



British Columbia  
Schizophrenia Society

# The Notepad

North Shore Branch Newsletter

**PUBLIC EDUCATION EVENING**

## Discretionary Trusts

**Speaker: Nicole Garton  
Sager Anderson**

**Date: Wednesday, April 27, 2005**

**Location: Lions Gate Hospital  
Downstairs Auditorium**

**Time: 7:30 p.m. . . . sharp**

### Family Support Centre & BCSS, North Shore Branch

#205 - 1865 Marine Drive, West Vancouver, V7V 1J7  
Open 9 to 5 Monday to Friday, or by appointment.

Tel/Fax (604) 926-0856

[www.bcssnorthshore.org](http://www.bcssnorthshore.org)

email: [bcssnsh@vcn.bc.ca](mailto:bcssnsh@vcn.bc.ca)

The B.C. Schizophrenia Society, North Shore Branch  
is an Incorporated Branch Society and Registered Charity,  
BN 89422 6935 RR001

**Your generosity is appreciated.  
Receipts will be issued for income tax purposes.**

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### Support Groups

*Families and friends, come and share your concerns, questions, experiences and needs with others who understand.*

BCSS, North Shore holds monthly meetings for family members and close friends of those afflicted with schizophrenia or other serious mental illness. Please join us.

For more information please call 604-926-0856.

❧ *In Memoriam* ❧

## Blake McKenzie

Our condolences to Blake's family and many friends in the North Shore psychiatric community. Those who attended Canora Club over the years will remember Blake, who was usually on hand at the front desk to greet people, urge them to sign in, and answer queries.

Blake was also a regular attendee at the BCSS Christmas Dinner Party, and an enthusiastic one at that. He was one of the first to respond to our notice last fall that the party was being revived, and he was determined to be there. Two housemates changed their minds about coming, but Blake was there to enjoy the cheery music, good food, and conviviality. We will miss him.

**I would like to help the  
BCSS NORTH SHORE BRANCH  
205 - 1865 Marine Drive  
West Vancouver, BC V7V 1J7**

- with a donation to help keep the Family Support Centre open
  - Cheque enclosed*
- by making a contribution to help the Branch build its endowment -- a gift that goes on forever
- by making a bequest to the North Shore Branch in my will
  - I would like some suggestions for appropriate wording*
  - Please call me with information*

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

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

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

## UPCOMING EVENTS

### ANNUAL GENERAL MEETING

Mark your calendar so you won't forget the North Shore Branch AGM on Wednesday, May 25, 2005, 7:30 p.m. at Lions Gate Hospital. If you think you might be interested in standing for the Board, please call the office to find out what is involved.

Please note that your membership must be paid at least a week before the AGM if you wish to vote.

### WEST VANCOUVER PARADE

The West Vancouver Community Day Parade will run Saturday, June 4, and the North Shore Branch is planning to march again in this annual event. We hope you will put in an order for fine weather and join our contingent under the banner. Let us know if you can lend a hand to assist us with preparations (such as decorating the car).

### WALK the WORLD for SCHIZOPHRENIA

June 26 – To finish the pre-summer season with a flourish, our 14th annual "Walk the World for Schizophrenia" will take place as usual on the scenic West Van Seawall. We assemble at 10 a.m. at John Lawson Park, walk to Dunderave and back with posters, brochures and balloons, to the accompaniment of the West Vancouver Adult Pops Band. We hope you'll join us.

### FAMILY to FAMILY

The next Family to Family course will start on Tuesday, September 13, 2005. The class is filling up quickly, so let us know soon if you are interested.

The North Shore Branch is an Incorporated Branch Society, and financially independent of the provincial society. Please send contributions to help the Branch directly to 205 - 1865 Marine Drive, West Vancouver, V7V 1J7.

## EARLY INTERVENTION: Results and Challenges

Dr. Bill Honer, the Jack Bell Chair in Schizophrenia Research, was back by popular demand to speak at our Public Education Evening, February 23, at the Lions Gate Hospital.

Dr. Honer reported on the first stage evaluation study of the South Fraser Early Psychosis Intervention Program, and described a number of the research areas that he and his team are working on. We are preparing a summary of his talk, which will soon be posted on our website, [www.bcsshorthshore.org](http://www.bcsshorthshore.org).

## PET THERAPY FOR SCHIZOPHRENIA

Animal Assisted Therapy (AAT) is being used by a group of researchers in Israel to treat anhedonia (inability to experience pleasure), apathy, and social withdrawal in persons diagnosed with schizophrenia. These types of symptoms, classified as negative symptoms because they represent missing characteristics that are normally present, can be difficult to treat with medications. The participants who received AAT showed significant improvement when compared with the control group. For more info: [www.angelfire.com/mh/chimo](http://www.angelfire.com/mh/chimo).

*(Reprinted from the March-April 2005 issue of the Iris Express – Penticton Branch.)*



Vicki Rogers, Herschel Hardin, and Rennie Hoffman at the Family Support Centre Open House

## NEW RESEARCH SHEDS LIGHT on SCHIZOPHRENIA

A March 7, 2005, news release from the Vancouver Coastal Health Research Institute highlights new research that is broadening our understanding of cognitive problems in schizophrenia. “Researchers now know that the strongest predictor for social and occupational impairment in schizophrenia is not the psychotic symptoms of the illness, but instead is the cognitive impairment associated with schizophrenia. Poor cognitive function predicts poor recovery of the ability to work and to have meaningful social relationships.”

Dr. Bill Honer is leading research that connects the impairments in schizophrenia to brain function mechanisms. He has found that brain proteins called complexins, which are associated with learning and memory in animals, are decreased in the brains of schizophrenics, especially those who have suffered significant memory problems.

In practical terms this should eventually lead to drug treatments that target the problem at the molecular level, leading to successful treatment of cognitive problems associated with schizophrenia and ultimately a better chance of recovery.



Otto Lim and Barb Livingstone at the Open House

## HAVE TROWEL WILL TRAVEL

Is your garden begging for some attention? Janet Scott is available for light gardening at the great rate of \$10/hour. Just call the office and leave a message for her.

## HAPPY 10<sup>th</sup> ANNIVERSARY!



The Family Support Centre opened its doors April 1, 1995, with many members cheering and a few muttering *sotto voce* doubts about the wisdom of the endeavour. Time, we think, has proven the doubts ill-founded. Our Branch membership has increased slowly but steadily over the years, and we have files stuffed with thank-you notes and letters from grateful families who have come to us for information, support, and ongoing fellowship. We have advocated on their behalf in particular cases, or provided the information and encouragement they needed to advocate for themselves and their ill relatives. More than one has told us simply, "You saved my life."

Although our operating grant was eliminated by the Health Authority three years ago, we are making a strong comeback, thanks largely to the efforts and generosity of members and supportive friends.

To celebrate this important anniversary, the Family Support Centre hosted an Open House on April 1, 2005, from 2 – 7 p.m. Over 60 people dropped by, enjoying fellowship, good food, and a chance to check out what we do.

Guests included Ron Wood, Mayor of West Vancouver, Ralph Sultan, MLA for West Vancouver-Capilano, and Pat Boname, former mayor of West Vancouver.

Thanks to all the old and new friends of the Centre for helping us celebrate. Thanks also to Capers in Dundarave for their generous contribution-in-kind, to Extra Foods (Park Royal) and to Save On Foods (Park & Tilford). Special thanks to Judy, Maggie, and Jean for their contributions to the feast; and to Nana Premji and Michel Ficot who recently opened Le Vol Au Vent in White Rock (worth a visit!).

While anniversaries are important milestones, marking what has gone before, they are also stepping stones to the future. We are looking forward to the challenges and victories of the next decade, with a home of our own and a healthy endowment fund to keep things going.



Members and guests raise a toast to the continuing success of the Family Support Centre.

### CALL for COMMUNICATORS

If you have had experience with mental illness as family member or patient and wish to share your insights with students and teachers, please give us a call. We would like to increase awareness of schizophrenia and other serious mental illness by doing more Partnership Presentations in schools. Speakers are also needed to address various community groups. Phone 604-926-0856

*BCSS North Shore Branch acknowledges the support of the Province of British Columbia, North Shore Community Psychiatric Services, and our many generous Donors.*