

pain connection

helping people with chronic pain and their families

Annual Pain Awareness Month Symposium

Pain Connection's annual **Pain Awareness Month Symposium** will be held on **September 27, 2013** at the new Civic Center in Silver Spring, Maryland. The topic of the symposium this year is "**Format for Individual Integrative Treatment (FIIT)©—The 21st Century's Model for Chronic Pain**".

In recent years, there have been great strides taken in the treatment of chronic pain. However, many treatments focus on the short term relief of pain, but fail to take into account the long term effects of pain as a chronic condition. These effects could include psychosocial, psychological and adverse neurological reaction's .

Chronic pain afflicts both the civilian and the military population. Whether the onset is from an accident, explosion, amputation, sports injury, cancer, tumor, diabetes, stroke or migraines, the whole person is affected. Treatment must deal with the complexity of chronic pain and the stigma of an invisible disease. Pain care must be tailored to each person's experience. Our Symposium brings together leading experts in the field who will discuss how to create an integrative, multimodal treatment plan

Key Symposium Speakers

Dr. James S. Houston

Staff Anesthesiologist, Walter Reed National Military Medical Center (WRNMMC) Director, Wounded Warrior Pain Management Initiative Chief, Division of Pain Medicine and Director, Interventional Pain Clinic.

Dr. Houston currently serves as the Director of the Wounded Warrior Pain Management Initiative and Chief of the Division of Pain Medicine and Director or the WRNMMC Interventional Pain Clinic.

CDR Houston's current research and program interest include wounded warrior care, multidisciplinary perioperative pain management, IV ketamine, cancer pain collaboration, percutaneous intradiscal therapies, implantable devices, and Department of Defense (DOD) wide training and certification of acupuncture specialist.

In serving as Chair on the Sole Provider Committee, WRAMC he is dedicated to helping expand the program and ensuring that others will understand the importance of such a program in continuity of care for medications. Also, in 2005 through the Helms Medical Institute he received accreditation at the David Geffen School of Medicine at UCLA for Medical Acupuncture. In 2005 and 2006, Dr. Houston developed and implemented the first inpatient Acupuncture Pain Service at Johns Hopkins Hospital.

Dr. Ann Berger

Dr. Ann Berger earned her undergraduate degree, a B.S. in nursing, from New York University, followed by an M.S.N. in oncology nursing from University of Pennsylvania. After working as an oncology clinical nurse specialist for several years, she completed her medical training at Medical College of Ohio in Toledo. Dr. Berger next did an internship and residency at Hartford Hospital in Connecticut and a fellowship in medical oncology and

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pain/palliative care at Yale University in Connecticut. Then, as an assistant professor in medicine and anesthesiology at Yale, Dr. Berger started a palliative care service.

Dr. Berger founded her second successful palliative care service while serving as an assistant professor in medicine and anesthesiology at Cooper Hospital/University Medicine and Dentistry in New Jersey. During her four-year tenure there, her service was actively involved in the care of patients and in education and research. She initiated a palliative care course for medical students, residents and fellows and also used her expertise while chairing the ethics committee.

In addition, Dr. Berger served as medical director of Lighthouse Hospice and as director of supportive care services at Cooper Hospital/University Medicine and Dentistry in New Jersey. During this time she received two grants as project director of a pain and palliative care scholars program and as project director for a project designed to develop pain/palliative care teams in New Jersey long-term care facilities.

Since August 2000, Dr. Berger has been chief of the Pain and Palliative Care Service at the National Institutes of Health (NIH) Clinical Center, where she has clinical, teaching, research and administrative responsibilities.

Nationally, Dr. Berger has been chair of the NIH CC Pain and Palliative Care Collaborative Working Group and member of the steering committee for the National Palliative Care Consensus Project. Internationally, Dr. Berger has been involved with the NCI All-Ireland fatigue consortium, the NCI Coratian Cancer Consortium and the Mideast Cancer Consortium teaching palliative care in multiple different countries in the world.

Dr. Berger has written several articles and books, such as, *Cancer and Chronic Pain: Myths and Facts* and *Healing Chronic Pain*.

Dr. Alan P. Pocinki

Dr. Pocinki received his degree from the Cornell University Medical College. He completed his internship and residency at Washington Hospital Center. Dr. Pocinki is a Clinical Associate Professor at George Washington University Medical Center, and a Fellow of the American College of Physicians. He has served the D.C. Medical Society in a variety of capacities, including as a Member of its Board of Trustees, and was honored for his work by the Medical Society with its Distinguished Service Award. He has also served as the President of the D.C. Society of Internal Medicine, and was named the national Young Internist of the Year by the American Society of Internal Medicine in 1997. His patients have voted him one of the “Top Primary Care Doctors in Washington” in a leading consumer magazine, and his peers have similarly voted him one of Washingtonian magazine’s “Top Doctors.”

Dr. Pocinki is a general internist qualified to treat a wide array of medical illnesses as well as common primary care problems. He believes in a “pro-active” approach, identifying potential problems to help prevent future ones. His special interests include chronic fatigue syndrome and related conditions such as joint hypermobility and dysautonomia, as well as general preventive medicine. He particularly enjoys caring for patients with many interrelated medical problems, and encourages patients to take an active role in their medical treatment decisions.

Gwenn Herman

Gwenn Herman is a Licensed Certified Clinical Social Worker and Diplomate in Clinical Social Work, with over

thirty years’ experience in the field of alcoholism and addictions, physical and sexual abuse, dual-diagnosis, and fifteen years’ experience in the field of chronic pain.

Gwenn Herman is the Founder and Executive Director of Pain Connection—Chronic Pain Outreach Center, Inc. since April, 1999. The personal experience that propelled her commitment to this cause was being in a car accident eighteen years ago. In a split second her whole life changed and the accident left her handicapped with chronic pain. Frustrated by the lack of awareness and understanding of chronic pain that she repeatedly confronted among medical professionals, Gwenn developed her ideas and founded Pain Connection®.

Ms. Herman co-authored the book *Making the Invisible Visible: Chronic Pain Manual for Health Care Providers* with Mary French, RN, MSW, LCSW-C.

Gwenn has been an avid advocate spreading awareness about Chronic Pain issues to community services, local, state and federal levels of government, social agencies, medical professionals and concerned members of the community. She was appointed to the Maryland Advisory Council on Prescription Drug Monitoring Program, has testified several times before the FDA for the rights of people with chronic pain and at the Institute of Medicine (IOM) public session on “Relieving Pain in America.”

Kim Thompson

Kim has been trained in Yoga, Feldenkrais®, Bones for Life®, Sounder Sleep™, Craniosacral Therapy, Balance, Spacial Dynamics® and more. She draws from these movement modalities to meet the needs of individual clients and students in group classes. She provides practical information that is presented clearly so you leave with skills you can

implement right away in daily life. As a board member of Pain Connection, she participates in Pain Connection Live conference calls, is a presenter at the Pain Connection Speaker Series, Filling the Gaps Program, at previous Pain Awareness Month symposiums and has taught Gentle Movement Classes to several area Chinese community groups. Since 2007, she has taught morning movement classes at Wise Traditions, the annual conference of the Weston A. Price Foundation.

Lee Ann Blank

Lee developed her massage skills while working as a volunteer with Whitman Walker, Homecall Hospice (now Evercare), Montgomery Hospice, and JSSA Hospice over a period of 15 years. She has completed both the introductory and advanced classes “Caring for Clients with Cancer-Simple Steps to Safe, Effective Massage Therapy” offered by Tracy Walton (www.tracywalton.com). In addition, she has taken Manual Lymph Drainage training through ACOL. Lee has provided massage to breast cancer survivors at the PMTI breast cancer clinic, funded by Susan G. Komen for the Cure. She saw patients at Holy Cross Hospital through a generous grant of the Holy Cross Foundation. She has also completed Charlotte Versagi’s 100-hour Oncology and Hospital Massage Training Program. Lee is a former board member of Pain Connection and has been a presenter at Pain Connection’s speaker series, Filling the Gaps in Pain Care program and at previous Pain Awareness Month symposiums.

Ms. Blank is the owner of Massage, Associates. She graduated from Potomac Massage Training Institute in 2004. She offers Swedish, Deep Tissue, Myofascial, Mana Lomi, Myoskeletal Alignment, Hot/Cold Stone Massage and Thai Herbal Ball Massage. She also has specialized training in Oncology

Pain Awareness Month Symposium

Format for Individualized Integrative Treatment (FIIT)© The 21st Century Model for Chronic Pain

September 27, 2013 9:00 AM to 4:30 PM

8:30-9:00AM	Registration/Breakfast
9:00-9:15AM	Introduction to Pain Connection, Sharon Barrett, Board President Presentation of Proclamation by Montgomery County Executive Ike Leggett and the offices of Governor Martin O’Malley.
9:15-9:45AM	Practicum Gentle Movement, Kim Thompson, Yoga Practitioner
9:45-10:30AM	Gwenn Herman, LCSW-C, DCSW. The FIIT© Model
10:30-10:45AM	Break
10:45-11:15AM	Practicum Acupressure, Lisa Marie Price, Acupuncturist
11:15-12:15PM	James S. Houston, M.D. Treating Wounded Warriors with Chronic Pain
12:15-1:15PM	Lunch/Networking/Visit Exhibit Hall
1:15-1:45PM	Practicum Massage Therapy, Lee Blank, Massage Therapist
1:45-2:45PM	Ann Berger, M.D. Integrative Pain Management: Managing Physical, Emotional and Spiritual Pain
2:45-3:00PM	Break
3:00-4:00PM	Alan Pocinki, M.D. Chronic Pain, Depression, Poor Sleep, and Fatigue: A Vicious Cycle Requiring a Comprehensive Treatment Program
4:00-4:30	Closing Remarks/Evaluations/CEUs

Location: Silver Spring Civic Building, One Veterans Place, Silver Spring, MD 20910

Contact: Phone: 301-231-0008, Email: info@painconnection.org

Light Breakfast & Lunch Included

Program Cost: \$125 per person. Pain Connection Members and those registering for 3 or more participants (applications must be submitted together) receive a discounted cost of \$100 per participant, \$75 for students with valid ID. Active Military and Veterans free.

This program is **approved by the National Association of Social Workers** (Approval #886473645-2239) for 5 Pain/Symptom Management continuing education contact hours. This **continuing nursing education** activity was approved by the Maryland Nurse Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation for 5.25 hours.

If you would like to become a sponsor for this event call 301-231-0008.

If you have special needs, contact us early.

Walk-in registration only if space is available.

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

Massage and Manual Lymphatic Drainage and she provides massage for hospice patients in their homes.

Lisa Marie Price

Ms. Price has been in private practice in Chinese Medicine for more than 20 years, Lisa Marie Price is a national board certified acupuncturist (NCCAOM) and received her Master's degree in Acupuncture at the Traditional Acupuncture Institute, following a demanding three-year course of study. Lisa Marie has also studied Japanese-style Oriental Medicine and Shiatsu at the Ohashi Institute. She received her B.A. degree from Stanford University, where she graduated with Honors. Lisa Marie has completed extensive studies in dietary therapy, Qi Gong, and a variety of acupuncture techniques; she is currently studying and inspired by Chinese herbology.

For eight years Lisa Marie served as faculty and Dean of Students at the Tai Sophia Institute for the Healing Arts, but now devotes herself full-time to her patients. Her remarkable healing experiences as a patient led Lisa Marie to the study of Chinese Medicine—rather than traditional Western Medicine—and continue to fuel her passion for bringing this extraordinary medicine to our community. Ms. Price has been a presenter at Pain Connection's speaker series, Filling the Gaps in Pain Care program and at previous Pain Awareness month symposiums.

DMV Pain Connection Support Group

The first meeting of the New DMV (District of Columbia, Maryland and Virginia) Pain Connection Support Group was held at Pain Connection's office in Rockville, Maryland on 9 September. In previous years it was

held at the Davis Library in Bethesda and at the Rockville office. The group was advertised on Meetup.com which is a new way of reaching out to people with chronic pain. Participants voiced their needs to learn new techniques in dealing with their pain, the effects on their families and the importance of connecting with other people in pain.

October's group will have a special guest speaker Laurel Rubinstein from the Village Green Apothecary in Bethesda. Laurel will talk about nutrition and a chronic pain protocol that has been developed by the Apothecary.

Mindfulness

Mindfulness classes were held in April and May. The classes were led by Mary French, RN, MSW, LCSW-C who first began practicing mindfulness in the early 1990's after struggling with her own chronic pain condition. Mary found this practice to be instrumental in improving her ability to cope with pain as well as finding peace and equanimity in her life with a chronic illness.

Mindfulness Based Stress Reduction (MBSR) is based on ancient Buddhist practices of Vipassana ("Insight") Meditation and was first introduced into mainstream hospital based programs back in the late 1970's by Jon Kabat Zinn author of "Full Catastrophe Living; Using the Wisdom of your Body and Mind to Face Stress, Pain and illness." Consistently studies have shown a dramatic reduction in pain for many who have completed 8-week programs. Mindfulness practice helps with a broad range of medical and psychological issues such as anxiety, stress, pain, and chronic illness. It facilitates deep states of relaxation where one is able to pay attention to distracting thoughts, sensation, and discomfort, while at the same time learning to work with, rather

than ignore, information from the body and mind. The benefits of these techniques include an increased sense of balance and an enhanced capacity to handle life's challenges with greater clarity and wisdom. There are many lessons to be learned from the practice of Mindfulness, which is achieved by maintaining moment by-moment nonjudgmental awareness through a variety of possible meditative practices. Increasing awareness of the present moment increases our ability to:

- Change relationship and response to pain.
- Realize that you are not your pain, and that at times, we perceive our pain through inaccurate predictions of doom and fear, which contributes greatly to our level of distress.
- Realize we can influence pain levels.
- Begin to see that pain along with everything in life is constantly changing and we can learn to ride the "waves" of pain knowing it will not always stay at intense levels.
- Decrease negative attention bias—see more positive in experiences.
- Develop compassionate attitude to the self and others.

Mary French RN, MSW, LCSW-C, Psychotherapist, is a graduate of the Internship Program at the Center for Mindfulness, University of Massachusetts under direction of Jon Kabat Zinn in 1994. Mary has 18 years of practice incorporating mindfulness based practices as a clinical social worker and nurse.

Mary is an Honorary Board Member and past president of Pain Connection.

As a health professional with more than 25 years of experience, Mary French also operates a private psychotherapy practice in Baltimore and Howard County specializing in trauma and chronic pain.

She is a member of the American Nurses Association, the American Society of Clinical Hypnosis and the National Association of Social Workers, Mindfulness Based Stress Reduction Teacher and a Certified EMDR Instructor. She is a frequent speaker and is the Coauthor of *Making the Invisible Visible; Chronic Pain Manual for Health Care Providers*.

Meet Our Community Outreach Coordinator

My name is Elise Celli and I am the new Outreach Coordinator for Pain Connection. I am a long time chronic pain sufferer and my journey led me to Pain Connection where Gwenn and her associates have made me feel welcome and supported.

In my capacity as an Outreach Coordinator, I have been tasked with working with the Primary Care Coalitions twelve clinics in Montgomery County that serve vulnerable people and to spread the word that Pain Connection's new program "Pain Warriors" has been developed to help military, veterans and their families. If you know of a military member or a veteran who needs help dealing with chronic pain, please let them know we have a special program just for them.

I have been very busy meeting with some of our collaborators and making new connections as well. I look forward to a wonderful and fulfilling experience at Pain Connection.

Mental Gymnastics

Do you exercise? Run? Jog? Walk? Do Yoga and/or Aerobics?

Most of us do some sort of exercise on a daily basis to keep physically fit. It is just as important to keep mentally fit. Studies have shown that one enhances the other.

One way to stimulate our minds is by doing puzzles. A very common puzzle is the crossword. Another popular one is the Sudoku number puzzle.

A word puzzle that is not as common is the acrostic puzzle. Some think the acrostic puzzle is more entertaining than either the crossword or the Sudoku, and the results are more rewarding. Neil Goldstein, Pain Connection Board Member and past President, has been a contributor of acrostic puzzles to Charles Preston's Quote-Acrostics for over 25 years. Neil's puzzles have been published in many newspapers across the country. Mr. Preston has kindly given Pain Connection permission to re-publish these puzzles as a fund-raiser for our free programs.

As a thank you for your tax-deductible donation to Pain Connection, we will send you, as a free gift, Volume 2 of *Painless Puzzles of the Acrostic Kind*, a book of 52 acrostic puzzles for your enjoyment and mental gymnastics. If you have not done an acrostic puzzle before, instructions are included in the book.

Or, you can attend the September 23rd workshop at the Pain Connection Speaker Series "Regrow Gray Brain Matter through Acrostic Puzzles". It will be held at the Holiday Park Senior Center in Wheaton, Maryland.

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 PAIN CONNECTION

2nd Monday, 1:00 - 2:30 PM (Group will meet 1st Monday in October (7) and November (4))
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

PAIN WARRIORS CLASS

October 25, November 1, 8, 15, 22,
December 6, 13 and 20, 10 a.m. –
Noon
For more information, email info@painconnection.org or call 301-231-0008.

SPEAKERS SERIES

October 28, 1:15–2:30 p.m.
Margo Gladding, Nutritionist, Village
Green Apothecary. “Learn about
nutrition, diet, herbs, vitamins and
supplements to help with pain,
fatigue and stress” Part II

November 25, 1:15–2:30 p.m.
TBA

Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, MD 20906
240-777-4999 (directions only)

Lisa Marie Price— Introduction to Traditional Chinese Medicine

One can become a healthy centenarian with the common sense approach of the Asian diet, as used in Chinese Medicine dietary therapy. In the West, we break down diet into calories and the building blocks of food: Protein, Fats, and Carbohydrates. By this way of thinking an omelet is equivalent to a bowl of noodles with sauce—if the amount of protein and calories is the same. So, let’s talk about the Asian diet pyramid. In our time the brightest people go into computers or engineering, but the geniuses of ancient China were in medicine. And the best doctors were employed in the Emperor’s court.

The Emperor’s goal was to live a long time, to have many sons, and to stay in power. So he put the best minds of the time to work to develop a way of living healthily into advanced old age, to become a healthy centenarian. This is quite very different from the focus of modern Western medicine on heroic lifesaving measures which has produced brilliant emergency medicine.

So, these doctors developed a unique approach to the Asian diet. The Chinese have a concept they call Jing, which we could define as our bodily constitution.

They broke Jing down into two parts: pre-natal Jing and post-natal Jing. Pre-natal Jing is passed down from your parents, so we can think of it as your genetic legacy from generations past. Post-natal Jing is created from the way you live after you are born, the air you breathe, the food you eat, the thoughts you think, the way you move.

If you live well you begin to store Jing and it actually supplements and augments your pre-natal Jing--you can actually improve and support your genetic legacy. It’s amazing to think that

in ancient China they already knew what our modern science is just learning--that we can profoundly impact our genes through food (see the great book *Genetic Nutritioneering*).

In Asian dietary therapy, just as with medicinal herbs, our constitution, the climate, the season and level of illness are all factors in determining an appropriate diet. People with congestion need decongesting food. People, who are hot and dry, need moisturizing, cooling foods.

Another factor influencing diet choice is a person’s level of illness. If someone is recovering from an acute illness like the flu, their diet should be based on their symptoms. If they have a high fever, with a dry mouth, and dry hot skin, they should be eating moisturizing and cooling foods. If they have a fever with chills, foods that are warming are indicated. Of course in this case, they would also be taking Chinese medicinal herbs.

This unique Asian diet approach is very sophisticated and ingrained in the Chinese culture. Studying these ideas can help us regain our common sense about food.

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, 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 for \$25 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

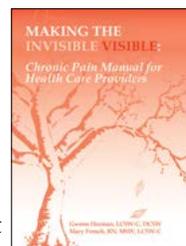


Donate your vehicle!
Click here
or call 877-537-5277

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.

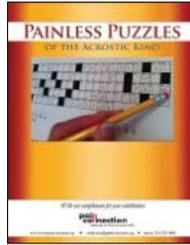
Pain Awareness Month Symposium, From Research to Clinical Practice

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.

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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