

DBSA West Hill and Valley Newsletter: April, 2011

MONTHLY BOARD OF DIRECTORS REPORT

Bank Account Balances

Checking Account Balance	\$1,292
Emergency Medical Fund:	\$5,135

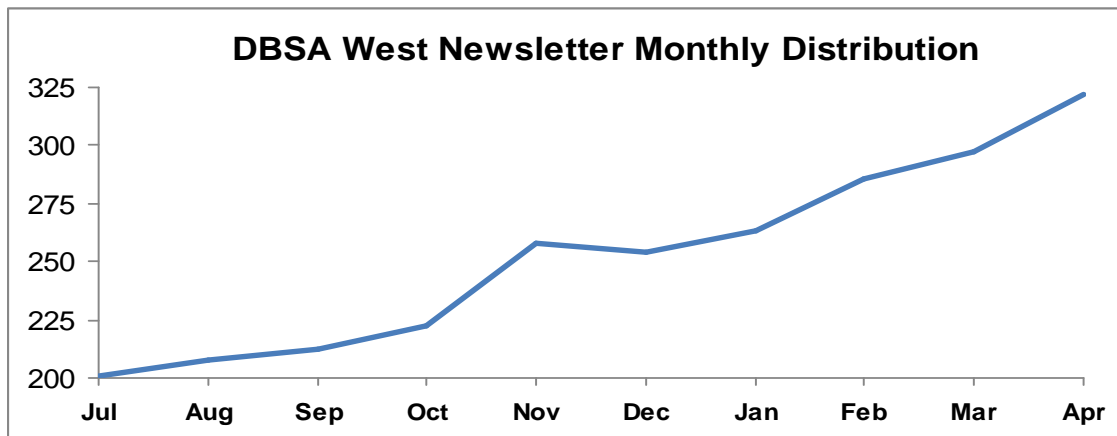
Newsletter Distribution

Email Recipients	258
Hardcopy Recipients	64
Total Recipients	322
Last Email Date	4/3/11
Last USPS Mailing Date	4/5/11
Last Board of Directors Mtg	3/20/11

Dues Paying Members

Individual Members	18
Family Members	18
Total Members	36

Our newsletter distribution list passed the 300 mark this past month, and is now at **322!** This is a 60% increase since the current Board of Directors took office. Our objective is to reach as many people as possible with depression or bipolar disorder, and we are pleased with the growth.



This Month's Article: 10 statistics about bipolar disorder

Sometimes basic numbers can tell a compelling story. The following 10 statistics, from the National Institute of Mental Health, DBSA, the World Health Organization, and the journal, Psychiatric Services, paint an eye-opening and sobering picture of bipolar disorder.

5.7 Million	US Adults over 18 have Bipolar Disorder
25	years old is the median age for onset of bipolar disorder
67%	of people with bipolar disorder have a relative with bipolar disorder or depression
25%	of bipolar individuals receive an accurate diagnosis in less than 3 years.
70%	of people are misdiagnosed 3 times or more before receiving the correct diagnosis for bipolar disorder
20%	Of people with bipolar disorder commit suicide
35%	of bipolar adults are obese
3	times more likely for bipolar individuals to develop diabetes versus the general population
6	Is bipolar's rank in leading causes of disability in the world.
9.2	years is the average reduction in lifespan of people with bipolar disorder in the United States.

Please help DBSA West by becoming a dues-paying member.

DBSA is an all-volunteer organization dedicated to improving the lives of people living with mood disorders and their loved ones. Our primary focus is on providing support groups for persons dealing with depression and bipolar disorder and their friends and families.

We are constantly looking for ways to make people aware of our group, which means we spend money on postage, printing and distribution of our information. When you become a member of DBSA, your \$20 individual and \$30 family annual dues payments help us pay for the production and mailing costs of our newsletters and brochures. Please see the sign up form at the end of this newsletter.

Our Officers:

President: Bernadette Knudsen, beesnees1@sbcglobal.net
Vice President: Norma Wimunc, nwimunc25@earthlink.net
Treasurer: Mary Paganoni, marypaganoni@aol.com
Secretary: Bob Steinmetz, bob@steinmetzmail.com

Our Support Group Facilitators:

Sunday: Bernadette Knudsen, beesnees1@sbcglobal.net
Sunday: Linda Dougherty
Sunday (young adult): Alex Steinmetz, alexsteinm@gmail.com
Wednesday: Norma Wimunc, nwimunc25@earthlink.net
Thursday: Bob Steinmetz, bob@steinmetzmail.com

Support groups meet at Good Samaritan Hospital, 3815 Highland Ave in Downers Grove.
Here is our schedule for March and April at the time of printing this newsletter.
Always refer to www.dbsawest.org for the most current information regarding room assignments.

Date	Day	Time (pm)	Location	Group
Sunday	3-Apr	1:00-3:00	Red Oak Rm	Patient
Sunday	3-Apr	1:00-3:00	Black Oak Rm	Teen / Young Adult
Wednesday	6-Apr	7:00-9:00	White Oak Rm	Patient
Thursday	7-Apr	7:00-8:30	White Oak Rm	Friends and Family
Sunday	10-Apr	1:00-3:00	Red Oak Rm	Patient
Sunday	10-Apr	1:00-3:00	Black Oak Rm	Teen / Young Adult
Wednesday	13-Apr	7:00-9:00	White Oak Rm	Patient
Thursday	14-Apr	7:00-8:30	White Oak Rm	Friends and Family
Sunday	17-Apr	1:00-3:00	Red Oak Rm	Patient
Sunday	17-Apr	1:00-3:00	Black Oak Rm	Teen / Young Adult
Wednesday	20-Apr	7:00-9:00	White Oak Rm	Patient
Thursday	21-Apr	7:00-8:30	White Oak Rm	Friends and Family
Sunday	24-Apr	1:00-3:00	Red Oak Rm	Patient
Sunday	24-Apr	1:00-3:00	Black Oak Rm	Teen / Young Adult
Wednesday	27-Apr	7:00-9:00	White Oak Rm	Patient
Thursday	28-Apr	7:00-8:30	White Oak Rm	Friends and Family

