



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

PUBLIC EDUCATION EVENING

The Future of Riverview Hospital and Lands

Speakers:

Diane Thorne

MLA Coquitlam-Maillardville, Opposition Housing Critic

Maxine Wilson

Mayor, City of Coquitlam

Date: Wednesday, November 28, 2007

Location: **Lions Gate Hospital
Auditorium**

13th Street entrance

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

Family Support Centre BCSS, North Shore Branch

#205 - 1865 Marine Drive, West Vancouver, BC, V7V 1J7
Open 9:00 a.m. to 5 Monday to Friday, or by appointment.

Tel/Fax 604-926-0856

www.bcssnorthshore.org

email: info@bcssnorthshore.org

The B.C. Schizophrenia Society, North Shore Branch
is a registered charity: BN 89422 6935 RR0001

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

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Please remember to vote!



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Support Group

Come share your questions, concerns, and experiences with members of BCSS North Shore. Support Group meetings are held each month at the Family Support Centre, for family members and close friends of those afflicted with any serious mental illness.

Please call 604-926-0856 for more information, upcoming dates, or to register.

Tips on Giving

Monthly Donation Plan

One of the easiest and most productive ways to contribute financially to BCSS North Shore is through our Monthly Donation Plan, where your credit union or bank account is automatically debited every month by the amount you choose. "Direct deposit," it's called.

The plan saves you from going through the process of making a donation every year. More important, it contributes to an assured, regular flow of income for the Branch, smoothing out the ups and downs of other fundraising. This makes organizing our work at the Family Support Centre very much easier and less stressful.

Typical monthly donation plans are \$20 to \$30 per month, although whatever suits your circumstances – less or more – will be equally appreciated. To set up a Monthly Donation Plan for yourself, please call Cheryl at the office.

**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 operating
 Cheque enclosed
- I prefer to donate by monthly direct deposit
\$20__ \$30__ \$50__ Other __
- by making a contribution to the Branch endowment fund, 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

Bill Alderton

Anne and Bill Alderton were among the earliest members of the North Shore Branch. It was then a fledgling enterprise, breaking new ground by supporting family members, educating the public about mental illness and starting to advocate for improvements in the mental health system.

Anne was the first editor of the Notepad, when it became a regular publication, and Bill was almost always at her side at public meetings and Support Groups. In later years, again working in tandem, Anne and Bill acquired a devoted local following at their Ambleside Brewing Company. Bill, the brewmaster, will long be remembered. Our deepest sympathy to Anne and family.

Madolyn Winters

Madolyn came to the branch just over a couple of years ago, and was particularly grateful for the support her family received. Those who attended the 2005 Xmas party will remember Madolyn as a radiant Mrs. Claus, with husband Ken as Santa. Condolences to all the family.

The Future of Riverview Hospital and Lands

Join us in the Lions Gate Hospital auditorium at 7:30 p.m., Wednesday, November 28 for a discussion about the future of Riverview Hospital and the surrounding lands.

MLA Diane Thorne (Coquitlam-Maillardville) and City of Coquitlam Mayor Maxine Wilson will be speaking about keeping the property in public hands and maintaining the site to provide treatment or housing for the mentally ill.

Members of the provincial government were invited to join the discussion but will be unable to attend as the legislature is in session until November 29.

The evening is part of our ongoing series of public education talks.

North Shore Branch “The Inside Story”

If you haven't yet had the pleasure of attending our Inside Story presentation, now's the time to make a booking. Only two more dates are available: Thursday, December 6 at 7 p.m. and Tuesday, January 15 at 10 a.m.

The Inside Story is a member update with an edge, reconnecting members to their organization and giving them a glimpse of what happens behind the scenes.

Cheryl Olney, our executive director, talks about the office of the 21st century (website, custom database, and more), how we're meeting the financial challenge, and exciting plans for a new generation of volunteers.

Marguerite Hardin details some new initiatives coming on stream in the next several months, such as a support group in Squamish and an online inter-branch resource library aptly dubbed Branches Helping Branches. She also recounts the drama and anguish of her crisis counselling as the mental-health system chokes up with the downsizing of Riverview and a reduction in acute care beds at Lions Gate Hospital.

Then Ania Gelbert, a family member, tells her own story of the crisis she has been facing with her daughter and the help and support she has received at the Family Support Centre.

It's an inside look at the changing scene. The presentation, including question time, is guaranteed to last no longer than an hour. Connect or reconnect with the volunteers and staff at our Family Support Centre who work hard to help so many families of the mentally ill.

For members only, at the Centre. Don't miss it!
7 p.m. December 6, or 10 a.m. January 15

BCSS, North Shore Branch acknowledges the support of the Province of British Columbia, West Vancouver Community Foundation, Lynn Valley Lions Club, the Washington Marine Group of Companies, District of North Vancouver, City of North Vancouver, District of West Vancouver, the North Shore Community Foundation, the Chris Spencer Foundation and other generous donors.

HELP WANTED

Events Team

The Events Team needs two or three more volunteers. Can you help out?

The Events Team works with Cheryl and Susanna, in the office, organizing our various events and helping to ensure that all goes smoothly and everything is looked after.

Events include the Lions Gate Hospital lecture series, Walk The World for Schizophrenia, the West Vancouver Community Day Parade, North Vancouver Canada Day Parade, Christmas banquet and restaurant outings for psychiatric patients.

For most of these events there are many volunteers willing to pitch in when the event occurs. The Christmas banquet is an example. The Events Team itself, however, gets involved right from the early stages of planning and organizing.

It's a great opportunity to contribute and enjoy team camaraderie. Please call Cheryl if you're interested.

THANKS TO HELEN JENKINS

Helen Jenkins, former events coordinator for the North Shore Branch and prime mover behind the opening of the Family Support Centre before she moved back to Toronto, has remained a faithful supporter of the branch. Now she has made a substantial contribution to help us carry on the work of the Family Support Centre, “and to thank you *before* I die.”

Helen has always been an inspiration. We thank you, Helen, and your family, from the bottom of our collective hearts.

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

Calling all Citizens Bank Members

We have exciting news at the Family Support Centre, and if you have an account at Citizens Bank you can help make it fantastic news!



The North Shore Branch has been selected as a finalist for the Citizens Bank Shared Interest grant. This means we will receive a portion of the Shared Interest Fund, based on the percentage of votes we receive from Citizens Bank account holders.

That's where you come in. If you bank with Citizens, you will soon receive a ballot with our name on it, plus a short description. Please don't forget to vote for us, either using the ballot or electronically via the Internet. Every vote means extra dollars for our grant. If you know of others with an account at the bank, please encourage them to support the North Shore Branch with their vote as well.

ARE YOU COMING TO THE CHRISTMAS PARTY?

It's almost time for our annual North Shore Branch Christmas Banquet, this year on December 1. Have you sent us your RSVP?

Please contact the Family Support Centre without delay to let us know if you are coming: 604-926-0856 or info@bccsnorthshore.org.

The date, again, is Saturday, December 1, at St. Stephen's Anglican Church, 885 22nd Street in West Vancouver.

Join us for roast beef, Santa Claus and festive music at this annual celebration which is much appreciated by the many patients and family members who attend.

Are you able to help out before or at the party? We need people to buy and wrap gifts, decorate the room, serve at the buffet table, and so on. Our great crew of volunteers make this party one of the most anticipated events of the year.

Shelley Pelech moves on to new horizons

Shelley Pelech, our long-time administrative assistant, is moving on to follow other pursuits after many years at the Family Support Centre.

Shelley looked after a wide range of tasks, from the administrative nitty gritty to preparing events.

Her sympathy for the mentally ill, in their struggles, and her solidarity with family members was well known. Not so well known was her loyalty to the cause and her generous spirit. Often, for example, she would stay late, without counting the extra time, to finish off something she felt needed doing.

Our thanks to her for her unstinting work and commitment, and our best wishes for whatever new endeavours she takes on.

Family to Family Education Program Demand Keeps Growing!

The Fall session of BCSS North Shore's popular Family to Family education program is underway. The next session begins late January 2008.

Family to Family is a 12-week program for family members to learn more about serious mental illness and gain important skills to cope with the challenges.

The course is offered without charge to family members of those suffering from schizophrenia, bipolar disorder, depression, or other serious mental illness. Topics include diagnosis, treatment, problem-solving, advocacy, and taking care of the caregiver.

Please call the Family Support Centre at 604-926-0856 if you or someone you know could benefit from this comprehensive, hands-on program. Space is limited, so please register early