

MOODS

Serving People with Unipolar and Bi-polar Illness, Their Families and Friends, since 1981

March 2018

Obituary

David Chowes

By Marylou Selo

David S. Chowes, one of the founders and former Chairman of MDSG, suffered a heart attack and passed away on February 26th. He was 75.

David worked as a psychologist at The Manhattan Psychiatric Center on Wards Island in New York. He taught Psychology at Marymount Manhattan College and Baruch College.

For many years, through his role as chairman at MDSG, he helped many people get to the right psychopharmacologist and get the best treatment available.

David loved to help and spent countless hours giving support, advice and information to people who suffered from manic-depressive illness (bipolar disorder).

He also lectured in New York and New Jersey and gave people courage and hope.

One of David's pivotal roles at MDSG was the recruitment and introduction of many wonderful speakers for the MDSG lecture series. They were renowned researchers and doctors in the field.

David had a great intellectual curiosity and sense of humor. He was an avid reader, lover of both opera and rock music, and was a great leader to many.

Marylou Selo is a founder of MDSG.

Obituary: Betsy Naylor

By Dr. Li Faustino

Betsy Naylor, a member of the board of MDSG, passed away on Friday, March 23rd, peacefully and comfortably. She was with MDSG for decades and will be remembered for the many roles she served, as well as her frank and upfront personality.

Betsy marks the beginning of an era at MDSG since she was around from almost the beginning. She came from a separate site meeting on Wednesdays soon to be known as “the West

Side.” Betsy was instrumental in merging that site with our Friday night site (the “East Side”), making MDSG the largest support group location in the national DBSA family.

She ran groups, was a site coordinator, recruited for our facilitator class, and served on the board for over 20 years, including as chairperson from 2002-2013. She was a fixture and familiar face to hundreds, if not thousands of group participants over the years. She was known for

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Sleeping with the White Pages

By Betsy Naylor

This article appeared originally in the May 2001 issue of MOODS.

Every night for a while, I woke up after an hour or two, quite alert, as if the sun were out. Nocturnal enticements such as e-mail, a book, talk radio or the refrigerator filled the next one- to two-and-a-half hours until I could go back to sleep. This habit of finding good entertainment didn't help matters.

I complained about not being able to stay asleep to my psychopharmacologist; I complained loudly. Trying to avoid prescribing yet another medication, he suggest-

ed an exercise. When you wake up, he said, heft the phone book (Manhattan) onto your lap and start copying the names and numbers on a sheet of paper. Do this for three weeks.

But how will this work? I asked him. Can I copy other written pages or even the Yellow Pages?

No, he answered, the point is to do something utterly and completely useless. Any activity you look forward to will not help the problem of interrupted sleep.

Thus, I began the telephone-book drill.

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Obituary: Betsy Naylor

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her brutal honesty and forward style, yet being easily approachable and relatable to many. She never carried the air of being on the board and she almost repelled from leadership, but fancied herself as one of the masses. This made her extremely well-known, and helpful in connecting the board with the needs of the groups and the many people who attended or volunteered.

One of Betsy's contributions was writing a regular piece in the MDSG newsletter, the Reader's Corner. Every issue she reviewed a relevant and current book on the topic of mood disorders. She kept us cutting edge.

She also co-taught the facilitator class for many years. I had the pleasure of teaching with her and she taught with humor and understanding. She knew how to portray the empathy and patience needed to run groups and she managed to bring her clinical expertise (she was a social worker) and years of experience together in a unique way. The new volunteers she trained learned an immense amount from her.

But perhaps her most notable and impactful role was facilitating her ever-popular topic group. For years, every Friday night, Betsy offered a group that was so popular, it got full and closed. People started coming early

to the site to sign up just to make sure they got in. It started to feel like a popular NY night club you couldn't get into. Among MDGS volunteers, she was referred to as a "rock star." While her topics were always imaginative and meaningful, it was clear that she was forging relationships, making connections, and providing help and support that became wildly important to many people. Her topic group was legendary.

MDSG is planning on holding a NYC gathering to remember Betsy. Details will be announced when they are solidified.

Li Faustino is chair of the MDSG board and a long-time friend of Betsy..

Item of Interest

10 Ways to Manage Toxic and Unhealthy People.

https://blogs.psychcentral.com/caregivers/2018/03/10-ways-to-manage-unhealthy-and-toxic-people/?utm_source=Psych+Central+Weekly+Newsletter&utm_campaign=13d16a707f-GEN_EMAIL_CAMPAIGN&utm_medium=email&utm_term=0_c648d0eafd-13d16a707f-30398969

Sleeping with the White Pages

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The payoff was immediate, and the time it took to get back to sleep grew shorter and shorter. The first time I tried it, I copied for one hour and 40 minutes. In three weeks, I was down to 20 minutes.

At this writing, I copy two to three times a week for 20 to 30 minutes. Otherwise, I sleep through with requisite bathroom breaks (no lights on).

Occasionally, a book or the refrigerator prove too tempting but never for more than half-an-hour—an astounding improvement. This system is not perfect, but not being able to get back to sleep certainly isn't the problem it used to be.

All this from sleeping with the white pages.

Mood Disorders Support Group
New York

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All information in the newsletter is intended for general knowledge only and is not a substitute for medical advice or treatment for a specific medical condition.

Ask the Doctor Send your questions about depression and bi-polar illness to newsletter@mdsg.org Questions will be answered by a psychiatrist or psychologist as appropriate and as space permits.

Ask the Doctor will return with the next issue of MOODS.