



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

**ATTENTION MEMBERS: THIS IS YOUR OFFICIAL
NOTICE OF THE ANNUAL GENERAL MEETING OF
THE BCSS NORTH SHORE BRANCH.**

BCSS North Shore Branch A G M Annual General Meeting

Date: Wednesday, May 31, 2006

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
email: bcssnsh@vcn.bc.ca

The B.C. Schizophrenia Society, North Shore Branch
is an Incorporated Branch Society and Registered Charity,
BN 89422 6935 RR0001

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

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Current Board Members: Sylvia Shaw, Mason Harris, Shari Laszlo, Marti Sevier, Marguerite Hardin and Judy Towill

Support Groups

Families and friends, come and share your concerns, questions, experiences and needs with other members of BCSS North Shore.

We hold monthly meetings for family members and close friends of those afflicted. A sibling support group is also now being held, and other special groups can be arranged as needed.

For more information on Support Groups please call (604) 926-0856.

Steve Bornemann on Family Involvement

Our April Public Education Meeting at Lion's Gate Hospital featured Mental Health Centre Director Steve Bornemann, who spoke to the topic, *Family Involvement: It's About Time!*

Steve's presentation outlined the clinical literature supporting the view that families can and should be part of the care "team" dealing with the seriously mentally ill, and discussed ways this desirable state of affairs could be promoted at different levels of the care system. He cited in particular the standards of the College of Psychiatric Nurses of BC, which are strongly in favour of the inclusion of families in the clinical care process.

For interested members who didn't make it out to hear Steve in person, we could email you files of the studies and position statements he cited.

**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*
- I prefer to donate by monthly direct deposit \$20__ \$30__ \$50__ Other __
- 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*

Name: _____

Address: _____

_____ Postal Code: _____

Tel: _____ Email: _____

IN MEMORIAM

DEREK MOIR

Beloved son of Catherine Moir, who has been a member from the very early days of the North Shore Branch. Cathy remembers with gratitude the understanding and help she got from Norma Calder in those days, when her son's illness was florid and life was very difficult.

Despite the rigours of his illness in the long years they spent together, Cathy remembers her son as a gentle boy who loved the outdoors and loved to travel, visiting places like Corfu and the Caribbean islands. Derek passed away following a heart attack March 29, 2006, aged 53.

JOHN HAIGHT

John passed away May 4, 2006 at the age of 42, a sudden departure engendered by, and causing, great pain. We remember John with his mother Georgina Headrick and her husband, Forbes, at last year's Christmas Party, an event he enjoyed and looked forward to, though he couldn't always stay the whole evening.

Georgina has been a North Shore Branch member for some time. In the sharpness of her grief she is already making plans to get more involved in our advocacy work. Georgina asks that anyone wishing to remember John please make a donation to the North Shore Branch. Cheques should be sent to:

**BCSS, North Shore Branch
205 - 1865 Marine Drive, West Van. V7V 1J7**

A memorial service for John will held Monday June 19 at Mt. Seymour United Church, 1200 Parkgate Avenue, North Vancouver at 6.30 p.m.

BCSS, North Shore Branch acknowledges the support of the Province of British Columbia, West Vancouver Community Foundation, Lynn Valley Lions Club, District of North Vancouver, City of North Vancouver, District of West Vancouver and many other generous donors.

Annual General Meeting

We hope you will join us on May 31 to celebrate an important anniversary and offer a toast to the future success of BCSS, North Shore Branch.

On May 1, 1996, the North Shore Branch, having established its Family Support Centre, hired its first employee, and followed all necessary steps in the approved manner, was recognized by the B.C. Registrar of Companies as an Incorporated Branch Society under the *Society Act* of the Province of British Columbia.

We were issued a Certificate of Incorporation, duly signed and sealed, and given our own B.C. registration number, **S-355266**. Later the same year, our application to Revenue Canada for charitable status was approved, made effective the same date. This gave us authority to issue receipts for donations received, which can be used to claim credits for income tax purposes, and to receive grants from registered foundations or other charities. Our charitable registration number for matters regarding donations and official receipts is **BN 89422 6935 RR0001**.

The Family Support Centre has done some fine work over the years, supporting and educating families and raising awareness in the general community. Improvements are needed in many other areas of critical importance, however, and we still need your help, however you may choose to give it, to keep the momentum going and to build a greater presence, so that families and individuals who could use our help will know that we are here for them.

We'd like to see you at the AGM on May 31, 7.30 p.m. in the old auditorium at LGH, to help us celebrate ten important years in the history of the North Shore Branch, and to join in the discussion of future endeavours. Your membership must be paid up by May 24 if you want to vote.

P.S. You'll be especially welcome if you offer to bring a cake! Call the office if you'd like to help with refreshments: 604-926-0856

DIABETES ALERT

The newer antipsychotics, which have brought such welcome relief of psychotic symptoms to so many, and without many of the troublesome side-effects of the older meds, do have a very problematic effect for many people. They can cause excessive weight gain, which in itself leads to other physical problems: high blood pressure, heart and lung problems, and, perhaps most insidious, diabetes.

Some sources have noted that there seems to be an epidemic of young schizophrenics developing diabetes these days – since the advent of the atypical antipsychotics – and we sometimes wonder how much attention is being paid to this potentially dangerous effect.

The Canadian Diabetes Association lists having schizophrenia as a known serious risk factor for the development of diabetes, yet many patients we know have been given little information, nor have their families been engaged and educated to help them take preventive measures with diet and regular exercise.

Preventing diabetes makes a lot more sense to us than “managing” when it has already taken hold. We have information to guide your efforts – give us a call at 604-926-0856.

BCSS BOAT RAFFLE

The provincial society is once again offering a Champion speedboat as a raffle prize, with the added lure of a “Night of Elegance” Early Bird Prize, to be drawn at the Merritt Mountain Music Festival July 15. Tickets \$15 each or 3 for \$30.

Sibling Support Group meets the first Monday of the month at the Family Support Centre at 7.30 p.m. For information, call (604) 926-0856.

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, BC V7V 1J7

WE NEED YOUR HELP TO MAKE THE WORLD AWARE OF SCHIZOPHRENIA



These cheerful people need your help! The bigger our contingent, the more attention our message will get. Thousands are watching!

The West Van Community Day and North Shore Canada Day parades are excellent opportunities to raise awareness of schizophrenia and support for our Branch. Our banner is seen by thousands of onlookers, introducing our group to those who have not yet seen us, and confirming our continuation to those who have. However, we do need participants to show our stuff. So please, call up to sign on to one (or more!) of the three events listed below. Bring family members, friends, schoolmates – anyone you know who'd like to be *in* a parade. Both your and the Branch's hearts will be healthier for it.

West Van Parade

- Date: **Saturday, June 3**
- Assemble 9.30 a.m. near the community centre.
- The parade proceeds down Marine Drive to Ambleside Park, where those who wish can join the Community Day Fair in the park.
- One or two places may be available for riders.

BCSS Walk the World

- Date: **Sunday, June 25**
- The Fifteenth Year for BCSS North Shore's own Awareness event
- Start Time: 10:00 a.m.
- Assemble at John Lawson Park; walk to Dundarave Pier and back.
- Note: Dr. Tom Calder and the West Van Adult Pops band will perform.

North Van Parade

- Date: **Saturday, July 1**
- North Van Canada Day Parade. Starts 10.00 a.m.
- Route: Along 13th from Grand Boulevard, to Lonsdale and 17th then along 17th to Mahon Park. Drivers needed to ferry marchers back to start point.
- Note: Pancake breakfast served from 8.00 a.m.