

RI ADDult Support Group

FALL 2009 / WINTER / SPRING 2010

Paper Piles and Computer Files

Papers stacked in piles on every surface. Piles line the way like flower beds line a pathway only to the most important spaces, just enough to see where you are going (if you are lucky). My desk is a sea of papers including bills, magazines, customer information, household projects and file folders that imitate organization. Boxes of papers piled up in that dark location hidden behind a closed door that no one sees filled with bills that never end, receipts for everything, magazines with that one article or picture you just can't part with, and those hobbies which are chock full of all those projects you will never get to. Ahhh, the life of an ADDer!

The plan? How about that 5 or 15 minute timer method of going through what you can and get rid of it. All geared up, pile in front of you, paper bag close by, you're on a roll and then... the timer goes off, but wait, I can't quit now! If I don't finish it now then when!

In my infinite wisdom I came to this thought, what if I get rid of the massive amounts of mail that comes each day. At least I won't be adding to the piles already causing such a problem. Hmm, maybe that is the answer. Brilliant! So off to cancel subscriptions I really don't read, mail I just do not want, and bills, which can easily be received and paid via the Internet.

Now I go to the mailbox each day, little by little the paper dwindles to a couple of pieces, some of which I can further track down and eliminate. As the piles diminish and I move to the computer to replace some of the paper, a sense of excitement comes over me (I must get a life if less paper is exciting)! I have solved the problem! There is hope!

On my desk sits this 1 1/2" x 14" x 18" cool looking computer with a beautiful photo of my garden on the screen. The bills now come in electronically, and the catalogs (which I usually just looked at anyway), can be viewed online when I feel like it, and a world of information is just a click away. From business publications to coupons for everyday items it's all in this little box and all is right with the world!

So now I have gone paperless, and aside from less clutter I am saving trees, going green, being a responsible human being, etc. Now comes the task of creating folders and putting everything into their perspective places for record keeping and organization. Files for bills, online purchases, customers, all the ideas I have seen, information I may want to have more at hand, e-mails, bookmarks of all the web-sites I have visited and catalogs I want to view, and so on. Hours on end, organize it by category, name it all so it makes sense and is easier to find, and don't forget to back it up in some kind of system! Whew am I tired! Oh, and I can't forget the ten e-mail addresses to keep all the incoming mail organized!

In my ingenious idea of organization, the decisions as to where and how to save all those electronic files has now created even more stress! My files are growing, my storage is getting smaller, my computer is slowing down, and the "important" files in their cool looking folders are now on top of my beautiful garden photo on my screen... the stress begins to mount... I have created a monster! Computer and screen clutter! Oh the torment!

Now, at the end of the day, I may just trash those computer files, go back to my paper piles and put my beautiful photo of my garden in a frame on my desk ...at least I'll know where everything is (sort of)!

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**O**ur door is open, we are here to listen, offer support, guide, and inform the ADD community. We can be entertaining and heartbreaking and share tips and success stories. We are the safest place to be as we understand. We are here for you and we look forward to meeting you.

### OPPORTUNITIES FOR SUPPORT



### ATTEND OUR MEETINGS

7 to 9 p.m.  
3rd Thursday  
of every month  
(except July, August,  
and December)

### LOCATION!

Bradley Hospital  
1011 Veterans  
Memorial Parkway  
East Providence, RI



### VISIT OUR NEW WEB-SITE

[www.riaddults.org](http://www.riaddults.org)



### CALL OUR HOTLINE 401-782-4286

Want to be removed  
from the mailing list?  
Please call the Hotline  
and leave your name  
and address and we  
will remove you from  
the list.

### IMPORTANT DATES AND EVENTS

- **September 14 - 20, 2009** • ADHD Awareness Week. See what's going on in the world of ADD! Check out [www.ADDclasses.com](http://www.ADDclasses.com). A distance education source helping people with Attention Deficit Disorder. They offer live TeleSeminars, an ADD Audio Library, ADD Coaching Programs, Books, Clubs and more.
- **October 5-7, 2009** • Register for a Virtual ADHD Conference without leaving home! Visit <http://www.profc.com/app/?af=1019343> for more information and registration. Speakers on a variety of topics include national experts like Dr. Ned Hallowell, Dr. Daniel Amen, Victoria Ball, ADD Career Coach from RI and about 15 others. Listen and learn from the comfort of your own home and telephone/computer. Recordings of all sessions are available.

## DIRECTIONS TO BRADLEY

**from the North:** take 95 South to 195 East. \*\*\*Take Exit 4 (Taunton Avenue/Riverside). Stay right (towards Riverside) and onto Veterans Memorial Parkway. Continue 2.5 miles. At the traffic light turn right into Bradley Hospital.

**from the South:** take 95 North to 195 East. FOLLOW FROM \*\*\* ABOVE

**from the West:** take Route 6 to 295 South to RI 195. Go to the end of 195. Take the 95 South Exit. Get into the extreme left lane quickly towards 195 East. Take Exit 4 (Taunton Avenue/Riverside). FOLLOW FROM\*\*\* ABOVE

**from the East:** take 195 West to East Providence Exit 6. At the end of the exit take a left onto Broadway. Continue 2.3 miles until you reach Veterans Memorial Parkway. Take a left onto the Parkway. At the traffic light turn right into Bradley Hospital..

### Parking and entrance to building:

At the rotary bear right and park in and around Lot A. Enter into the Bradley through the Main Entrance and sign in at the reception desk. The receptionist will direct you or follow the signs. \*Bradley is handicapped accessible. The visitor entrance which is wheelchair accessible is to the left of our main entrance, following the signs to our Access Center. There are handicapped parking spots right at the main entrance at the rotary.

## HEADING HOME

to 195 West and 95 North or South: Leave Bradley and turn left at the light. Travel 2.6 miles on Veterans Memorial Parkway and onto the ramp (to Providence) and 195 West. **(Watch for any road detours)** Follow to 95 North or South.

to 195 East: Leave Bradley and turn left at the light. Travel 2.4 miles on Veterans Memorial Parkway to the Warren Avenue sign. Bear right. At the 1st stop sign (Burgess Avenue) turn left. Turn right onto Warren Avenue. Travel just beyond the 4th light and turn left onto 195 East (Fall River)

## RI ADult Support Group

4 Rivet Drive  
Lincoln, RI 02865

### HAVE A GREAT SUMMER!

|             |                                                 |           |
|-------------|-------------------------------------------------|-----------|
| <b>2010</b> | <b>JANUARY</b> .....                            | <b>21</b> |
|             | <b>*FEBRUARY</b> .....                          | <b>18</b> |
|             | <b>*MARCH</b> .....                             | <b>18</b> |
|             | Special invitation to Loved ones/Friends/Family |           |
|             | Nutrition Tips for ADHD/Celiac/Diabetes, etc.   |           |
|             | <b>APRIL</b> .....                              | <b>15</b> |
|             | <b>MAY</b> .....                                | <b>20</b> |
|             | <b>JUNE</b> .....                               | <b>17</b> |

### HAPPY HOLIDAYS!

|             |                                                                                                        |                    |
|-------------|--------------------------------------------------------------------------------------------------------|--------------------|
| <b>2009</b> | <b>SEPTEMBER</b> .....                                                                                 | <b>17</b>          |
|             | <b>*OCTOBER</b> .....                                                                                  | <b>15</b>          |
|             | Therapies/Techniques That Work ( CBT, EMDR, Bio-feedback, Cogmed, Women's Therapy Group, ADD Coaching) |                    |
|             | <b>*NOVEMBER</b> .....                                                                                 | <b>19</b>          |
|             | Short presentation "New Tax Benefits" from Ann Marie Lavallee, H&R Block                               |                    |
|             | <b>DECEMBER</b> .....                                                                                  | <b>NO MEETING!</b> |

## CALENDAR

FALL 2009 / WINTER & SPRING 2010  
Every 3rd Thursday of the month