



North  
Shore  
Schizophrenia  
Society

# The Notepad

The NSSS Newsletter

**PUBLIC EDUCATION EVENING**

## Addressing “Metabolic Syndrome” Physical Health for the Mentally Ill

*Speaker:*

**Dr. Jane Dumontet**

**Clinical Pharmacy Specialist  
Fraser Health Authority**

**Date: Wednesday, November 25, 2009**

**Location: Lions Gate Hospital  
Auditorium**

13th Street entrance

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

### Family Support Centre North Shore Schizophrenia Society

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

Tel/Fax 604-926-0856

[www.northshoreschizophrenia.org](http://www.northshoreschizophrenia.org)  
email: [info@northshoreschizophrenia.org](mailto:info@northshoreschizophrenia.org)

The North Shore Schizophrenia Society is a  
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*Your generosity is appreciated.  
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We're getting ready for our most festive celebration of the year! Is your name on the guest list for the Christmas Party?

### Support Groups

Come share your questions, concerns, and experiences with members of the North Shore Schizophrenia Society. Support Group meetings are held each month at the Family Support Centre and in Squamish, 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.

## Volunteer Spotlight

One of the most enthusiastic NSSS volunteer groups is the Fundraising Team, perhaps because they know how vital their work is. The team helps ensure that we have the ability to keep the Family Support Centre open and that all NSSS programs and services are maintained. Many non-profit organizations have experienced a drop in their resources following the downturn in the economy, and the health authorities have cut funding to many organizations. Thanks to both the Fundraising Team's efforts and planning by the Board of Directors, we have diversified our funding sources and are less reliant on any single revenue source for our financing.

The team meets regularly, with different team members taking on different assignments so that the volunteer workload is broadly shared – finding new revenue sources, contacting service clubs and other donors, and playing a major role in developing grant applications. They also produce the Circle of Strength fundraiser, which last May raised just over \$18,000.

Are you interested in being part of the NSSS volunteer force? We are especially looking for volunteers to join our Events Team and Outreach Team, but there are many other volunteer possibilities as well. Please give us a call at 604-926-0856.

**I would like to help the  
NORTH SHORE  
SCHIZOPHRENIA SOCIETY  
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 NSSS endowment fund, a gift that goes on forever
- by making a bequest to the North Shore Schizophrenia Society in my will;

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

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

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

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

## Outreach Coordinator Joins NSSS Team

Please help us welcome the newest member of the NSSS staff, Christine Buttkus. Christine is a Whistler resident who will be responsible for communications and outreach in the Sea to Sky corridor, from Furry Creek to Mount Currie.



Christine Buttkus

“We’ve wanted to establish this position in the Sea to Sky for four or five years, but only now have been able to manage it,” said NSSS president Herschel Hardin. “It’s gratifying to know that families in the Sea to Sky will now have easier access to our programs.”

Christine is well-known for her non-profit work in the corridor, including Communities that Care and Sea to Sky Community Services. “Given the geography of the corridor,” she said of her new role, “we need to hear from people about their support needs so we can determine when, where and how best to help. We don’t want anyone to have to struggle in isolation.”

Residents of the Sea to Sky can contact Christine at [christine@northshoreschizophrenia.org](mailto:christine@northshoreschizophrenia.org) or 604-849-2522, or call Sue, our Squamish support group facilitator, at 604-898-9372.

## Spring Lecture Date Change

Our first lecture of the spring is normally the last Wednesday of February. This year, we have rescheduled so that our members and friends who are also sports fans will be able to enjoy the Winter Olympics without missing out on what promises to be a very intense and interesting talk.

Join us on Wednesday, March 10, at the usual time and place for an evening with Kim and Lynn Allan. The Allans will be telling their story, and that of their son Ross, who lost his life in April 2008. A B.C. Coroner’s Inquest issued a record 43 recommendations this summer after hearing how the system repeatedly failed to help Ross, and then failed to prevent his suicide at MSA Hospital.

## Addressing Metabolic Syndrome - Looking After Physical Health

Metabolic syndrome is an often overlooked health problem in the mentally ill, and can lead to serious cardiovascular disease and diabetes.

The syndrome describes a cluster of risk factors that increase the chances of developing diabetes, or having a heart attack or stroke. Risk factors include high blood pressure, obesity, high cholesterol, lack of physical activity, insulin resistance, and a family history of Type II diabetes.

Dr. Jane Dumontet, our guest speaker Wednesday, November 25, at 7:30 p.m. at Lions Gate Hospital, is a Clinical Pharmacy Specialist from Fraser Health, and an expert on the syndrome. Her lecture is a must for all those concerned with the physical health of the mentally ill.



Dr. Jane Dumontet

Metabolic syndrome can be a particularly troublesome problem for those with severe mental illness. When so much attention is focused on their mental health, their physical health is often neglected. The illness itself can also play a role, contributing to a lack of motivation to become physically active, and some antipsychotic medications cause weight gain, making it even more difficult to maintain a healthy body weight.

Smoking is an independent risk factor for metabolic syndrome, contributing to a dramatic increase in the rate of heart disease and strokes. Smoking is particularly prevalent among the mentally ill. An estimated 90% of people with schizophrenia, 50-60% of people with bipolar disorder, and 50% of those with major depression smoke tobacco. And the more cigarettes smoked per day, the higher the risk becomes.

There are other serious side effects of smoking, including a long list of cancers, emphysema, and high blood pressure.

## Registered Disability Savings Plan

The annual deadline for Registered Disability Savings Plan contributions is coming up on December 31, with the chance to take advantage of federal government contributions as high as \$4,500 per year depending on income level and how much is deposited to the account. If you have an ill relative who does not already have an RDSP, we've put together some information on the program to give you an idea of how it works. Unfortunately, it is extremely complicated, even for your *Notepad* editorial team, so if it doesn't immediately make sense, don't worry—you're in excellent company. The best course to take, if you are interested in the program, is to contact a certified financial planner, one of the financial institutions offering the program (Royal Bank, BMO Financial Group, and CIBC), or an estate lawyer.

Having an RDSP will not affect disability benefits for B.C. residents. Anyone under the age of 60 who is eligible for the federal Disability Tax Credit and has filed a recent tax return is eligible to open an RDSP account.

Only the person with the disability can open an RDSP account, unless they are under a Representation Agreement. Families and friends are allowed to make contributions by written permission of the account holder. The federal government, as mentioned, will also contribute funds in the form of grants and bonds. Savings grow on a tax-deferred basis until withdrawal. Withdrawing funds from the account before age 60 will, however, trigger the repayment of all grants and bonds received in the preceding ten years—as much as \$45,000 if the person qualified for the highest level of grants and bonds.

Updated information is available online at [rdsp.wordpress.com](http://rdsp.wordpress.com), and basic RDSP information at [www.rdsp.com](http://www.rdsp.com).

*The North Shore Schizophrenia Society gratefully acknowledges the support of the Province of British Columbia, City of North Vancouver, District of North Vancouver, District of West Vancouver, Lynn Valley Lions Club, Soroptimist International of North and West Vancouver, West Vancouver Community Foundation, Royal Canadian Legion, North Shore Credit Union, and our many other generous donors.*

## Christmas Time!

It's almost time for our merriest gathering of the year! The annual NSSS Christmas Banquet is on Saturday, December 5 at St. David's United Church in West Vancouver. Doors open at 5:30 p.m. and dinner will be served at 6:00. **If you would like to attend, please contact the Family Support Centre as soon as possible at 604-926-0856 to make sure your name gets on the list.** As always, thanks to our generous donors and grants, the banquet is free of charge to members, the mentally ill, and their families.



Join us for an evening of fun, good food, excellent music, and a visit from a very special guest with a red suit and white beard. The West Vancouver Adult Pops Band will welcome everyone with an assortment of festive tunes, then turn things over to our Masters of Ceremonies, Herschel Hardin and Janice Lilley. Dinner will be another delicious buffet, featuring roast beef, mashed potatoes, an assortment of vegetables, and a scrumptious fruit salad. Special musical entertainment will be provided by Dave Myles and Friends, a group remembered fondly from the 2005 Christmas party.

It will be a memorable evening, so be sure you don't miss it! Contact us if you need directions by transit or by car—the church is right on Taylor Way near the highway, on the 254 British Properties bus route (connect at Park Royal Shopping Centre). If you have difficulty with transportation, please give us a call and we will help arrange rides with volunteers.

If you'd like to help out at the Christmas party, please contact Susanna at the Family Support Centre either by email ([susanna@northshoreschizophrenia.org](mailto:susanna@northshoreschizophrenia.org)) or by phone.

### Estate Planning and Wills Workshop

Join us on Saturday, November 14 in the Potlatch Room at the Capilano Branch Library in Edgemont Village (3045 Edgemont Blvd) for an informative session on estate planning and writing your will. NSSS member Rose-Marie Goodwin will be joined by Certified Financial Planner Eduard Fidler, who is an expert on charitable giving through estate planning.



Rose-Marie Goodwin

Those who attended the workshop last November found it very helpful, and some have already told us they plan to attend this session in order to get updated information. New to this year's workshop is detailed information on how to make charitable donations without affecting the amount that will be inherited by loved ones.

Rose-Marie and Eduard will explain how it all works and answer your questions in detail.

### Family-to-Family Spring Session

Family-to-Family continues to be one of our most popular and valuable programs for family members. Registration is open for the next session, which starts on January 19 and runs on consecutive Tuesday evenings from 7:00 to 9:30 until April 6.

Family-to-Family is open to anyone with a family member or close friend with a serious mental illness. The course covers everything from symptoms and medications to self-care and problem-solving. The full course curriculum is available at [www.northshoreschizophrenia.org/education.htm](http://www.northshoreschizophrenia.org/education.htm) and at the Family Support Centre.

Please call the Centre promptly at 604-926-0856 if you are interested in taking the course. Space is limited.

In addition to the fall and spring sessions at the Family Support Centre, we will be offering the program in Squamish for the first time this spring! Contact Sue at 604-898-9372 for details.