

Hill and Valley Newsletter: May, 2010

What's New?

Mark Your Calendar for our Picnic!

- July 17, 2010, at 7 Gables Park in Wheaton.
- 12pm to 5pm
- Good food; great company!
- If you'd like to volunteer to help, contact Ken Kalal: kenkalal@aol.com

Help Wanted!

- We still need an editor for our newsletter who can devote about 4 hours / month to composing and mailing our newsletter. Please reply to this email if you're interested.

In the course of my regular web-surfing, I found a site dedicated to ELECTRONIC MOOD CHARTS! Here is a link to the site <http://www.psycheducation.org/FAQ/MoodCharts.htm> and a useful introduction:

Introduction to Mood Charting

Why bother?

Here are some reasons to chart:

- You can create a clear record for your doctor of what's going on.
- Parents can use them to keep track of their children's mental health progress.
- You'll be able to show the doctor that you really are getting exercise, at least some of the time.
- You'll have a record for yourself that may help you figure out whether something you're doing is impacting your mood (e.g. a new medication, or adjusting your sleep pattern, or exercising).
- You'll save time in doctor's appointments and perhaps be able to use that time with the doctor to do something else you need.

Why electronic?

If you have to use a computer nearly every day anyway...

- The very best thing about this approach is that the program will automatically create a graph for you. It is a *lot* easier for you and your doctor to look at a whole month of your record as a graph than as a bunch of check marks or numbers. This is a huge advantage over a paper record.
 - An electronic record can be more permanent (especially if you back up your files)
 - You don't need to copy a blank every month (which believe it or not can make the difference between continuing to chart, and not!)
 - You can send your doctor your record, the day before your appointment, as an email attachment. Pretty soon this is going to be a lot more common than it is now. But for now you could be that one patient that just stuns her doctor by being so incredibly organized!
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Our Officers:

President: Ken Kalal, kenkalal@aol.com

Vice President: Norma Wilmunc, nwimunc@earthlink.net

Treasurer: Mary Paganoni, marypaganoni@aol.com

Secretary: Kathy Davis

Our Support Group Facilitators:

Sunday: Bernadette Knudson, beesnees1@sbcglobal.net

Sunday: Linda Dougherty

Wednesday: Ken Kalal, kenkalal@aol.com

Thursday: Bob Steinmetz, bob@steinmetzmail.com

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

In May & June:

- **Patient Support Groups** will be held in the White Oak Room on the first floor in the main wing of the hospital on Sundays from 1:00pm to 3:00pm, and on Wednesdays from 7:00pm to 9:00pm.
- **Caregiver Support Groups** will also be held in the White Oak Room on Thursdays from 7:00pm to 8:30pm.

Check for last minute changes at www.dbsawest.org

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!