



Depression and Bipolar
Support Alliance
New Jersey

DBSA Princeton News

January 20, 2009

Revised February 14, 2009

DBSA Princeton meets Tuesdays, 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/>

NOTICE OF ANY MEETING CANCELLATIONS FOR SEVERE WEATHER WILL BE POSTED BY 5 PM ON THE MEETING DATE. YOU CAN ALSO CALL SUSAN AT (732) 951-0281.

Upcoming Speakers

Tuesday, February, 10: *Recent developments in medication research* with Dr. Ricardo Fernandez, Princeton Family Care Associates. Dr. Fernandez, a certified psychopharmacologist, will explain what that specialty is and give his insight as to what the future holds for medication treatments.

Tuesday, February 24: *The Peer Recovery WarmLine* with Jennifer Wilson, Mental Health Association in New Jersey (MHANJ). The WarmLine provides continuing peer to peer support using the Intentional Peer Support model. That means you and your peer mutually support each other's recovery and talk about your own "story" in a way that helps the recovery process for both of you. Jennifer will explain the MHANJ's WarmLine. Training is available for those wishing to volunteer to answer calls or to be matched with peers for mutual support.

Tuesday, March 10: *Ask the Doctor* with Dr. Joseph Salvatore. Bring your questions for our supporting psychiatrist.

Tuesday, March 24: *NAMI Hearts and Minds* with Salvina Cappello, NAMI-NJ. Salvina will introduce Hearts and Minds, a new NAMI program, aimed at raising awareness about diet, diabetes, exercise and smoking. Each of these are important in the lives of individuals with mental illness due to medication side

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Group News

We've been busy! Over the past month the group received news that we have become incorporated as a non-profit organization in Illinois (where DBSA has its national office), we held an annual membership meeting where we elected a Board of Directors, and held our organizing Board meeting when we elected officers and made some decisions regarding the group.

Though we are incorporated, recognition from the US Internal Revenue Service as a "501(c)3" non-profit is pending. When that comes through, donations to the group will be tax deductible for donors that itemize their federal income tax returns.

At the annual membership meeting on December 23, 2008 we elected the group's Board of Directors for 2009. The by-laws (available from the web version of this article at <http://dbsanewjersey.org/princeton/news.htm>) allow us to have from three to eight directors. As we had exactly eight nominees, all candidates were elected. The board for 2009 consists of Anthony, Bob, David, Emily, Fran, Irving, Susan and Theresa.

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Speakers (continued from page 1)

effects. See the **Speakers** page on our web site for a link to more information about the program.

Tuesday, April 28: *Insight Meditation* with Beth Evard. Beth will provide an overview of insight meditation, which uses mindfulness to give a clear, non-judgmental awareness of thoughts, and its proven health benefits, physical and mental. Members who wish to try meditation will have a chance to do so during the second half of our meeting.

May 12, 2009: *Nutrition* with Ellen Cottone, Registered Dietician. Ellen will give a presentation about nutrition oriented to persons with mood disorders and take your questions. If you have topics or questions you would like covered in the presentation, please send them to us via e-mail to DBSAPrinceton@gmail.com, or bring them to our support group meetings.

Tuesday, June 9: *Ask the Doctor* with Dr. David Nathan. Bring your questions for our consulting psychiatrist.

July 14, 2009: *In Our Own Voice* by NAMI Mercer. A carefully designed workshop presented by people who are in recovery from their own mental illness. By describing the inner experience of a person with mental illness and the process of recovery, it educates, empowers and inspires mental health consumers, families and the general public.

DBSA Facilitator Training

DBSA New Jersey and the New Jersey Self-Help Clearinghouse are sponsoring a special facilitator training session on Saturday, February 7. The training will be at the Robert Wood Johnson Hospital, New Brunswick, and will run from 9:30 AM to 2:00 PM. To register, call Ron Klein at 908-377-5245.

Group News (continued from page 1)

The board held its organizing meeting prior to the regular group meeting on January 13. Minutes of the meeting are available on the literature table at our support group meetings. Under our by-laws, each office may be held by two co-holders. The officers for 2009 are:

President: David and Susan
 Vice President: Bob and Emily
 Secretary: Anthony and Fran
 Treasurer: David and Irving

Since November we have been ending the meetings at 9:00 PM as an experiment. The earlier ending time was scheduled to run through February, after which we were to return to the former ending time of 9:30 PM. The board deemed ending earlier to be a success, and decided to permanently change the ending time of the meetings to 9:15 PM, as reflected in the masthead of this newsletter and our website. The new ending time will begin on March 3. Until then, we will continue to run until 9:00 PM.

The board also decided to create welcome packets for new members, and to make comment and suggestion forms available to all members. Committees were formed to implement these ideas.

HAPPY FIFTH BIRTHDAY DBSA PRINCETON

Our support group's first meeting was on Tuesday, February 3 2004. The group was started by Sekhar Subramani and several other members of the DBSA Middlesex group. Dr. David Nathan, who continues to be our professional advisor, was instrumental in getting the group started.

As it happens, we will have a support group meeting on the exact fifth anniversary date, February 3, 2009, at which we will take a moment to celebrate. *Update: celebration delayed to February 17 due to bad weather on the 3rd.*