

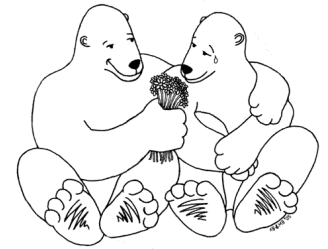
POLARS' EXPRESS

The Newsletter of the Depression and Bipolar Support Alliance of Boston

March, April, and May 2018



Spring 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!

On the 1st Wednesday of each month: We Share - Featured Performers Showcase • Starts 6:45 p.m. **Every Wednesday** we have a Music Circle from 6-7 p.m in room 117., and a Peer-Led Meditation 6:30-7:00 p.m. in room 115. See page 8.

- Mar. 14: "An evening with Senator Cindy Friedman" State Senator Cindy F. Friedman See page 11.
- Apr. 09: NAMI Mass. Advocacy Day See page 7.
- Apr. 11: "Moments in Time," Wendy Woodfield See page 11.
- Apr. 18: Ice Cream Social with Mill Street Open Mic Session! See page 9.
- May 09: "Volunteer Musicians for the Arts performance" See page 11.
- May 19: NAMIWalks Massachusetts: Join the DBSA-Boston Team! See page 8.
- May 30: "Mill Street Open Mic Session" See pages 5 and 9.

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

DBSA-Boston Services

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



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Board, Advisors, and Staff

Board Executive Committee

President:	Lillian Cravotta-Crouch
Vice President:	Christian Tiongson
Treasurer:	Susan Reynolds
Secretary:	Alli Bodek
Past President:	Chuck Weinstein
President Emeritus:	Everett Page

Board Directors

Lexie Comeau	Michele O'Shea
John C. Dorr	Barry Park
Bob Hanflig	Kelley Stout

Facilitation Advisor

Chuck Weinstein, LMHC, CPS

McLean Hospital Liaison

Brian P. Brennan, MD, MMSc

Office Staff

Comptroller & Office Operations: Barry Park

Meeting Schedules

Board of Directors:
1st Wednesdays (03/07, 04/04, 05/02, 05/30*) 7 p.m.

Facilitator Meetings:
1st & 3rd Wednesdays (03/07, 03/21,
04/04, 04/18, 05/02, 05/16 05/30*) 5:45 p.m., Room 132

Share Care Committee:
2nd Wednesdays (03/14, 04/11, 05/09)
5:45 p.m., Room 118

*June Board meeting held 5/30 as 06/06 is Candidate's Night

DBSA-Boston news is noted by the paw print. 

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

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

President's Letter Spring 2018



Dear DBSA Friends,

It's been a cold winter but we've been nice and warm at DBSA. We had our annual holiday party on December 20. Christian & Kelly worked on coordinating many of our members who volunteered to make our party a big success, along with many vendors selling their wares at our annual "Lee Paris Artisan Fair."

We provided pizza, sandwiches drinks, & desert. Our members also brought a variety of good food to share with all. Everyone seemed to be enjoying themselves, some even stepping up to the mike to sing holiday songs. The prizes that people donated were wonderful from music lessons, to free passes and very generous gift cards, along with a 50/50 raffle. Art & his wife out did themselves with their gifts baskets.

On Christmas Day Kenny & Kate helped to organize a very nice potluck lunch which I'm so glad Meach and I were able to drop in on. There was a beautiful blanket of snow outside with a lot of warmth inside.

This being my third President's message I was wondering what can I write about. Then last night it came to me after attending Family & Friends as a member not a facilitator and there it was.

We had a few new people in crisis and we had some of our more-seasoned members. One of the topics was letting go when our love ones are no longer in crisis.

So to our loved ones, who may remember their fear when they were first diagnosed, or your first hospital stay or when you first realized something was wrong, we were there feeling helpless and afraid. I've listened to other families members who tried so hard to help and at times feeling helpless.

Continued on page 10



DBSA-Boston Nomination of Officers and Board of Directors for 2018

Thank you for your interest in electing the Officers and Board Members for the incoming year 2018–2019. 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 13 2018.

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 is in good standing with dues fully paid. Candidates must also have been 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.

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 Saturday, March 31, 2018. Nominations that are mailed must be postmarked no later than Wednesday, March 27, 2018. 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, June 6th. Each candidate will have five minutes to speak to the membership about why they are running for office. The elections will happen the following week, 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,

Lexie Comeau, 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. She will apprise you of any office-generated forms that must be filled out and filed.
10. It is always useful to maintain a year-long history of the committees' works and deeds. This can be presented to your successor. 'Tis better to exist in a continuum than a vacuum.

Make Sure Your Membership is Current

Have you paid this year's dues? If you are not sure whether your membership is up to date, check with Comptroller Barry Park. Be sure to keep your membership active.

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.

Membership form is at the end of this newsletter. You can become a member or renew your membership by check or online. To do this online, go to: http://dbsaboston.netfirms.com/?page_id=121

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

Committees at a Glance

Activities: Organizes DBSA-Boston social events.

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

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.



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.

2017-2018

Committees

Chairs

Activities:	Lillian Cravotta-Crouch, Kelley Stout
Communications:	Susan Reynolds
Executive:	Lillian Cravotta-Crouch
Fundraising:	Chuck Weinstein, Lillian Cravotta-Crouch
Marketing/Outreach	Steve Lappen, Judy Coogan
Membership:	Alli Bodeck, Samantha D.
Nominations:	Lexie Comeau
Office Operations	Barry Park
Share Care	Christian Tiongson
Speakers Bureau:	Mary Johnston
Training:	Bob Hanflig
Wednesday Night Facilitators:	Roberta U.

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

Mill Street Open Mic Sessions

Every 5th Wednesday of the Month

6:30 p.m.–8:00 p.m.

At the deMarneffe Building cafeteria

Remaining Dates for 2018:

May 30

August 31

October 31

Questions? Email christian@dbsaboston.org



Share Care Support Groups



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

When and where we provide support groups:

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

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.

Highlighted Groups

Open Exchange: Occurs every Wednesday

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

Working and Coping: Occurs every 2nd and 4th Wednesday of the month

Coping with the everyday stresses of a job can be challenging and at times seem impossible. You may feel defeated after a long shift or even a hour after you clocked in. You are not alone. The DBSA Work and Coping Group provides meaningful and supportive discussions with working peers (volunteer, per-diem, part-time, and full-time) who have mental illness. The purpose of the group is to support and learn from others by sharing personal experiences in coping with everyday work stresses and situations that may exacerbate mental illness. Topics include, but are not limited to, work-life balance, anxiety in high-pressured situations, and self-worth in the workplace. While work is the primary topic of discussion, the group is not a recruiting, job-hunting, or resume-review session. Work and Coping Group occurs every 3rd Wednesday of the month. It is open to anyone attending DBSA groups who is coping with work-related issues. We hope you can join us!

Members of the Share Care Committee: Christian Tiongson, Chair, Samantha D., Dennis H., Bob Hanflig, Sylvia M., Michele O’Shea, Kate R., Roberta U., and Lillian Cravotta-Crouch (ex-officio)

See other regional support groups starting page 13.

DBSA-Boston is a Club Passim Iguana Fund Music Grant Winner!



We are happy to announce that DBSA-Boston is one of the winners of the [Club Passim Iguana Fund grant](#)! The main goals of the grant are to introduce musical instruments and education to the DBSA-Boston community as a form of coping with mental illness and to expand the Mill Street Open Mic Session series.

“Project Harmony” involves purchasing instruments and creating a community music program that promotes healing by supporting each participant’s musical interests and endeavors. We also hope to introduce music to members who might not have the same musical experience as current participating members but who still might like to try music as a way of coping. Specifically, we would like our community to try new instruments, share songs with their peers through weekly music circles, collaborate with others, and expand their skill and knowledge through regular practice. The Iguana Music Fund is providing us with the invaluable support that we need to complete the integration of music into our community. We are very grateful to the Club Passim community!

Be sure to check out our brand new Weekly Music Circle in Room 117 on Wednesdays and the Mill St. Open Mic Sessions (see page 9) every 5th Wednesday and at the April 18 Ice Cream Social (see page 9). More music details in the future!

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, 2018

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

Activities

NAMI Mass. Advocacy Day: Monday April 9

11 a.m.–3 p.m. at the Great Hall, Massachusetts State House, 24 Beacon Street, Boston. Let your legislators hear from you! For More Information: <http://namimass.org/event/nami-massachusetts-advocacy-day>



Weekly Music Circle

Every Wednesday 6:00-7:00 p.m. in Room 117

The Weekly Music Circle is the perfect place to play your favorite instrument, learn a new song, and jam out with other musicians of the DBSA-Boston community! All skill levels are welcomed – and it's free! Bring your music instrument, chord charts/tabs (if you want to share a song), and jam with us every Wednesday before support groups!

Don't have an instrument? We have house instruments available thanks to the Club Passim Iguana Music Fund! An acoustic guitar, ukulele, keyboard, and various percussion instruments will be on hand during the song circle. Email Christian (christian@dbsaboston.org) for details.

Weekly Peer-Led Meditation

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

Every Wednesday, Khare will lead 30-minutes mindfulness meditation with peers from the DBSA-Boston community. Their practice is inspired by the mindfulness-based stress reduction (MBSR) program taught at Center for Mindfulness at UMass Medical School.

This is not a class in mindfulness, but each session starts with a short introduction to the practice, so novices are welcome. Even if you are late, please join the group! We believe even a few minutes of meditation will make a difference. We find that learning mindfulness techniques and practicing them with a group is especially helpful.

If you are currently suffering from a mood disorder, please talk to your doctor or therapist first to make sure mindfulness meditation is OK for you.

Contact Khare (pkhare.nami@gmail.com) with any questions.

We Share - Featured Performers Showcase

On the 1st Wednesday of each month: We Share - Featured Performers Showcase • Starts 6:45 p.m.

"We Share" is an artist series that features one of our Mill Street Open Mic performers who will perform 1-2 original or covered pieces. Great way to kick off groups with art and music! Please contact Christian at christian@dbsaboston.org for more information.

NAMIWalks Massachusetts: Saturday, May 19

Join the DBSA-Boston team and partner with NAMI Central Middlesex for the NAMIWalks Massachusetts on May 19 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 pledged 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. Or see Lillian Cravotta-Crouch, our Activities Chair.

Activities



Ahhh... the sweet things in life!

Come indulge at the DBSA-Boston Ice Cream Social Wednesday, April 18, 6 p.m.–8 p.m. in the de Marneffe Building cafeteria. We are bringing in good cheer, mirth, and delicious ice cream to welcome spring and look longingly towards summer.

We will hold Mill Street Open Mic during the Social! Performer sign up will be in mid-March.

Support Groups?

Yes, of course! We will offer support groups from 8 p.m.-9 p.m.

Membership Drive

We are having our “Spring Drive” during the Ice Cream Social. It is a perfect time to renew memberships and receive a polar bear in return! Also, those who sign up that day will get free admission to the Ice Cream Social.

The Social is not a proper social without you!

Please join us! Bring family and friends. \$2 for members, \$3 for non-members, facilitators free!

If you would like to help at the Social, please see Lillian Cravotta-Crouch, Activities Chair.

Mill Street Open Mic April 18 & May 30



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

The purpose of the open mic session is to appreciate and showcase creative individuals in the DBSA-Boston community.

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

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

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

Thanks to the Club Passim Iguana Fund (see page 7), DBSA-Boston now has house instruments (guitar, ukulele, keyboard, and percussion) available to use at the Mill St. Open Mic Session.

Please contact Christian at christian@dbsaboston.org

Mill Street Open Mic is offered on 5th Wednesdays and during the Ice Cream Social April 18!

President's Letter, continued from page 2



When my family was first in crisis one of my daughters said to me, “Mom do you remember what you used to tell me when I was little and I was afraid?” I had no idea what she was talking about. She then reminded me that I’d tell her “There’s nothing to fear but fear itself”. Apparently she thought I needed to hear that, sometimes listening to our own advice is not so easy.

Week after week people in our group will talk about their loved ones’ progress. How they are able to volunteer, go back to school, maybe think about going back to work, or just go out for a walk. As a group we are so happy to hear about their accomplishments. We all see how far they’ve come in their recovery. Yet the person talking may not be able to see it as well because of the fear they are holding onto.

So last night when a member was saying how they were having a hard time letting go, we had another member say, “Remember this is not your illness. They need to manage their own lives, we need to step out of the way.” So please forgive us if it’s not quick enough — we are trying. We don’t always know how to go back to just being your mother, father, husband, wife, etc. Believe me we are trying hard, just like you have tried so hard to get well and stay well. It is wonderful to see how beautifully so many of you have managed this.

So next time we remind you to take your medicine, or get up in the morning, be patient with us. We love you so much we don’t want to see you hurt. As you go on with your life we will try and remember not to let our fears hold you back.

Looking ahead now toward the spring. On April 18 we will be hosting our annual ice cream social. So make sure to mark your calendar. This is always a wonderful event. I’m sure we will be looking to our members to help with scooping. There will be music from our talented members to help make the evening enjoyable. Then there is the NAMI walk, which will take place on Saturday May 19th. I really enjoy this day – it’s all about fighting the stigma. I will be co-captain with Christian our Vice President. We had such a wonderful turnout last year for this event. Tom Schofield the President of NAMI presented us with a check for \$3,400 dollars for helping raise money for NAMI/Middlesex.

So don’t forget to mark your calendar and join us. To sign up you can see either Christian or me. Let’s see if we can make this year even a bigger success than last year – we can’t do this without you. So whether you sign up to walk or make a donation you will be helping make the event a success.

For updates on all of our spring events, check out our website, [DBSA-Boston](#), or go to our [Facebook page](#).

I would like to take this time to thank all the members of the board/share care committee for all their hard work. The board has done a great job managing the finances as share care continues to make DBSA a safe place for all to come. If at any time you have concerns or suggestions please feel free to approach anyone of us and we will try to do our best to help in any way we can.

As far as our members go, thank you for always stepping up to help one another. We are all traveling this road together. We can all make a difference to ensure that people dealing with mental health issues be treated with the respect that they deserve, just like any other health condition.

Enjoy the longer days and the arrival of spring.

Lillian Cravotta-Crouch

Background of Speakers Presenting at DBSA-Boston Spring 2018



March 14: “An Evening with Senator Cindy Friedman,” State Senator Cindy F. Friedman

Senator Cindy F. Friedman will tell her personal story and recount the experiences that led her to develop a passion for improving the lives of those with severe mental illness, substance use disorder, and other behavioral health conditions. She will also speak on the state legislature’s role in shaping and implementing policy to address issues related to the mental health and opioid crisis. Finally, she will discuss the ways in which mental health advocates and those with lived experience can effectively make their voices heard, communicate their concerns and ideas, and have a real impact on state government.

Cindy Friedman was elected to the Massachusetts Senate in 2017. Her legislative agenda focuses on several important issues, including better treatment for those suffering from mental illness or substance use disorder. She serves as Senate Chair of the Joint Committee on Mental Health, Substance Use and Recovery and Vice Chair of the Special Senate Committee on Addiction Prevention, Treatment and Recovery Options.

Senator Friedman has served as Chief of Staff to the late Senator Ken Donnelly, and spent several years working as a manager in the high-tech industry and as a teacher at the kindergarten and elementary school levels.

April 11: “Moments in Time,” Wendy Woodfield

Wendy will read and lead a discussion of some stories in her book, *Moments in Time*, a collection of short-short stories encapsulating the expanse of Wendy Woodfield’s life.

Wendy Woodfield lives in Cambridge and is a past DBSA-Boston board member. She is in the process of publishing a second book of memoirs.

May 09: “Volunteer Musicians for the Arts performance”

The cherished Danish poet, Hans Christian Andersen, once wrote “where words fail, music speaks.”. The professional musicians of the Volunteer Musicians for the Arts (VMA) believe live, classical music performances, especially in hospital settings, promote wellness of the mind and body. We hope the healing sounds of live classical music welcome you into a shared, positive experience of mindfulness and relief from everyday challenges.

With a sound described as “beautifully warm” (Herald Times) and “sweet and agile” (New York Times), period clarinetist and instrument builder Thomas Carroll performs extensively throughout North America and Europe on historical instruments. Thomas is currently on the faculty of Brookline Music School and maintains a private studio.

Jonathan Yasuda (piano) enjoys teaching and sharing the art of piano performance. He currently serves as piano faculty at the College of the Holy Cross, Assumption College, Worcester State University, and Newton Music Academy. He performs a broad range of musical genres. Jonathan graduated with honors from the College of the Holy Cross and studied at Berklee College of Music and New England Law Boston. In 2012, Jonathan founded the Volunteer Musicians for the Arts, Inc to bring professional concert artists to hospitals, giving everyone free access to exceptional chamber music performances.

**Election Nomination Form – 2018
DBSA-Boston**



(See page 3 for Board Nomination Notice.)

I _____ nominate _____
(Your name) (Candidate)

**For the position of
(Please circle one)**

President

Vice President

Treasurer

Board of Directors

**I have permission of the person nominated
to make this nomination.**

(Signature)

(Date)

Contact Information of Candidate _____
(Phone number/s home/cell)

(Alternate phone number)

(Email address)

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@dbسالliance.org
Website: www.dbسالliance.org.

CONNECTICUT

Depression and bipolar support groups meet in Branford, Danbury, Greenwich, Hartford, Naugatuck, Norwich, Orange, Portland, Putnam, Stratford, Torrington, Wallingford, and Windsor.

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
Mondays & Tuesdays, 6–7:30 p.m.
BHCare, Mondays, 14 Sycamore Way • Tuesday, 13 Sycamore Way Branford, CT
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@gmail.com
Website: www.meetup.com/Greater-New-Haven-Bipolar-Disorder-and-Depression-Group/

Farmington: +(MHACT) • Wednesdays, 7–9 p.m.
1st Wednesday of each month open to Family & Friends.
UCONN Health Center • 263 Farmington Avenue,
Farmington, CT (Use hospital entrance. Ask for the room number at the front desk.

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.dbسالgreenwichct.com

Hamden *+DBSA-Branford
Tuesdays 2:30–4:30 p.m. • Unitarian Church, 700 Hartford Turnpike
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@gmail.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

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

Norwich: (MHACT) • Saturdays, 2–3:30 p.m.
Lee United Methodist Church, 294 Washington St., Norwich, CT

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

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.dbسالliance.org/putnam

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.dbسالnwct.com

Waterford *+DBSA-Branford
Saturday, 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

Westport: *+DBSA-Brandford • Thursdays, 6–8 p.m.
St. Vincent's Medical Center, Behavioral Health Service
Westport Campus • 47 Long Lots Road, Westport, CT
Contact: Alan Rosenthal • Phone: 203-779-5253
Email: branforddbسا@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: Paul Young • Phone: 207-857-9498
Contact 2: John Kennedy • Phone: (207) 615-3691
Email: pyoung30@maine.rr.com

Rockland: *+DBSA-Mid-Coast
Thursdays, 7:00–8:30 p.m. • Tuesdays 11–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
Phone: 207-364-2495

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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

continued from page 14

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: Chris and Colleen • 508-222-7525 ext. 407
Email: info@dbsa-attleboro.org

Belmont:

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

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

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

In-house groups for patients at McLean Hospital

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

Boston:

+**DBSA-Boston** at MGH/Downtown
Thursdays, 7–9 p.m.
Massachusetts General Hospital (MGH), Boston, MA
Yawkey Center for Outpatient Care, 4th Floor, Suite 4A,
Schiff Conference Center
Phone: 617-855-2795 • Email: 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

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

MASSACHUSETTS, continued

Lexington

Thursdays 1:30–3:30 p.m.
Seniors' Group meets at the Senior Center,
1475 Massachusetts Avenue, Lexington, MA.
Contact: Rhona at 617-965-3630

Lowell:

*+DBSA-Merrimack Valley
Thursdays, 7:00–8:30 p.m.
Lowell First Church of the Nazarene
1195 Varnum Avenue, Lowell, MA
Contact: Tim
Toll-free phone: 888-280-7773
Email: info@dbsamerrimackvalley.org
Website: 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.

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

Southbridge/Sturbridge

+DBSA-Southbridge/Sturbridge • Wednesdays 7 p.m.
Brookside Terrace Community Room, 11 Village Dr.,
Southbridge, MA 01550
E-mail: dbsouthbridge@yahoo.com.

Wareham:

DBSA-Southcoast
1st & 3rd Thursdays, 6:30–7:30 p.m.
Southcoast Medical Building, 100 Rosebrook Way,
Wareham, MA
Contact: John Folan • Phone: 508-971-0018
Email: jafolan@msn.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

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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, 7:00–8:30 p.m.
Wentworth Douglass Hospital, Salmon Falls Room
789 Central Street, Dover, NH
Contact: Joe Breakfield • Phone: 603-389-8011
Email: jbreakfield@yahoo.com

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: dbsaexeter@comcast.net

Hampstead Center: DBSA

Tuesdays 7:30–9:00 p.m.
Hampstead Congregational Church, 2nd Floor,
Davis Room, 61 Main Street, Hampstead, NH
Contact: Bob Elder • Phone: 603-329-6609
Email: rdelder@comcast.net

Lebanon:

+DBSA-Upper Valley • Thursdays, 6–8 p.m.
Dartmouth Hitchcock Medical Center (ask at the info
desk), 1 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 1: Thomas Doucette • Phone: 603-888-2141
Contact 2: Amanda Potash • 603-560-7502
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: 603-783-7025
Email: donnaserina@yahoo.com

RHODE ISLAND

Providence:

+DBSA-Providence • Tuesdays, 7–9 p.m.
Butler Hospital, Ray Conference Center, 2nd floor
2nd and 4th Saturdays, 10 a.m.–Noon
Butler Hospital, Ray Conference Center, 1st Floor
345 Blackstone Boulevard, Providence, RI
Phone: 401-309-7575
Website: <http://www.mdda-ri.org>

Wakefield: Wakefield/South County DBSA
Shore Community Mental Health Center, 55 Cherry Lane,
Wakefield, RI
Contact: Jim McNulty
Phone: 401-254-2572 or 401-455-6338.

VERMONT

Bennington:

*DBSA of Bennington Area
Mondays, 7–9 p.m.
Bennington Free Library
101 Silver Street, Bennington, VT
Contact: Susan Hohman
Phone: 802-447-3453
Email: hohmansusan@yahoo.com

Key to Chapter List

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

This page left intentionally blank so that the membership form will print front to back.

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
- 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

(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 Clearly:

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 _____)