

Newsletter
Winter 2008

Mood Disorders Support Group of the Niagara Region



www.niagaramooddisorders.com

Now that 2007 is over with, let's start 2008 on the right foot!

When mania sets in, it's very easy to keep busy. But are you busy with the right things? Make a list of items that need to get done and put your energy into those tasks. Maybe you need to organize your receipts for your tax return or maybe you've been wanting to organize your canned goods. If winter depression is keeping you down, even more reason to make a task list! The list will keep you focused on something other than your mood. Try it!

--Been There Done That



upcoming meetings

Thursday, February 28, 2008

Deborah Wilson, Signs & Symptoms

Thursday, March 27, 2008

Open Discussion

Thursday, April 24, 2008

TBA

Thursday, May 22, 2008

Open Discussion

Thursday, June 26, 2008

Dr. K. MacDonald (Hamilton Mood Disorders Clinic)

where?

Centennial Public Library (Downtown)
Mills Room
54 Church Street, St. Catharines
7:00 pm

Contact Information

**Mood Disorders
Support Group
Of Niagara Region**

(905) 687-6897

*(for taped message
describing upcoming meeting)*

PO Box 29056
125 Carlton St
St. Catharines, ON
L2R 7P9

2007 Tax Returns are due April 30, 2008

Need a hand with your taxes?

If you are unable to complete your income tax and benefit return by yourself and are unable to pay for assistance, our Community Volunteer Income Tax Program may be for you.

Volunteer tax preparation clinics are offered between February and April of each year in various locations across Canada. For more information about this free service, call us at 1-800-959-8281.

Travel Expenses for Medical Expense – Line 330

If medical treatment is not available locally (within 40 kilometres), you may be able to claim the cost of traveling to get the treatment somewhere else.

Trillium: The Ontario Drug Benefit Program

What ?

The Trillium Drug Program helps people who have high drug costs in relation to their income.

The TDP provides coverage for prescription drug products listed on the Ontario Drug Benefit Formulary/Comparative Drug Index (Formulary) as follows :

- * over 3,400 quality-assured prescription drug products;
- * over 450 limited-use drug products;
- * some nutritional and diabetic testing agents.

Drug products that are not listed on the Formulary are also considered for coverage for TDP recipients through the ministry's Individual Clinical Review (ICR/Section 8) mechanism on a case-by-case basis.

Who ?

You can register in the Trillium Drug Program if :

- * your private insurance does not cover 100% of your prescription drug costs;
- * you have valid Ontario Health Insurance (OHIP); AND
- * you are not eligible for drug coverage under the Ontario Drug Benefit (ODB) Program.

Where ?

Trillium application kits are available at your local pharmacy, or by calling 1-800-575-5386. The application form and application guide are also available online on the Ministry's website: <http://www.health.gov.on.ca/index.html>

Deductible

The program runs from August 1 to July 31 of the following year. Before you will receive coverage for eligible prescription drug products through the TDP, your household must pay for a set amount of your prescription drug purchases, otherwise known as the "deductible", each year starting August 1. The deductible is paid in four installments over the program year and is calculated based on net household income and household size.

For more information

Toll-Free : 1-800-575-5386

E-mail : trillium@resolve.com

SOURCE: Ontario Ministry of Health & Long Term Care



Arts & Literature

Touched by Fire

Touched By Fire is a program to stimulate and celebrate the work created by artists with mood disorders

Mood disorders, which are prevalent within the artistic community, carry with it many negative connotations, but what society too often doesn't realize is that these illnesses are also accompanied by astonishing artistic gifts. There are many such

artists well known in art history, from Michelangelo to van Gogh, Gauguin to Georgia O'Keefe.

Our Niagara Region chapter is pleased to have one such artist among our membership. Here are two of her paintings:

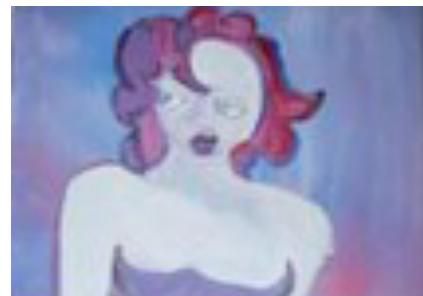


New Book

SHOCK THERAPY: A History of Electroconvulsive Treatment in Mental Illness

By Edward Shorter and David Healy, University of Toronto Press, 2007. (available: *Chapters/Indigo*)

Electroconvulsive treatment - known as ECT - is a procedure that induces an epileptic seizure in the brain. Since it was introduced, in the 1930s, then refined and improved over the decades, it has provided relief for such torments as psychosis, suicidality, mania or depression of bipolar swings, symptoms of schizophrenia and the severe forms of depression.



Mental Health in the Arts

According to a study published in the *British Journal of Psychiatry* in 1996 based on the biographies of 100 dead British and US writers, poets suffer from higher levels of manic depression, but playwrights and prose writers are more prone to depression.

Emergency Phone Numbers

**Community Crisis Centre
(Regional)**
(905) 684-7271 ext. 43230

Distress Centre
(905) 688-3711

**Mental Health Service
Information Ontario**
1-866-531-2600

Perhaps surprisingly, poets had the lowest rate of antisocial, histrionic, and narcissistic behaviour, while playwrights had the highest. Over two thirds of playwrights had problematic marriages, compared with over a half of novelists and one in four poets. The study found that 42% of playwrights were notorious for their promiscuity, compared with 20% of novelists and 14% of poets. Over one in 10 of the 100 writers in the study probably never had sex.

Eight of the 100 writers (one of whom was Hemingway) committed suicide, and seven attempted suicide (one playwright, O'Neill; three novelists, Conrad, Scott Fitzgerald, and Evelyn Waugh; and three poets, Graves, Landor, and Poe). The three poets were also notable prose writers.

Highly creative, imaginative work is thought to cause excessively high neural network activity which in turn contributes to the depression. The study concluded that there is greater inner turmoil in writing prose and plays than poetry.

Source: *British Journal of Psychiatry* and qi.com

bipolar & sleep

Regular Routines, Sleep Helps Improve Bipolar

Monday, Dec. 10 (Psych Central) -- New research has found that treatment helping people keep regular routines and good sleep can help a person with bipolar disorder to go longer without a new episode of mania or depression than standard care. Bipolar disorder (also known as manic depression) is influenced by the body's circadian system, or internal clock. The research found that a specific kind of psychotherapy may help decrease irregularities in the circadian system that can trigger key symptoms of bipolar disorder.

People with bipolar disorder tend to have extremely sensitive circadian systems, which makes it much more difficult for them to recover from disruptions in sleep and routine. In contrast, people without bipolar disorder generally recover fairly quickly if their systems are thrown off by a change in routine or loss of sleep and might even be temporarily energized by these alterations.

While there has long been an association between circadian rhythms and bipolar disorder, no studies have examined whether these rhythmic disruptions contribute to the symptoms associated with bipolar disorder. McClung says the findings of this study bring researchers one small step closer to discovering why bipolar disorder occurs at all, even though the study was done in mice, not humans, and that many more studies will be needed to discover a cure.

Source: Psych Central News, 10 December 2007

- Drinking too much caffeine or alcohol or not exercising enough may add to sleep problems. Try to avoid caffeine and alcohol so you can sleep better.
- If you are troubled by racing thoughts that just won't stop, get up and do something to keep yourself occupied until the thoughts subside.

Save Paper!

Switch to reading your newsletter electronically!

The Mood Disorders Newsletter is now available online at <http://www.niagaramooddisorders.com>.

Our newsletter is located in the **News Resources** section of our website. You will need Adobe Acrobat to view the files.

To remove yourself from the paper mailing list, please send an email to info@niagaramooddisorders.com

Please notify us in advance of your move. It is expensive to have the Post Office return newsletters. Use the handy form below to notify us of your new address.

NAME: _____
ADDRESS: _____
CITY: _____ PROV: _____
POSTAL CODE: _____
EMAIL: _____

MOVING?