



DBSA Princeton News

June 22, 2010

Depression and Bipolar
Support Alliance
DBSA Princeton

DBSA Princeton meets Tuesdays and Wednesdays, 7:30 PM to 9:15 PM
in Lambert House (Classroom 1) at the University Medical Center at Princeton.

For directions and updates, visit <http://dbsaNewJersey.org/princeton/>

Upcoming Speakers

Today: *Ask the Doctor* with Dr. Joseph Salvatore, psychiatrist. Bring your questions for Dr. Salvatore, a valued supporter of our group.

Tuesday, July 13: *In Our Own Voice* by NAMI Mercer. Two speakers who are in recovery from mental illness will share their stories.

Tuesday, August 10: *Social Security Q & A* with Huntley Forrester, NJ WINS. Mr. Forrester will speak and take questions on SSDI and SSI, and going back to work under those programs.

Tuesday, September 14: *Ask the Doctor* with Dr. Ricardo Fernandez, psychopharmacologist. Dr. Fernandez will speak and take questions on mood disorders and medications.

Tuesday, October 12: *Journaling and Writing* with Howard Hall, poet. Mr. Hall will speak about journaling and writing poetry as a tool for recovery.

Tuesday, November 9: *Workplace Rights for Persons with Emotional Disabilities* with Ralph Gerstein, J.D. Mr. Gerstein will speak and take questions on rights in the workplace.

A Cat Ponders on Depression

Hello. For those who don't know me, I am a tan tabby cat, ten years old. I've lived with Susan since January, 2003. The woman who rescued me named me Holly since I was rescued a day or so before Christmas, heavy with kittens. A Christmas miracle. But Susan says it's really Holly because her favorite TV show in the entire universe is *Red Dwarf* and she couldn't name me "Cat" now, could she? And "Dave" was out of the question since I am a girl cat. And if she named me "Rimmer", the ASPCA would come and arrest her for animal cruelty.

My human's been really down in the dumps the last few days. Susan's also been feline poorly. She struggles to get out of bed, just feeling tired, and has a fever. She has terrible night sweats so she has been running the air conditioner, and it makes me cold. I go under the covers, and she just sees my tail. Brrr. She says I look like a metronome, only fuzzier.

It makes me wonder what depression is. Susan refers to it as a "Black Dog", an idea she got from someone named Churchill. I don't know about Churchill, other than he lived a long time ago in a place called across the pond. Does that mean he lived near ducks? Poor Mr. Churchill. I wonder if dogs get depressed. Cats don't really get depressed. Not like my human, if she can be an indicator.

I mean, cats do get depressed. This past winter I was sad because it snowed so much and all the

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Facilitator Training

DBSA Princeton encourages interested members to become facilitators. The benefits are two-fold: to group members who are helped in their recovery and to you as the skills you develop will server you well elsewhere.

Free training is available from the New Jersey Self-Help Clearinghouse, as described below. In addition, DBSA New Jersey and the Clearinghouse will be conducting training for new and experienced DBSA facilitators on Saturday, September 11, at the Robert Wood Johnson Hospital in New Brunswick. Lunch will be provided. Registration has not yet opened, but if you would like to attend speak to or contact David (609-912-0273 or DBSAPrinceton@gmail.org) and he will reserve your spot. Space is limited.

Attending training puts you under no obligation. Indeed, any member can benefit from training to better understand how a meeting is conducted. So why not attend to check it out? If you choose to try facilitating, we will ease you in at your pace.

The next training by the Clearinghouse (<http://njgroups.org>) will be in Mullica Hill, Gloucester County on Saturday, August 8. To register, call the clearinghouse at 1-800-367-6274 (outside NJ, call 1-973-989-1122).



birdies and squirrels went away and I had nothing to look at from my window sill. There wasn't enough sunshine to stretch out and languish on my tummy fur. But I didn't cry. I slept and played with toys, dive bombed my human's mail, knocked over some books and CDs, and meowed at the TV. I may not be a kitten anymore, but I still know how to play and get into mischief. Susan on the other hand spent days in bed not sleeping, not doing anything, just listening to the radio and not happy. I am always happy if I am not sleeping, or eating or using my litter box.

I think the difference between cats and humans is simply this. Cats live in the moment. We don't



think about yesterday or tomorrow. It's all about the moment we are in. Right now, I am on the computer. In a moment I will be in a fluffy comforter, in a nice warm bed, in a patch of sunshine with my stuffed panda bear.

That is nice. I guess we are all Id. Maybe if humans were all Id too, they wouldn't be so sad. Humans should be more like cats. Or the Cat from Red Dwarf. Just live in the moment and think about eating little fishies. And looking cool. Something like that.

I won't comment back but paw hugs, head bonks, scratches and tuna are appreciated. I got some serious nappage to do now. I've missed two naps, and it's almost bed time. Meow.

Holly's sidekick, Susan S., is a writer who blogs at <http://ifyouregoingthroughhellkeepgoing.blogspot.com/>