



British Columbia
Schizophrenia Society

The Notepad

North Shore Branch Newsletter

PUBLIC EDUCATION EVENING

Estate Planning for the Mentally Ill

Kenneth Kramer
Lawyer, KMK Law Corporation
People's Law School Presenter

Date: Wednesday, April 25, 2007

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: info@bcssnorthshore.org

The B.C. Schizophrenia Society, North Shore Branch
is an Incorporated Branch Society and Registered Charity,
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Your generosity is appreciated.
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What a team! Tim Holmes, and Cliff and Louise Harris do a stellar job of representing the Branch at the Festival of Volunteers at Park Royal on February 24. See page 4.

Support Groups

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

We hold monthly meetings for family members and close friends of those afflicted with any serious mental illness. Please call (604) 926-0856 to sign up.

WHAT WILL HAPPEN TO MY MENTALLY ILL CHILD WHEN I AM GONE?

The North Shore Branch has invited a lawyer who specializes in estate planning to address this complicated question at our lecture on April 25.

Ken Kramer has business administration and law degrees, and has worked on behalf of the People's Law School. Some points Mr. Kramer will address include:

- elements of non-discretionary and fully-discretionary trusts;
- issues to consider in developing a trust;
- fees charged for managing a trust;
- how to best safeguard your wishes should your child contest the will/trust;
- the no-trust option.

Mr. Kramer is an informative speaker and graciously answers questions from the audience.

**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 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: _____

Restaurant Outing draws a pleasant crowd

Our company arrived a little early to the Branch's restaurant outing on March 28 at Cheers restaurant, but that proved to be part of the charm. The dinner was supposed to start at 5 p.m., and when BCSS North Shore's Shelley Pelech arrived then, she found about 30 of the 53 guests politely seated and ready to go.

The dinner began with many guests taking the opportunity to socialize while they enjoyed a well-prepared roast beef buffet, complete with trays of vegetables. Fruit pies and squares were offered for dessert. Guests included members' family plus patients from twelve group homes on the North Shore. Next time we hope more family members will be able to attend this enjoyable event.

Looking forward to June

June promises to be a busy month for the Branch, and -- with help from our members -- it will be a successful one as well.

The keys to our success will be comfortable walking shoes and the desire to help raise awareness in the community about serious mental illness.

You can do this by taking part in the upcoming events:

- the West Van **Community Day Parade** on Saturday, June 2;
- the Branch's own **Walk the World** on Sunday, June 24;
- the **Canada Day Parade** on the next Sunday in North Vancouver.

We hope that you will join us. Friends and extended family are more than welcome to take part. The more people, the better the fun!

REMEMBERING THE NORTH SHORE BRANCH PROVIDING FOR THE FUTURE

Those currently struggling with tax returns may be convinced that T.S. Eliot got it right with his famous opening line, "April is the cruellest month...". But here at the Family Support Centre, if we pause in our busy routine, we remember that we have just passed another milestone for the North Shore Branch. April 1 marked the twelfth anniversary of the Centre's opening – an achievement that we can all be proud of, and for which many families have recently, with considerable eloquence, expressed their gratitude.

The road has not always been straight and clear, but the dedication and practical assistance of our board, members and a number of special friends has kept us moving forward, despite the major difficulties we faced with the sudden loss of our major funding source five years ago. We are now in a more comfortable financial position, but are still mindful of that painful lesson, and keen to have in place an enduring source of annual funding sufficient to cover the basic operating costs of the Family Support Centre, including salary for a full-time employee.

In 2002, it was the income from our long-time endowment fund, the Janet Morgan Fund, that kept our doors open. Last year, after we specifically requested that those planning to make a donation consider designating it "for endowment", half of the donations received were so designated. We are gradually building up the capital that will assure us a good income base in the years to come, to ensure we will be able to continue supporting and assisting families while expanding some of our other activities to improve the services available to the seriously mentally ill. If you are able to make a significant gift to the North Shore Branch in the foreseeable future, we urge you again to consider helping us build our endowment. You will then have the pleasure of knowing that almost immediately, and into the future, your contribution will be helping us keep the Family Support Centre going, with the services and programs that families have found so helpful over the years.

If you would like to help the Branch in a substantial way, but feel you cannot manage it as a living gift, please remember to include us in your will. If you have already prepared your will, you can almost certainly add a codicil to include a bequest to the BC Schizophrenia Society, North Shore Branch. Or, if you are revising your will, a bequest provision can be included then. Please call us if you would like to discuss the possibilities, or would like guidance with appropriate wording.

A few of the wonderful volunteers who were active when the Family Support Centre was first established still come out to help with our various activities. More have come on board, and we are always looking for new (and younger) family members to get involved. Oldsters who are past the point of marching in parades can still make another, lasting contribution, by remembering the

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, the North Shore Community Foundation, the Chris Spencer Foundation and other generous donors.

North Shore Branch, which we all helped to build and sustain, with a bequest in their wills.

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

Volunteers highlighted

Be sure to check out a new item on the Branch's website, www.bcssnorthshore.org, in which we honour our volunteers. Our inaugural "Feature Volunteer" is Janet Scott, who is to be congratulated for her latest accomplishment. Janet has just completed the Sea to Sky Peer Support Worker Training program. She will be a certified peer support worker and can be employed at many places including group homes. Way to go, Janet!



Janet Scott and her cat, Freddie, pose for the new Feature Volunteer item on BCSS North Shore's website. Janet adopted the cat after Freddie's group home in North Vancouver was closed.

Police Lecture

About 50 people attended our February lecture, Police Helping the Mentally Ill. The crowd represents one of the larger turnouts recently in our regular public lecture series, and shows the interest that our members and the public have in the topic. Const. Jeff Palmer, of the West Vancouver Police Department, and constables Jessica Plaus and Angie Foggetti, of the North Vancouver RCMP, didn't disappoint. They candidly talked about the challenges they face and answered questions as thoroughly as possible.

Looking ahead . . .

- The North Shore Branch will have a display table at a conference called R&R of Mental Health: Rehabilitation and Recovery on April 27 at the Plaza 500 Hotel in Vancouver. The event is sponsored by Vancouver Coastal Health's Acute and Community Mental Health Services.
- Mark your calendars for the **North Shore Branch's AGM** on Wednesday, May 30, 7:30 p.m. at Lions Gate Hospital's auditorium. If you are interested in being on the Board, please call the office for information.

COMMUNITY PROFILE

The North Shore Branch was well represented at Park Royal North on Feb. 24 during the Festival of Volunteers. Many thanks to Roslyn Jackson, May Kronert, Joyce Schmidt (in photo), Wilson Dillon (in photo), Dagmara Broecker, Mona Farrell, Cliff and Louise Harris, and Tim Holmes for manning our table on two-hour shifts. More than 40 members of the public checked out our display. And many thanks go to Marti Sevier for manning our display at the Transition Planning Fair for Young Adults with Special Needs at Lucas Centre on Feb. 22.

