

Hill and Valley Newsletter: June, 2010

Mark Your Calendar for our Picnic!

Our annual summer picnic will be held on **Saturday, July 17** from Noon to 4pm at Seven Gables Park in Wheaton. We are looking forward to seeing all of you there. 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 regular group attendees. This is a nice family occasion, and an opportunity to meet other members of the organization. See you there.

See our map on the next page...

Bernadette Knudsen named President of DBSA West Board of Directors

In unanimous vote last month, the Vice President, Treasurer and Secretary of the Board of Directors of DBSA West voted to appoint Bernadette Knudson President of the DBSA West Board of Directors.

"We felt that it was best for our organization to have new leadership at this time," said Vice President Norma Wimunc. "We look forward to growing our membership, communicating broadly and frequently with our members and increasing attendance at support groups under Bernadette's leadership."

Bernadette has been a member of DBSA West for 6 years, and has been facilitator of the Sunday afternoon support group for 5 years. She will continue to facilitate the Sunday afternoon meeting.

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!

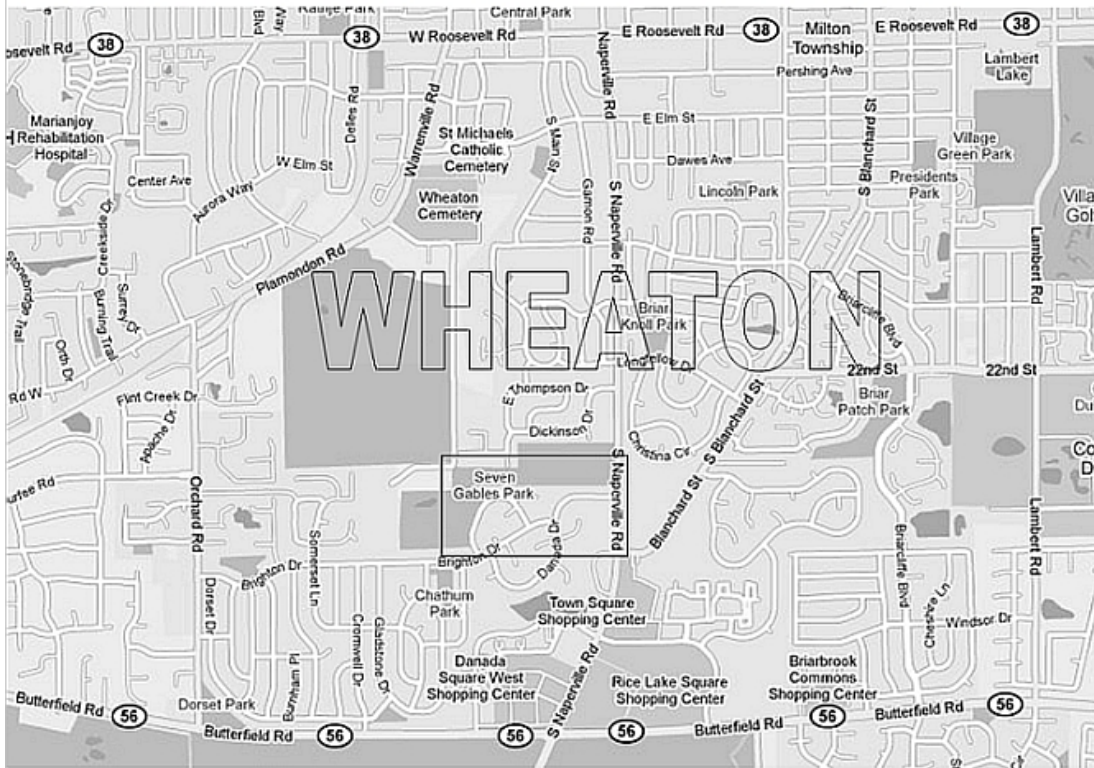
DBSA West - Suburban Chicago

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.

Our Officers:

President: Bernadette Knudson, beesnees1@sbcglobal.net

Vice President: Norma Wilmunc, nwimunc25@earthlink.net

Treasurer: Mary Paganoni, marypaganoni@aol.com

Secretary: Kathy Davis

Communications Director: Bob Steinmetz, bob@steinmetzmail.com

Our Support Group Facilitators:

Sunday: Bernadette Knudson, beesnees1@sbcglobal.net

Sunday: Linda Dougherty

Wednesday:

Thursday: Bob Steinmetz, bob@steinmetzmail.com

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

In June & 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 June 9, and 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

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.

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!