

pain connection

helping people with chronic pain and their families

In This Issue:

PAM Symposium 2013	1
Training of Trainers	3
End of Year Report—2013	4
Will 2014 be the Year of the Coalition?	5
Chronic Pain Treatment Providers' Coalition	6
Primary Care Coalition Clinics	6
Suggestions for Sleep from Lecture	8
MLK Volunteer Day of Tribute And Service	9
Filling the Gaps in Pain Care 2	9
Alison W. Bennett	9
Volunteer Thank You's	10
Combined Federal Campaign Designation	10
What is the Rockville Rewards Card?	10
Other Ways to Support Pain Connection	10
Nature Print Cards	11

PAM Symposium 2013

On September 27, 2013, Pain Connection held their annual Pain Awareness Month Symposium Format for Individualized Integrative Treatment (FIIT)© The 21st Century Model for Chronic Pain.

This year's Symposium was held at the Silver Spring Civic Center in Silver Spring, Md. The Civic Center was an excellent venue for the Symposium because it was easy to locate and parking was directly across the street. The presentation room was quite spacious with a large screen for presentations. Outside in the courtyard of the Civic Center, there was a health fair going on that tied in wonderfully with the Pain Connection event. The venue provided ample space for all of Pain Connection's sponsors to set up their respective tables. Our Pain Connection tables were directly across from the food tables overlooking the bustling courtyard and ongoing health fair. Pain Connection sold a number of copies of the book Gwenn Herman (Pain Connection's Executive Director and clinical social worker) and Mary French (Honorary Board Member and clinical social worker) wrote, called, "Making the Invisible Visible". There were also a number of Treatment Tree Plan and Pain Warriors posters sold as well. The end result was a very busy atmosphere of people interested in chronic pain issues.

Sponsors

Pain Connection's sponsors were Kolmac Clinic, NABVETS (National Association of Black Veterans), Healthcare Initiative Foundation, Pfizer, Hero Dogs and the Arthritis Foundation. Sponsors were able

to set up a table with their information and some giveaways.

Some sponsors have become members of Pain Connection and/or support Pain Connections mission. For instance, a NABVETS staff member has chronic pain and is so supportive that she asked Gwenn Herman to be a speaker at their regional NABVETS convention in Baltimore, MD on October 11, 2013. Focused on the health of their members, they see a distinct need for chronic pain to be discussed at the event.

Speakers

Gwenn Herman, LCSW-C, DCSW, our Executive Director and person with chronic pain addressed the group in attendance and spoke about her own journey with injury and ultimately chronic pain. She lives in pain every day and has experienced firsthand the domino effect that chronic pain has on the mind and body. Although she started out with an injury she was left, years later, with a myriad of conditions to contend with every day. Gwenn's presentation was on The FIIT Model© which included the Psychosocial Stages of Chronic Pain and the Treatment Tree Plan.

Dr. James Houston, CDR, MC, USN, is the Director of the Wounded Warrior Pain Management Initiative, Chief of the Division of Pain Medicine and Director of the Walter Reed National Military Medical Center Interventional Pain Center. His talk focused on the treatment methods used at Walter Reed with the Wounded Warriors. Dr. Houston spoke about how the military is beginning to embrace less conventional methods of treatment such as

acupuncture. As such, the ear represents the body. By placing very small needles in these areas the patient can get relief to the related body part. In fact at the end of his talk Dr. Houston placed small needles in the ears of those symposium participants who wished to experience acupuncture.

Dr. Houston told the audience that the military is now using ketamine as the main pain killer. It is exponentially stronger than the opioids in common use today. He explained that ketamine does not cause the side effects commonly seen with hydrocodone use.

Dr. Ann Berger is the Chief of Pain and Palliative Care at the National Institutes of Health Clinical Center. Dr. Berger discussed the need for a nurturing interdisciplinary team in palliative care. These include Rehabilitation, Social Work, Pharmacy, Grief Counseling, Alternative/Complementary medicine, Nutrition and Spiritual guidance.

There are differing types of pain and it is imperative for the doctor to perform a Comprehensive Assessment of that pain. This includes how the pain impacts the life of the patient. Once the type and scope of the pain has been determined the doctor then chooses between Pharmacotherapy (analgesics including but not limited to opioids), Noninvasive interventions (such as psychotherapy and relaxation techniques) and Invasive interventions (such as nerve blocks and injections).

In closing Dr. Berger discussed the importance of recognizing the patient's spiritual beliefs and bringing those beliefs into the healing process.

Dr. Alan Pocinki is a general Internist specializing in Chronic Fatigue Syndrome and related conditions and is an Associate Professor at George Washington University School of

Medicine. He specializes in chronic pain, depression, sleep problems and fatigue. He discussed how this cluster of symptoms becomes a vicious cycle that requires a comprehensive treatment plan.

Dr. Pocinki went on to stress the importance of determining the individuals underlying conditions and then creating an individualized treatment plan. He stressed, however, that two patients with the same set of underlying conditions can have vastly different responses to the underlying condition.

Treatment plans are designed to relieve pain, improve daily functioning and help the patient simply "feel better". In creating the plan it is important to remember that often pain is the intersection of depression, fatigue and poor sleep.

Dr. Pocinki went on to discuss sleep and the difference between restorative sleep and non-restorative sleep. By performing a sleep study the doctor can pinpoint the type of sleep that the patient is getting, thereby helping the doctor when he or she formulates the treatment plan.

Ultimately the doctor told us that it is a complex "mixed bag" of treatments that he finds most effective in treating pain, fatigue and depression. This results in less pain intersecting with improved mood, more energy and better sleep.

Practicums

In between speakers, throughout the day there were practicums given by practitioners of complementary therapies. These focused on massage, acupuncture, and gentle movement.

Lisa Marie Price, M.Ac., L.Ac., Dipl.Ac (NCCAOM), acupuncturist, has been in practice for more than 20 years. Ms. Price explained, as did Dr. Houston,

that in acupuncture, points on the ear represent points in the body. She showed us a slide of the ear with it's over 40 points and their respective body parts. She explained how to do acupressure in the ear by feeling along the ear, making sure to feel if there was one spot even slightly more sensitive or sore than any other. Once that spot was determined all that needed to be done was to massage the sore spot diligently. Some folks in the audience were able to feel a sore spot almost immediately, while others were not able to detect a spot in particular to massage.

Kim Thompson, is a Yoga teacher, trained in Feldenkrais®, Bones For Life®, Sounder Sleep™, CranioSacral Therapy, Balance and Spacial Dynamics® and Gentle Movement Specialist. She showed the symposium attendees, how simple movements in their everyday experience could have great impact on the pain they have. Ms. Thompson, demonstrated several of these movements and the response for the attendees was very favorable.

Lee Ann Blank, is a LMT, massage therapist, and specializes in Swedish, Deep Tissue, Myofascial, Mama Lomi and Myoskeletal Alignment. She demonstrated how we could all administer self-massage throughout the day to ease pain. Lee demonstrated a sort of "karate chop" that one could use to circulate the blood up and down the arms, front of the legs and then the sides.

To round out this highly successful event, County Executive Isaiah Leggett, read a proclamation proclaiming September to be Pain Awareness Month! He did so surrounded by the symposium attendees, the sponsors of the event and Pain Connections Board of Directors and staff.

Training of Trainers: Expand Your Practice! May 3 & 4, 2014

“Design and Implement an Integrative Multimodal Treatment Plan: The 21st Century Model for Chronic Pain”

A program designed to train professionals who want to work with clients with chronic pain, their families and groups.

- Learn to create a paradigm shift
- Empower your clients to utilize their own internal healing abilities
- Understand the psychosocial stages of pain and grief
- Incorporate Complementary Health Approaches
- Expand your practice to include this growing population

Tools and skills that participants will take away:

- Qi Gong movements
- Gentle Movement
- Biofeedback
- Cognitive Reframing
- Relaxation Response
- Acupressure
- Self-massage
- Developing Treatment Tree Plan
- Breathing Techniques

“This program is Approved by the National Association of Social Workers (Approval #886473645-2663) for 9 [SOCIAL WORK] continuing education contact hours.”

Each participant receives:

- Making the Invisible Visible: Chronic Pain Manual for Health Care Providers By Gwenn Herman, LCSW-C, DCSW and Mary French, RN, MSW, LCSW-C
- Handouts on techniques taught.

Cost: \$300 (includes two days of training, manual, handouts, CEU's for Social Workers). Reserve your place now.

Location:

Pain Connection-Chronic Pain Outreach Center, Inc.
12320 Parklawn Drive
Rockville, MD 20852

Trainers:

Gwenn Herman, LCSW-C, DCSW
Paula Mintzies, D.S.W.
Kim Thompson, Yoga Practitioner
Lisa Marie Price, M.Ac., L.Ac., Dipl.Ac. (NCCAOM), Acupuncturist
Michael Sitar, PhD

Register at www.pain-connection.org/classes/trainthetrainers.html

Pain Connection Chronic Pain Outreach Center, Inc.
12320 Parklawn Drive, Rockville, MD 20852
Tel: 301-231-0008
Fax: 301-231-6668
www.painconnection.org

End of Year Report—2013

Pain Connection—Chronic Pain Outreach Center, Inc. has been busy with outreach and creating partnerships and collaborations throughout 2013. Through a multi-pronged approach Pain Connection has made strides with its outreach to the military and veteran population of the county and has also begun to partner with the Montgomery County Primary Care Coalition clinics. Pain Connection has continued to reach out to the community by partnering with Montgomery County pain doctors and pharmacists, as well as complementary and alternative medicine practitioners. Pain Connection also continues its education and training efforts that directly impact people with chronic pain, as well as all manner of caregivers such as doctors, nurses, social workers and counselors. Through regular participation in community meetings (such as the Gaithersburg Providers meeting and Montgomery County Commission on Veterans Affairs meeting) we are able to meet with other providers in Montgomery County to spread the word about our services and

make partnerships with other non-profit organizations.

Military/Veterans

To date, Pain Connection has met with and established a reciprocal working relationship with Serving Together. Serving Together brings all military and veteran resources in Montgomery County together in one comprehensive website and attempts to bring the service member's/vet's needs together with those services. Pain Connection is listed as one of the Serving Together resources. Serving Together works under the Montgomery County Department of Health and Human Services. We have made a reciprocal working relationship with this broader county entity as well, and regularly receive e-mails and distributions regarding health and military/veteran concerns. We are referred by the county if a vet needs our services.

In addition, we have been attending the Montgomery County Veterans Collaborative meetings. In attendance are other non-profit organizations dedicated to supporting military

members and veterans in receiving the benefit of any and all resources available to them. Some examples of other non-profits that attend these meetings (and with whom we have introduced ourselves and are working towards reciprocal relationships) are: Easter Seals, Gold Star Mothers, Yellow Ribbon Fund, Student Veterans of America, Vet Centers and so many more. The meetings take place every other month.

We also regularly attend the Montgomery County Commission on Veterans Affairs meeting. The purpose of these meetings is to allow the many veterans service organizations and non-profits whose mission includes military/vet's needs, to have a platform to bring pressing issues up for discussion and to introduce services to the broader community. The meetings are open to the public and often there are indeed members of the community, as well as scheduled speakers, in attendance. These meetings are an excellent way for Pain Connection to tell the community at large what we offer military and veterans through our Pain Warrior Program. The meetings take place 2–3 times per year.

Pain Connection established a solid working relationship with the Resiliency Department of Walter Reed (a division of Behavioral Health). We have been manning tables at Walter Reed at least once a month for several months. Our table has attracted scores of military members, veterans, family of service members or vets and medical personnel who take care of this population. We have also established relationships with the seriously wounded men and women living at Walter Reed while they are receiving their medical and rehabilitative services. Several of these men and women have expressed a desire to attend our Pain Warrior classes. However, this population is receiving medical or rehabilitative services all day every day, sometimes for years and



*Maryland National Guard Yellow Ribbon Reintegration Program
Pre-Deployment April 5, 2014*

requiring numerous surgeries. Their schedule does not allow for services off base during the day time. Although we have made numerous contacts while manning the tables and through our other outreach efforts at Walter Reed, it has become clear that it is difficult for seriously injured military folks to attend Pain Warrior classes at our location. Therefore, Pain Connections next step is to begin Pain Warrior classes at Walter Reed through the Resiliency Department. Currently we are busy with outreach to that end.

Pain Connection has met with the Silver Spring Veterans Center. The center agreed to refer people our way as they have many folks at the center who have chronic pain.

Pain Connection has also forged a reciprocal and solid working relationship with NABVETS (National Association of Black Veterans). In fact Pain Connection was listed as a key note speaker at the NABVETS regional conference in 2013.

It is also important to note that we have contacted all the state and county representatives to inform them of what we can do for the military and veteran population as well as for the general population in Montgomery County and beyond.

Will 2014 be the Year of the Coalition?

By Malcolm Herman, Esq.

Will 2014 be the year of the coalition? Will pain organizations come together with a united voice to face the numerous difficult challenges facing their members? The year has started in a promising fashion with Pain Connection participating in two major national meetings.

The first meeting was hosted by the Pain Action Alliance to Implement a National Strategy (PAINS) in Washington, DC. PAINS is an alliance convened by the Center for Practical Bioethics to advance the recommendations of the Institute of Medicine (IOM) report "Relieving Pain in America: A Blueprint for Transforming Prevention, Care, Education, and Research" published in June 2011. The aim is to develop a national strategy to transform the way pain is perceived, judged and treated and to establish chronic pain as a public health priority. The IOM report was detailed and comprehensive. In order to implement the recommendations the National Institutes of Health (NIH) set up a task force to provide detailed guidelines. The pain community is alert to the danger that the IOM report will be passed from task force to committee without concrete action, especially at a time when the country is preoccupied with the politics of the Affordable Care Act.

The second meeting was hosted by the American Academy of Pain Management's State Pain Policy Advocacy Network (SPPAN) in Nashville, Tennessee. Leaders from fifteen organizations representing the pain community spent two days working hard to develop a plan for joint action to mobilize public support for the implementation of the recommendations of the NIH task force. These recommendations should be released this summer and it will be essential to ensure that prompt action be taken to make them a priority. The coalition jointly developed four key talking points:

1. Chronic pain is a real and complex disease that may exist by itself or be linked with other medical conditions.
2. Chronic pain is an unrecognized and under resourced public health crisis with devastating personal and economic impact.
3. Effective pain care requires access to a wide range of treatment options.

Membership

We Need You! Chronic pain is still a new and developing field in medicine and mental health.

We Need You! There still is not enough awareness by the public to try and solve this debilitating problem.

We Need You! Chronic pain is not pressing on the minds of government, foundations and private donors.

We Need You! In order to support and further develop out programs.

Take a Stand! Help solve this pressing problem, become a member and grow with us!

Join Pain Connection Today!!!

- Your payment of a \$40.00 annual membership fee may be made in the following ways:
- Credit card on-line through our secure server.
- Check mailed to Pain Connection with completed application form.
- Fax your completed application and credit card information to 301-231-6668.
- Through Network For Good and Razoo which are secure services. Please also send in an application form for our records.

Your membership benefits include:

- DISCOUNTS of up to 25% with local wellness providers
- DISCOUNTS on our trainings, groups, symposiums and DVDs
- Monthly notices of support group meetings and the Professional Speaker Series by mail, email and/or phone call
- Chronic Pain resources
- Pain Connection's newsletter
- Contact information for your local support leader (on request)
- Health care practitioner referral list for your geographic area (on request) In serdiem quonsilin iu

4. Allowing people to suffer with unmanaged pain is immoral and unethical.

In the past, the pain community has suffered from fragmentation and the absence of a unified voice, but all the stakeholders understand that it is essential to work together if the excellent recommendations of the IOM report are to come to fruition. The hope is to create a more integrative approach to pain care, taking advantage of the improved access to healthcare offered by the Affordable Care Act, to improve education of medical providers, to remove barriers to receiving needed therapies. Pain Connection's mission is to remain in the vanguard of this mission and to continue to participate in the new coalitions.

Join the Chronic Pain Treatment Providers' Coalition!

On behalf of the Founding Members* of a newly established coalition of pain providers,

This network, the Chronic Pain Treatment Providers' Coalition (CPTP) has come together to more efficiently and effectively serve the chronic pain community, including individuals with chronic pain and their families. The Coalition is committed to working together to achieve the following goals with the Washington DC metropolitan area:

- Expand knowledge about treatment options among people with chronic pain;
- Create awareness about prevention and the under-treatment of chronic pain;
- Promote the rights of patients and providers;
- Stimulate broad-based support for treatment research; and
- Contribute to the healing process for people with chronic pain and their families.

CPTP will offer its members:

- Networking opportunities to meet and share with other chronic pain treatment providers;
- Possible collaborations;
- Referrals; and
- Opportunities for education, training, and discussion with speakers about the latest research in the field, publications and treatments.

We hope you will see this as an opportunity to expand your outreach and current collaborations as we work together to foster treatment options for people with chronic pain.

We would appreciate your completing the following survey <https://www.surveymonkey.com/s/WPWTVN8>.

Also, please contact me with your response or with any questions, gwen@painconnection.org

Sincerely,

Gwenn Herman, LCSW-C, DCSW
Executive Director

Founding Members of the Chronic Pain Treatment Providers Coalition

- Pain Connection—Chronic Pain Outreach Center, Inc.
- Village Green Apothecary
- Dr. Michael April & Associates
- Seneca Physical Therapy and Wellness Center
- Hope Connections for Cancer Support
- Healthpointe Acupuncture
- S.E.B. and Associates, Inc.
- Interstitial Cystitis

Primary Care Coalition Clinics

In addition to our work with the military and veteran community, another priority of Pain Connection is our work with the Montgomery County Primary Care Coalition (PCC) clinics. Indeed we have begun a pilot program involving several of the PCC clinics. The pilot program involves introducing Pain Connection and its services to the clinics, training personnel about chronic pain, establishing chronic pain protocol, screening procedures and establishing a referral system that will enable the clinics to refer patients with chronic pain to the Pain Connection.

We met with the Muslim Community Center, Mercy Health Clinic, Community Clinic, Holy Cross Health Center, Mary's Center for Maternal and Child Care, Mobile Medical Care, The People's Community Wellness Center,

Chinese Culture and Community Service Center/Pan Asian Volunteer Health Clinic and Community Ministries of Rockville-Mansfield Kaseman Clinic. Contacts were made with all of the remaining PCC clinics. Pain Connection advocated to have "Pain Management" listed in the new Electronic Medical Records and is listed as a referral.

Other outreach efforts

Pain Connection has attended multiple and varied veteran and military events in an effort to bring about awareness of pain in the military. The Veterans Curation Program employs recently returning veterans in a very unique way. The group has vets clean, categorize, summarize and store all manner of materials (such as rocks, bones and other detritus) unearthed by the Army Corps of Engineers. This paying, short term job gives vets skills critical to transitioning back into the work force. Although at first glance, it may not seem that we

would have attended this event, we are aware that health issues such as chronic pain, are distinct barriers to employment for veterans, hence we extend our outreach to include various veteran events. Pain Connection was invited to come meet the folks who run the program and the vets who are employed by the Curation Program. We were given a tour and spoke to many people in the veteran community about our mission.

Although Congressman Tim Ryan (D Ohio) is not himself a veteran, he has become something of a veteran champion. He is especially involved with mindfulness meditation and how meditation can help those who have served. After himself writing a book on meditation (A Mindful Nation) he introduced a highly successful event that brings meditation professionals (such as Tara Brach) to congress for half hour weekly meditation sessions. Through outreach effort with Mr. Ryan's staff member in charge of veteran's issues, Pain Connection is proud to be the only entity invited into these sessions, other than staff of the congressional offices. Because Mr. Ryan often attends these sessions himself, Pain Connection has met with him on several occasions, always taking the opportunity to discuss our mission. It is our intention to invite Mr. Ryan to speak at one of our Pain Warrior groups.

Recently Mr. Ryan became involved in making a documentary about veterans and meditation and Pain Connection was invited to the screening at the U.S. Capitol visitor's center auditorium.

Yet another outreach opportunity we have had is with Second Service. Second Service was created by Georgetown University students. These students are in the military and also want to serve in a political capacity, their "second service" to the county. They bring together veterans who have become successful politician with students to talk about

what led them on their paths. At these highly attended lectures, many people in the political world and the military and veteran world also attend. Pain Connection met with Kelly Stormer of Warrior Pathways at a second service event. Warrior Pathways received a large Wounded Warrior grant this year for its work establishing a national website where all military and veteran services are listed and accessible. Pain Connection is listed as a Warrior Gateway resource.

Twice a year the Gaithersburg Coalition of Providers meets to invite selected members to address the group, share information about their organizations and services, and to discuss issues pertaining to the members. Members include Gaithersburg agencies, Gaithersburg non-profits and the broader Montgomery County agencies and non-profits that have services in Gaithersburg and beyond. At each meeting between 50 and 75 men and women attend who represent these organizations. By meeting with other providers in Gaithersburg, Pain

Connection can spread the word about its services to a wide range of people who help others in a variety of ways throughout Gaithersburg and beyond.

Once a month the Non Profit Village (the entity in which Pain Connection has its office) holds social events designed to introduce Non Profit Villagers to each other. By meeting with the other representatives of the non-profits, Pain Connection can share our mission and discuss our services.

Another aspect of our outreach is our representation at various health related fairs. To that end we manned a table at the Silver Spring, MD. Boomer's Fair. Designed to address the health and wellness needs of those over 50 years of age, this fair was incredibly highly attended. Hundreds of people walked by our table and scores of people took our materials. We also manned a table at a Pan Asian Fair that was designed to meet the health needs of the Indian, Pakistani and Asian population's needs in the Rockville, MD. Area. This event was also well attended and Pain Connection was there, spreading the word about what we



David Gleekel demonstrating Reiki at a Pain Connection Speaker Series at Holiday Park Senior Center. See page 10 for more information about the next talk.

Suggestions for Sleep from Lecture

By Molly Carr, NP, Herbalist and Nutrition Specialist

Always check with your doctor.

Trial and error process

- Reduce caffeine during the day to one to two servings before noon.
- Eat regular meals—eat three regular meals with protein, modest amount of carbs, veggies. Reduce sugar and carb intake. Eat regularly with reduced carbs and sugar helps encourage deep undisturbed sleep.
- Daily exercise of 30 to 60 minutes total duration this can include chair exercise or walking.
- Reduce light and screen exposure after 6 pm. In the evenings turn off media and telephone one to two hours before target bedtime. Never keep the television on in your bedroom. Reduce lighting in bedroom to one small night light. Make sure alarm clock screens are dimmed or directed away from the head of the bed.
- Herbal capsules or teas that help with sleep. There are some herbal sleep formulas that are very good and available at health food stores and apothecaries.
 - Chamomile/ capsules—also Sleepy Time Tea is also good for stress
 - Passion flower
 - Catnip
 - Valerian
 - Hops
 - Lavender
 - Ashwagandha
- Supplements that encourage sleep
 - Restful Sleep at Whole Foods
 - Calcium and magnesium citrate 200–500mg 3 times a day.
 - Natural calm at whole foods
 - Melatonin sublingual by Source natural 1mg at bedtime may repeat every 20 minutes up to 6 times per night.
 - Source naturals 5HTP (vitamin shop or .com) but only if you are not on serotonin drugs as you can get too much serotonin.
- Take hot shower with lavender gel or a bath with Epsom salts and lavender before bed. Foot baths can also be helpful. Also essential oils heart mix on pajamas or bed clothes.

Example of a client's helpful trial and error combination included: 6 chamomile capsules, 2 calcium mag citrate, melatonin.

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c-301-814-6317

do and how we can be of service to those in chronic pain.

Our outreach has extended to the area hospitals and clinics as well. We have met with the staff at the new Cancer Center at Shady Grove Adventist Hospital, Holy Cross Hospital's Pain Management Department, Gaithersburg's All Day Clinic, Dr. Michael April & Associates, Dr. Reza Ghorbani, Healthpoint Acupuncture and Massage Associates.

Pain Connection is busy making outreach efforts to other people who run support groups for people in pain. As an example, we met with the Virginia Fibromyalgia support group and the D.C.-based Meet Up Chronic Pain support group. In both instances cited we discussed possible collaborations and agreed to be resources for each other.

Going forward

Going forward Pain Connection envisions stronger collaborations with the Primary Care Clinics and with area hospitals and health clinics. We also see many more collaborations with area Chronic Pain physicians. All these collaborations would allow Pain Connection to be a resource to many County clinics, hospitals and physicians. Lastly, we see Pain Connection working further with County agencies providing services to the underinsured and the underserved.

Martin Luther King, Jr Volunteer Day of Tribute And Service

The Martin Luther King Volunteer Day of Tribute and Service was held at the Bethesda Marriott North Conference Center on January 13, 2014. Volunteer organizations from all over Montgomery County took part in this annual event, and Pain Connection was once again

represented by Board member Neil Goldstein and his wife Cordelia.

Many people stopped at the Pain Connection table including Montgomery County Executive Isaiah Leggett who always likes to say hello to Neil. People were most interested in “Pain Connection Live” and were pleased that such support is available to people suffering from pain. About a dozen people signed up to be part of our mailing list, and a few expressed some interest in volunteering for the organization. Many people took Pain Connection brochures, pens, tote bags and the most popular item, especially with the teens, was the “brain” stress releaser. A good day was had by all.

Filling the Gaps in Pain Care (FIG) 2

By Anne Smith

I am a participant in Pain Connection’s FIG 2 class. Unlike my first experience in FIG 1, which was with a large group, this group is personal and intimate with having only a few participants. This has made for more time to introspectively work on ourselves individually. We have more freedom to share the challenges that life brings us as we each deal with chronic pain in our own ways. We are all faced with how to be who we are NOW. How do we “BE” the mothers, wives, employees, friends and family members to those who rely on us to function at one level but we have decreased capacities to deliver? How do we gain the support of those people to have a modicum of compassion for us when it’s hard for us to understand our pain let alone asking them to?

The word **BE** is an action word which requires us to be doing something. That something may cause us pain. How? Well, “BE”ing a parent can cause us pain when we’re the main chauffeur to shuffle

Alison W. Bennett

Alison has been volunteering at the Pain Connection since the end of 2013. Until November 2013, she was Director of Communications at the non-profit, International Neuroethics Society where she led the newsletter, social media, and development activities. After 21 years in the Federal Government, she retired in October 2011 from the National Institute of Mental Health (NIMH)—at the National Institutes of Health (NIH). Her duties there included translating research accomplishments and plans into language for the US Congress and the public. She also guided events for patient and family advocacy organizations and for representatives of guilds and groups representing clinicians and researchers. Alison served as acting director of the office in 2008 and in 2009 she stepped in as the Acting Director of the Outreach Partnership Program. This program has 55 outreach partners in every State, Puerto Rico, and the District of Columbia, as well as partners from more than 80 professional, consumer, advocacy, and service-related organizations. Their goal is to communicate research findings more quickly at local and state levels.



Alison graduated from the Charles E. Ellis School for Girls and Bucknell University, and received a M.Ed. from Towson University. She has a certificate in legislative studies from the Government Affairs Institute at Georgetown University.

them to seemingly non-stop events and activities. “BE”ing a wife can cause us pain when it is time for intimacy or just the simple act of touching. Fibromyalgia pain warriors have to fight to allow people to touch us. This can put up an invisible barrier to those who love us. “BE”ing an employee with chronic pain can set us up to be looked and treated differently especially when we have excessive call-outs because we can’t function enough to work. “BE”ing a friend and family member may mean different things for us than it means for them like saying no to a movie in a movie theatre but saying yes to inviting someone over to watch a movie. We have to control our environments whereas others may not have to. Oftentimes people do not understand.

Our Well “BE”ing is in our hands to determine. Unfortunately, we cannot

leave that up to others to decide for us. We have to be the ones to set parameters that allow us to “BE”. Simply saying “We will ‘BE’ somewhere at a specific time,” is a challenge. We have well-intentioned motives to arrive on time but when our pain flares up, motives go out the window and we may end up late. Or we may attempt to “BE” present for our child’s sporting event but in all actuality, sitting for long periods of time may not be the best option for us. We may have to make an appearance and leave early or if it’s a bad flare up, we may miss it altogether.

Our focus on the word “BE” is more simplistic. We just want to “BE” pain-free—for a day and have those days add up. We want to “BE” able to function. We desire to not have to say to those who love us “Just let me “BE”!”

Upcoming Meetings

"PAIN CONNECTION LIVE" CONFERENCE CALLS

1st Thursdays, 1:30–2:30 p.m. EST
3rd Thursdays, 7:00–8:00 p.m. EST
Registration is required for each call.
For more information, email info@painconnection.org or call 301-231-0008.

DMV SUPPORT GROUP

2nd Monday, 1:00 - 2:30 PM
Pain Connection Office
Gwenn Herman, LCSW-C, DCSW,
Group Leader (301)231-0008

PAIN WARRIORS HAGERSTOWN

Wednesdays, 6:30-7:30 p.m.
Emmanuel United Methodist Church
802 Summit Avenue
Hagerstown, MD 21740
Group Leader—Stephanie Snyder,
LGPC, Pain Connection Graduate
School Intern at 301-992-3070 or
stephanie@painconnection.org

VIRGINIA SUPPORT GROUP

2nd Wednesdays, 1:30–3:00 p.m.
Kaplan Center for Integrative
Medicine
6829 Elm Street, Suite 300
McLean, VA 22101

FILLING THE GAPS IN PAIN CARE

Next session starts October 2014
For more information, email info@painconnection.org or call 301-231-0008.

SPEAKERS SERIES

May 19 - Michael Hennessey

"Learning the Tools for Stress and
Pain Management in your Health
Food Store"

June 23 - Marjorie Viega, author of My Lyme Guide

"Managing the Medical Mayhem"

1:15–2:15 p.m.
Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, MD 20906
240-777-4999 (directions only)

Volunteer Thank You's!!!

Herb Dubin, Mary French, Kim
Thompson, Lisa Marie Price, Sherry
Hutchinson, Lee Blank, Richard C.
Wilson, OTR, Stephanie Snyder,
Denise Pirnea, Cordelia Goldstein, Neil
Goldstein, Malcolm Herman, Elsie
Ferguson, Frances Stanford, and Michael
Sitar.

Combined Federal Campaign Designation

Our Combined
Federal Campaign
designation is #62705.
Please designate us
on your donor card at
work or when making a donation! Also,
tell your co-workers, family, friends and
neighbors.



What is the Rockville Rewards Card?

By purchasing a Rockville Rewards card,
you can support local businesses, access
unlimited discounts, and help raise
money for Pain Connection! **100% of
all sales go to the non-profit of your
choice.** Cards are on sale now for \$10
online and through our local non-profit
partners.



With cards valid for discounts around
town from September 1, 2013 until
August 31, 2014 cardholders still have

plenty of time to enjoy discounts at
businesses all around Rockville.

Check out the discounts at: <http://www.rockvillerewards.com/where-to-use-your-rewards-card/>.

Other Ways to Support Pain Connection

Direct donations

A donation to Pain Connection makes
a wonderful gift for you to send to your
friends and family. It's tax deductible
for you, and your friends and members
of your family will know that the gift
comes straight from the heart. Send your
gift donation and donations for your
friends and family to Pain Connection at
12320 Parklawn Drive, Rockville, MD
20852.

Donate your car to Pain Connection

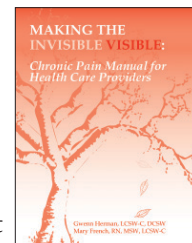
Pain Connection has
made arrangements
with a company called
CARS (Charitable
Auto Resources) to
enable us to accept
donations of vehicles in an efficient
and cost effective manner. If you have a
vehicle (car, truck, RV, boat, motorcycle,
or other vehicle) you no longer want or
need, please consider donating it to Pain
Connection. To learn more, call CARS
at 877-537-5277



Give a gift!

Making the Invisible Visible: A Chronic Pain Manual for Health Care Providers

Pain Connection's
*Making the Invisible
Visible: A Chronic Pain
Manual for Health
Care Providers* is a
comprehensive and
unique publication that
contains up-to-date



information on chronic pain, exercises and handouts for developing coping skills and strategies, and insights and experiences of chronic pain sufferers and their families.

Written by Gwenn Herman and Mary French, who each have more than 25 years of experience as health providers and also live with chronic pain, the 262-page manual examines a wide range of topics including:

- Myths and misconceptions about chronic pain clients
- Psychosocial effects of chronic pain
- Pain Connection's Support Group Model
- Complementary and alternative treatments

Ms. Herman's and Ms. French's firsthand exposure to the difficulties of getting healthcare providers to properly recognize, diagnose and treat chronic pain makes this an excellent resource for both professionals and patients.

Dr. Gary Kaplan, Founder and Medical Director of
The Kaplan Center for Integrative Medicine

The book is \$25.00, plus \$5.00 shipping and handling fees plus tax. To order, go to www.painconnection.org or call 301-231-0008.

Pain Awareness Month Symposium, From Research to Clinical Practice

Pain Connection's *Pain Awareness Month Symposium, From Research to Clinical Practice* DVDs are still available. If you missed the symposium you can see presentations by Dr. Gary Kaplan, Osteopath, Pain Specialist, Kaplan Clinic, "Treating Depression and Chronic Pain" and Dr. Alan Pocinki, Internist, Chronic Fatigue Syndrome (CFIDS) Specialist, "Developing an Individualized Treatment Plan for Chronic Fatigue Syndrome".

Cost for both DVDs: \$30 non-member
\$25 member. For one DVD: \$20 nonmember \$15 member.

Nature Print Cards

People in pain often find comfort in nature. A walk in the woods or along the beach, the crackle of leaves, the fragrance of the forest, the sound of the waves—all are good medicine for those suffering pain of any kind.

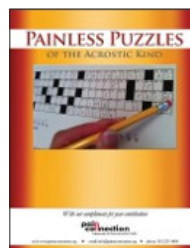
That is why we offer colorful Nature Print cards for sale. Local printmaker Myra Mensh Patner has given them to Pain Connection, and all funds the sale will go directly to the organization. One can buy them all year round as gifts or use them yourself. Nothing is more compelling than a hand-written note in today's world of email and texting. Printed directly from ferns, Queen Anne's Lace, hickory and oak leaves and more, the intensely colored cards are sure to be a balm for anyone you care about.

Pain Connection offers the cards individually wrapped with envelopes included for \$5 each or \$20.00 for a package of five (plus \$1.50 for shipping and sales tax). One might even want to frame them—people often do. We will send the cards directly to you as soon as we get your order. To see all eight different notecards, go to <http://www.pain-connection.org/updates/cards.html>.



Painless Puzzles, Volume 2

For donations of \$25 or more, donors will receive a free gift of the second volume of *Painless Puzzles of The Acrostic Kind*, created by Pain Connection Board member Neil Goldstein. The book contains 52 acrostic puzzles originally published by the Tribune Media syndicate and edited by the Quote-Acrostic guru Charles Preston. Donation forms are available from our website www.painconnection.org. Donate now and receive the book as our thanks!



There are 100 million Americans suffering from chronic pain who are not receiving the treatment they need. Many fall between the cracks in their own private health insurance, workman's compensation, and disability benefits. Others are helpless because of a lack of insurance.

Pain Connection's mission is to help people with chronic pain improve their quality of life, decrease their sense of isolation and take a more active role in their treatment. We do this by providing information, psycho-social support, skills-building and training to people with chronic pain, their families and health care providers.

Pain Connection is a 501(c)(3) human health service agency and was incorporated in 1999.

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