

# Hill and Valley Newsletter: July, 2010

## **Our Picnic is Almost Here!**

Our annual summer picnic will be held on **Saturday, July 17** from 11:30am to 3:30pm at Seven Gables Park in Wheaton. We'll provide the food, and you can provide the fun! Seven Gables park has beautiful grounds, walking trails and a private lake for fishing. We also have parking for 22 cars right next to the shelter. Our meal will be catered by Eatza Pizza, with appetizers and desserts shared by many of our group attendees. This is a nice family event, and an opportunity to meet other members of DBSA West. Reserve a space by calling Bernadette at (773) 586-0886, by Emailing us at [dbsawest@gmail.com](mailto:dbsawest@gmail.com), or in person at one of our meetings.

**See our map on the next page...**

## BOARD OF DIRECTORS REPORT FOR JULY

### **Bank Account Balances**

Checking Account Balance	\$1,388.99
Emergency Medical Fund:	\$5,105.66

### **Dues Paying Members**

Individual Members	8
Family Members	4
Total Members	12

### **Newsletter Distribution**

Email Recipients	140
Hardcopy Recipients	61
Total Recipients	201
Last Email Date	7/1/10
Last USPS Mailing Date	7/1/10
Last Board of Directors Mtg	6/26/10

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

DBSA is an all-volunteer organization that is 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.

Thank you!

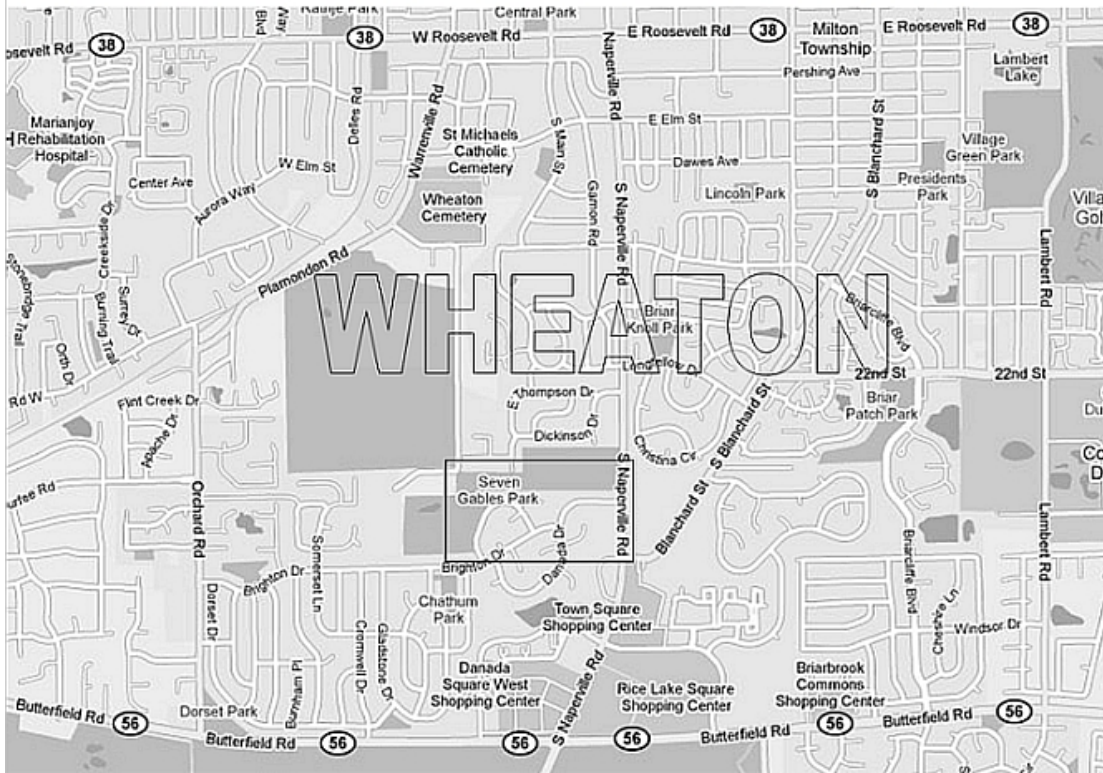
# DBSA West - Suburban Chicago

We've been there. We can help.

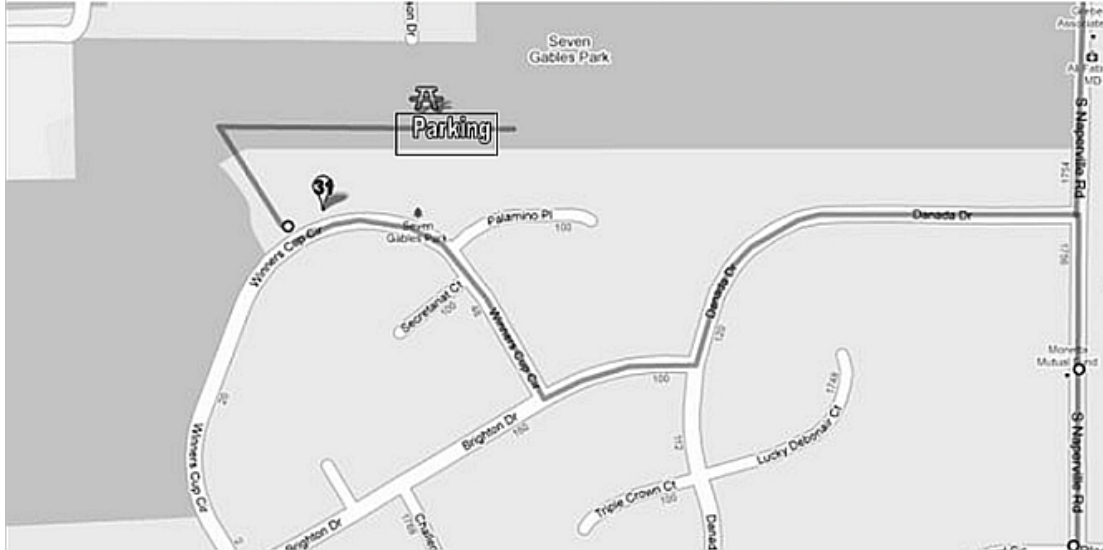
## The Official Picnic Map and Directions

### DIRECTIONS

- From Roosevelt Rd (38) go SOUTH on Naperville Road 1.3 miles to Danada Drive, OR...
- From Butterfield Road (56) go NORTH on Naperville Road 0.7 miles to Danada Drive



- At the intersection of Danada Drive and Naperville Road, go WEST on Danada Drive...
- At the first stop sign, turn RIGHT on Brighton Drive
- Immediately turn RIGHT on to Winners Cup Circle.
- Follow Winners Cup Cir a bit more than 1/10th of a mile and turn right into Seven Gables Park.
- At the stop sign, turn right, and drive to the Picnic Shelter parking lot.



## DBSA West – Suburban Chicago

We've been there. We can help.

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### Our Officers:

President: Bernadette Knudsen, [beesnees1@sbcglobal.net](mailto:beesnees1@sbcglobal.net)

Vice President: Norma Wilmunc, [nwimunc25@earthlink.net](mailto:nwimunc25@earthlink.net)

Treasurer: Mary Paganoni, [marypaganoni@aol.com](mailto:marypaganoni@aol.com)

Secretary: Kathy Davis

Communications Director: Bob Steinmetz, [bob@steinmetzmail.com](mailto:bob@steinmetzmail.com)

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### Our Support Group Facilitators:

Sunday: Bernadette Knudsen, [beesnees1@sbcglobal.net](mailto:beesnees1@sbcglobal.net)

Sunday: Linda Dougherty

Wednesday:

Thursday: Bob Steinmetz, [bob@steinmetzmail.com](mailto:bob@steinmetzmail.com)

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**Support groups** meet at **Good Samaritan Hospital**, 3815 Highland Ave in Downers Grove.

In July:

- **Patient Support Groups** will be held in the Red Oak Room on the first floor in the main wing of the hospital on Sundays from 1:00pm to 3:00pm, and on Wednesdays in the White Oak room from 7:00pm to 9:00pm. **(Note: on July 28, the Wednesday evening group will meet in the Birch Room on the ground floor of the North pavilion).**
- **Caregiver Support Groups** will also be held in the White Oak Room on Thursdays from 7:00pm to 8:30pm. **(Note: On July 15, 22, and 29, the Thursday evening caregiver meeting will be held in the Birch Room on the ground floor of the North pavilion)**

Check for last minute changes at [www.dbsawest.org](http://www.dbsawest.org)

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**DBSA West – Suburban Chicago**  
We've been there. We can help.

**DBSA West**      **WE'VE BEEN THERE. WE CAN HELP**

*The Chicago Western Suburbs Chapter of the Depression and Bipolar Support Alliance.*

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**BECOME A MEMBER: Print this form and mail it with your check to the address below.**

Your annual dues (\$20 for an individual, and \$30 for a family) will help us in our mission to provide support, friendship, hope and information for individuals with depression or bipolar disorder and their families.

In addition to helping to financially support our organization, you will receive our monthly newsletter, either by mail or Email.

Type of membership:    Family (\$30):                       Individual (\$20):

Type of Newsletter:    US Mail:     Email:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_    Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

Make checks payable to:      **DBSA West**

Mail Checks to:                      **DBSA West**  
   **PO Box 4646**  
   **Naperville, IL 60567**

Thank you for your generous support!