 Lifetime: \$300  Benefactor: \$500  Angel: \$1,000

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

**Please Print**

NAME \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE ( ) \_\_\_\_\_ (For Confidential Office Use ONLY)

EMAIL \_\_\_\_\_ (For Confidential Office Use ONLY)

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

X \_\_\_\_\_ (form continues on the other side)

## 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)

### DBSA-Boston Membership Form (continued from other side)

Phone List: Include my name as follows: \_\_\_\_\_

(Your name will be placed on the phone list, which is given to DBSA-Boston members seeking personal support, ONLY if you print your name here.)

How did you find out about DBSA? \_\_\_\_\_

Suggestions or Comments \_\_\_\_\_  
\_\_\_\_\_

**Donations: 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).

\$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)

**Thank you very much! The Membership Committee**

(OFFICE USE ONLY- Payment received \_\_\_/\_\_\_/\_\_\_ by \_\_\_\_\_)