



Happy 20th Birthday
Family Support Centre!



We invite you to help us celebrate two decades of serving families.

Dear Members:

This is your official notice of the **Annual General Meeting** of the North Shore Schizophrenia Society.

Please join us:

Wednesday, March 25, 2015

7 - 9 p.m.

Lions Gate Hospital Auditorium

**In order to vote at the AGM,
membership dues must be paid.**

April 2015 marks the Family Support Centre's 20th year helping families cope with mental illness on the North Shore, in the Sea to Sky corridor, and across the Lower Mainland. The Centre is the hub of all NSSS programs, services, and activities, providing support, education, outreach, and advocacy.

Although the Society had been operational since the early 1980s, the Centre marked an important achievement, giving families a physical space to meet and receive personal support and information.

Please join us in celebrating the contribution of our members and volunteers—those who keep the Centre running year after year, on Wednesday, March 25, in the Lions Gate Hospital auditorium.

7 - 8 p.m. Annual General Meeting

8 - 9 p.m. Social, with presentations and cake

Seating is limited. Please RSVP using our contact information, below.



The North Shore Schizophrenia Society has always been a vibrant, volunteer-led, staff-assisted organization. We are also a growing organization, and find ourselves in a stage of transition. We are now offering our services in the Sea-to-Sky (both Squamish and Whistler), we have expanded the Family-to-Family course into Vancouver and the Tri-Cities, and we are reaching out in

Welcome

other areas of education and awareness. By necessity, with the passage of time, many responsibilities have to be handed over to new people.

This has required us to ask questions regarding the future of our organization: Does our current operating model support our vision; how do we manage expansion; how can we better manage the Society's business? In an effort to answer these questions, we are proposing a new organizational model for the society which strengthens the role of the board, clarifies lines of reporting and communication, and fosters more accountability.

This is very heartening for me, and gives me confidence that the Society will remain strong into the future. Of course, the bottom line is that our strength still lies with our volunteers. We will be celebrating our volunteers as part of our 20th Anniversary festivities at the AGM in March.

I believe that we have made some important achievements in the last couple of years, in addition to our long-standing accomplishments in support, advocacy, and education.

We have reached out to other organizations and agencies dealing with mental illness to form relationships and partnerships.

We are getting closer to having a seat at the table where it counts.

We are helping more people through education. I am excited about the opportunities that exist for us to explore new ways of reaching people.

I will be stepping down as President in March of this year. It has been an honour to serve in this position, and I will treasure the relationships and friendships

I have formed. I would sincerely like to thank our terrific staff for all the help they have given me during this time, and also my fellow board members for their dedication and support. I, personally, have been strengthened and empowered by the help I received from this Society. I know that many of you have as well. This is a bond that we will share for many years to come.

Cheryl Zipper
NSSS President



Herschel Hardin, NSSS vice president, and Cheryl Zipper joined forces to climb the Grouse Grind in 2013. Herschel's term on the NSSS board ends on March 25.

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; Resort Municipality of Whistler; Seymour Golf and Country Club; Lynn Valley, Ambleside Tiddlycove, Mt. Seymour, and Capilano Lions Clubs; Canada Post Foundation for Mental Illness and Mental Health; West Vancouver, Squamish, and Whistler Community Foundations; Lynn Valley Legion; Blake, Cassels & Graydon LLP; Bouygues Building Canada; and our many other generous donors.

Volunteer Opportunity for Families: NSSS Seeks Families to Share their Stories

"Compassion follows understanding. It is therefore incumbent on us to understand as best we can. The burden of disease will then become lighter for all."
- Dr. E. Fuller Torrey

Partnership Education is one of NSSS's core programs. It consists of two presenters, a person with a psychiatric diagnosis and a family member, working as a team, with each describing their own experience with mental illness. They may also be joined by a mental health professional, when available.

Partnership Education is based on a personal storytelling model, a unique and powerful tool for raising awareness of the nature and prevalence of chronic and severe mental illness.

Partnership presentations are available for schools, workplaces, professionals, service clubs, and all those

who work daily with the public. NSSS gives special priority for the program to Capilano University and North Shore and Sea to Sky high schools, as mental illness often strikes those in their late teens or early twenties. By being better able to recognize the signs of illness, students and teachers can play a crucial role in getting help for those who may be falling ill.



To continue this valuable work, we need your help. Given the growing number of requested presentations, we are looking for presenters. You don't need to be a polished speaker. What we're looking for are families and individuals who feel comfortable sharing their experiences and answering audience questions. If this opportunity speaks to you, please contact the Family Support Centre/

Financial Planning—from Disability Assistance to Wills, Estates, and Trusts

Changes to Disability Assistance Makes it Easier to Calculate Earnings

People receiving disability assistance in B.C. are now able, as of January 1, 2015, to calculate their earnings on an annual basis instead of monthly. This will make it easier for those receiving disability assistance to earn more money and may help reduce barriers to employment.

Annualized earning exemptions are helpful for people with disabilities whose ability to earn fluctuates during the year. If a person earns more than \$800 in one month, they can keep all of that money up to \$9,600 for the year. There is no monthly maximum.

Earning exemptions are in addition to monthly disability assistance and other supports such as discounted bus passes, free MSP, medical supplies, dental and optical care, and employment services through the Employment Program of B.C.

This change supports Accessibility 2024, the government's 10-year plan to make B.C. the most progressive place for people with disabilities in Canada.

Financial Workshop Helps Families Plan for the Future

On Saturday, February 28, NSSS hosted a financial planning workshop designed to help families plan for and protect the financial well-being of their ill family member now and in the future. With BC Disability Assistance rules and other policies such as the RDSP in mind, Bill Murdock, an NSSS member and Financial Securities Advisor walked families through the ins and outs of securing the future for their loved ones. Over 50 per cent of Canadians die without a Will and many haven't had their Will reviewed and updated for at least five years. Approximately 40 people attend the workshop with topics covered such as making a Will, Discretionary Trusts, Trustee(s), the RDSP, reducing tax burden, fund provision and management. With our relatives on disability benefits some of whom now hold assets in their RDSPs they too may require a will. You can reach Bill Murdock through the Family Support Centre.



Bill Murdock,
Financial Securities Advisor



7th Annual Circle of Strength Luncheon Fundraiser
Saturday, May 30, from noon – 1 p.m.
Hollyburn Country Club, West Vancouver

You must register to attend this event. Call 604-926-0856.

Our Master of Ceremonies



Joining NSSS for a second year as Master of Ceremonies is Jon McComb, host of CKNW radio's *The World Today*. For over 20 years, Jon's informed view of politics and his humour have engaged listeners. Two years ago, Jon spoke on-air for the first time about his personal experience with depression and anxiety, after struggling for many years. He's now actively involved in raising awareness of mental illness in local communities.

Family Support Centre

Personal support and information on major mental illnesses – schizophrenia, bipolar disorder, depression, and anxiety disorders

205 - 1865 Marine Drive
West Vancouver BC V7V 1J7

Open 9 a.m. to 5 p.m.
or by appointment

North Shore/Lower Mainland: 604-926-0856
Sea to Sky: 604-849-2252

www.northshoreschizophrenia.org
info@northshoreschizophrenia.org
Twitter: @NSSSoc

Families Helping Families

Thank you to our many friends and supporters. Your donations are appreciated. We issue tax receipts for all contributions.

Our Sponsor



We welcome our new sponsor, Bouygues Building Canada.

Bouygues Building is a general contractor with offices in Vancouver and Toronto, and the support of a worldwide organization. Bouygues manages projects through their entire life-cycle, with a fully integrated approach to design, pricing, construction, and facility management. The company has carried out 1.2 million ft² of construction in British Columbia since 2008.

On behalf of the families a heartfelt thanks goes out to Bouygues Building.

Monthly Support Meetings

Come share your questions, concerns, and experiences with family members. Support group meetings for family members and close friends of those with mental illness are held each month in:

- **West Vancouver**
- third Wednesday of each month, 7:30 p.m.
- **Tri-Cities**
- second Thursday of each month, 7:30 p.m.
- **Squamish**
- second Wednesday of each month, 7 p.m.
- **Whistler**
- second Wednesday of each month, 7:30 p.m.

To register for any of the groups, call 604-926-0856, or for Whistler, call 604-966-7334.