



The Outlook

Spring/Summer 2007

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The Outlook

Is a publication of the:



**Mood Disorders
Association of
Manitoba**

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Bev's Bit

In our last newsletter I had advised everyone that I was leaving and here we are, four months later, and I am still at my desk. The Board of Directors have been diligent in their search for a replacement and hopefully will find one soon.

During these past few months I have had time to reflect on my years with MDAM. In 1993 I joined a support group in Fisher Branch. It became the answer I was looking for—a chance for recovery. In this group I found what I had needed most, acceptance, understanding and more importantly HOPE!!

The message of empowerment and recovery soon became my passion. I became a volunteer educator in the Northern Interlake and spent many hours talking to individuals and groups.

In 1996 I was elected to the MDAM Board of Directors. My tenure as Board Member was short as I was soon hired as the Outreach Worker for the Interlake Region. I spent six years in this position travelling throughout the region delivering public education, providing peer support both through groups and in person and spent one day a week at the Selkirk Mental Health Centre.

On April 12, 2002, I came into Winnipeg to fill the role as acting Executive Director and have been here ever since. What an experience it has been - my journey with MDAM has gone the gamut.

Take care of yourselves and always remember,
"RECOVERY IS POSSIBLE!"

Bev Trachuk
Executive Director

THE MOOD DISORDERS ASSOCIATION OF MANITOBA

Dedicated to

SELF - HELP o

Depression — Is it part of getting older?

Contrary to common thinking, depression is not a normal part of aging. With early diagnosis and appropriate treatment, we can reduce the rate of serious depression in older adults. Depression is an illness caused by an imbalance in brain chemicals triggered by stress, life events, or a combination of biological, psychological, and/or social factors. Depression is not a character weakness or a personality flaw, but instead a medical illness that can be treated effectively, if recognized and diagnosed.

The symptoms of older-adult depression include changes in sleeping and eating habits, weight gain, low energy and fatigue, trouble concentrating, feeling worthless, excessive guilt, and thoughts of suicide, to name a few. It is interesting to note, that suicide is more common in older-adults, than in those who are younger. Any thoughts of suicide should be shared with someone you trust, and any talk of suicide should be taken seriously!

Frequent visits to the doctor's office can also be a sign of depression, and in fact, 1 in 6 visits to the doctor are related to this illness. It can develop after surgery, or can occur along with other disabling illnesses like arthritis.

FOR MORE INFORMATION CONTACT US - 786-0987

ATTITUDE

“The longer I live, the more I realize the impact of attitude on life”

Attitude to me is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think or say or do. It will make or break a company...a church...a home.

The remarkable thing is we have a CHOICE EVERYDAY, regarding the attitude we will embrace for that day. We cannot change our past.. We cannot change the fact that people will act in a certain way. We cannot change the inevitable. THE ONLY THING WE CAN DO IS PLAY ON THE ONE STRING WE HAVE AND THAT IS OUR ATTITUDE

....I am convinced that life is 10% what happens to me
and
90% how I react to it

And so it is with you ...we are in charge of our **attitudes**

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MDAM
ANNUAL MEETING

FRIDAY
SEPTEMBER 14TH

7 P.M.
100-4 FORT ST.
WINNIPEG MB.

What has MDAM done for you?

- We want to hear your stories
- Mood Disorders can be beaten
- Let's spread the good news

Please email submissions to:
education@depression.mb.ca

Our volunteers are the best in the city - Really!

We have such a great volunteer base, in Winnipeg and wouldn't be able to function without them. That sounds like a cliché, but it's the absolute truth. We have gone through some ups and downs recently, but managed to attract some great new volunteers. We put them together with our experienced volunteers, and WOW, what a combination. We have blended together to form a great team.

Mathew Sarbit is our new volunteer coordinator, and comes back to us after completing a one year counselling course at Red River Community College, where he graduated with honours. He is full of ideas and enthusiasm on how to make this a better place. He has simplified many of our procedures, and really emphasizes the self-help aspect of our organization.

Mathew has also started a leisure group. The group of registered participants get together to play board games, go to Bomber and Goldeyes games, and anything else he can think of that will be fun.

He believes we sometimes need to focus less on our illness and more on enjoying life. .

WHY BE A VOLUNTEER

It's not for money, it's not for fame and it's not for personal gain.

It's for love of fellow man; it's just to lend a helping hand.

It's just to give of self, that's something you can't buy with wealth.

It's not for medals worn with pride; it's just for that feeling deep inside.

It's that reward down in your heart, it's the feeling that you've been part.

Of helping others far and near, that makes you a VOLUNTEER.

For Rural Volunteer opportunities: contact your local office

VOLUNTEER IN FOCUS – RICHARD C.

Richard came to us in May of 2006. Offering his time and knowledge to help our association. Since then Richard has become an extremely important asset to us all. He is here twice a week helping with peer support on the phones and/or in person. Richard is very kind, compassionate, and knowledgeable towards our clients. He is admired and greatly appreciated. Richard has a gift to see the best in everyone and to make a positive out of a negative. Thank-you Richard for all that you do and continue to do for MDAM. You are invaluable.

Mathew Sarbit
Outreach worker
Coordinator of Volunteers

Self help/mutual aid is based on the principal that people with shared condition come together to help themselves and each other.

SUPPORT GROUPS ARE NOW FRAGRANCE FREE - no perfumes or colognes

TEENAGER'S is it just a mood or a MOOD DISORDER?

Teenagers are facing new social pressures and responsibilities. Their moods often shift drastically, so it becomes difficult to know if these mood swings are just a teenage mood, or a Mood Disorder.

40% of adolescents in Canada will experience some form of psychological disturbance. Learn the facts. The quiz below can help you decide if your mood swings are a result of depression or bipolar disorder.

CHECK OFF THE FEELINGS THAT FIT YOU NOW OR HAVE IN THE PAST

- I feel sad or irritable a lot, and it doesn't go away.
- I feel guilty; I have no confidence.
- I feel that I am a failure, or have let my family down.
- I often feel restless or tired.
- I lose interest in hobbies like music or sports. Most of the time I'd rather be alone.
- I have trouble concentrating on things like homework or watching TV.
- I have trouble sleeping, or I sleep too much.
- My appetite has increased or decreased.
- I get unrealistic ideas about things I'm going to do.
- My thoughts race and I can't slow my mind down.
- I often think of death. Thoughts of suicide pop into my mind.
- I like very dangerous activities, like driving really fast.
- I use drugs or alcohol on a regular basis.

IF YOU HAVE (OR HAVE HAD) FOUR OR MORE OF THESE FEELINGS AT THE SAME TIME, AND IF THEY LAST LONGER THAN TWO WEEKS, YOU MAY HAVE DEPRESSION OR BIPOLAR DISORDER. IF YOU CHECKED ANY OF THE LAST 3, GET HELP IMMEDIATELY FROM A PARENT, TEACHER, SCHOOL COUNSELLOR, OR AN ADULT YOU CAN TRUST.

SUICIDE IS A PERMANENT SOLUTION TO A TEMPORARY PROBLEM

Being there for kids

**KIDS HELP PHONE
1-800-668-6868**

A new focus on education

Hi. My name is Tina Holland, and I am the new staff person in charge of education. I come from a business background in real estate, and have lived with bipolar illness since I was 12 years old.

As part of my education plan, I will be speaking about depression and bipolar illness to as many audiences as possible. I want to promote the concept of keeping people employed, or at least engaged in every day life, as much as possible. I will be approaching larger businesses to explain how beneficial it can be for them to accommodate their workers when they become ill with a mood disorder, rather than have them leave the work place.

My intent is also to promote awareness of depression and bipolar illness in the general public, which will go a long way in removing the stigma attached to these illnesses.

Another area of great importance is to inform students, teachers, and parents about the illness. Genetic makeup plays a huge role in whether or not someone will develop depression or bipolar disorder. When parents have depression or bipolar, their children have a greater likely hood of also developing the illness. The earlier you recognize the symptoms, the quicker you can get help, and be on the road to recovery. In order for that to happen, people need to talk with one another about their illness.

In order to achieve these goals, the Mood Disorders Association has developed a variety of power point presentations, which can be delivered to various groups, businesses, and associations upon request. If you know of any oppourtunities for us to speak to a group, please drop us a line.

Thank You. Tina Holland Phone:
(204) 786-0987 E-mail: education@depression.mb.ca

**Education will be presenting
Special Interest Seminars
Once a month
At FACES
100-4 Fort Street
Winnipeg, Manitoba**

**TUESDAY JULY 24TH
Living with Bipolar Disorder**

**TUESDAY AUGUST 28TH
Living with Depression**

**TUESDAY SEPTEMBER 25
What Parents and Teens should know
about Mood Disorders
CALL (204) 786-0987**

IN MEMORIUM

Donations received in Memory of

Maurice Fillion
Andrew Dunn
Arline Joan Whyte
Ed Zurer
Elliot Fitch
Louise Vercaigne
Godelieve Sones

Donations received in honor of

Dr. Jack Ellis
And
Maureen Rowden

DONATIONS ARE GREATFULLY ACCEPTED AND
ENABLE US TO EXPAND SERVICES

MDAM Outreach Offices

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Interlake Region

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E-mail: mdamintl@mts.net

Parkland Region

Room 448
Dauphin Regional Health
625 3rd Street S.W.
Dauphin, Manitoba
R7N 1R7
Tel: (204) 622-4104

E-mail: esnitka@msn.com

Selkirk Mental Health Centre

Box 9600
825 Manitoba Ave.
Selkirk MB.
R1A 2B5

Phone: (204) 482-3810 Ext. 416

Burntwood Region

C.M.H.A.
43 Fox Bay
Thompson, Manitoba
R8N 1E9
Tel: (204) 677-6056

E-mail: selfhelp@cmhathompson.ca

Eastman Region

3 - 227 Main St.
Steinbach, Manitoba
R5G 1Y7
Tel: (204) 326-3623

E-mail: sdmde@mts.net

PsychHealth Outreach Office

PZ-395 PsychHealth Centre
771 Bannatyne Ave.
Winnipeg MB.
R3E 3N4
Phone: (204) 787-3220

If you believe in the work MDAM is doing, please show your support through membership

New	_____	Renewal	_____
Student	_____ \$15.00	Name	_____
Senior	_____ \$20.00	Address	_____
Adult	_____ \$25.00	City	_____
Family	_____ \$35.00	Postal Code	_____
		Prov.	_____

Please clip out and return to: MDAM, 4 Fort St., Winnipeg, MB R3C 1C4
We accept MasterCard, Visa, American Express, and Cheques