

PN News

Yolo County

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The mission of the Yolo Neuropathy Groups is to insure, through Information, Empowerment and Mutual Support that all may have hope and no one faces their peripheral neuropathy alone.

Coming together is a beginning; keeping together is progress; working together is success. Henry Ford

Martha Chandley, Editor (916) 371-1125 kairoschandley@sbcglobal.net

July is "Caring for the Caregiver Month"

with Ilona Ireland, MA

Holistic Health Education

Woodland Neuropathy Group: Mon., July 2 at 4:30 pm,

Woodland Community & Senior Center, 2001 East Street

Contact: Delia Genera at (530) 661-3238

Davis Neuropathy Group: Wed., July 11 at 2:30 pm

Institute for Restorative Health, 1460 Drew Avenue, Suite 300

Contact: Martha Chandley at (916) 371-1125

West Sacramento Neuropathy Group: Thurs., July 19 at 2 pm

Turner Library, 1212 Merkle Avenue

Contact: Sandra Vinson at (916) 372-6093

Whether we as PNers are our own Caregivers, are a Caregiver for others or are being cared for by others, we all need to learn how to become our own caregiver, a caregiver of others in a healthy way or help our caregivers help us in a healthy way if we are to prevent Caregiver role "burn out" from all the stressors in our lives. Our families and friends usually don't really understand the problems we have of living with PN, how it is that our days are some times great and some times awful, some days find us in excruciating pain, some days we're pain free. Some times we are full of energy and sometimes totally exhausted. We rarely know what our days will be like, what we'll need from others, or what we can give to others. So managing our stress levels is a really critical issue for us as we move from "patient to person," as our friends at the **American Chronic Pain Association** so effectively portray our PN life dilemmas.

I have been privileged to count **Ilona Ireland, MA** as a very dear friend for several years and have attended the last two "**Caring for the Caregiver**" events organized by **Ilona** that were sponsored by the Sacramento non-profit organization, **Healing Hands and Healing Hearts (HHHH)**, which is now undergoing a re-organizational process. This unique community agency has provided volunteer body and/or energy therapy services to those who are seriously or gravely ill. For instance, Ilona has provided services for pediatric hospice patients. HHHH's annual workshops have been most informative, affirming and empowering. I have often wished that all the PNers in our NCCNA groups could experience these

extraordinary events. If we can't get us all to the HHHH workshops, we can at least bring Ilona to our July meetings. An hour and a half with Ilona will be empowering and perhaps many of us can attend any future workshops.

Ilona Ireland has an MA degree in Clinical Holistic Health Education, with a specialty in Movement Re-education. She is a Clinical Holistic Health Educator and Consultant, and currently in private practice as an Integrative Health Therapist, using Sound, Movement and Therapeutic Touch modalities. She has spoken at several Neuropathy Support Groups meetings in the past on therapeutic touch modalities.

In addition to her Master's degree, she is a Reiki Master, Certified Massage Therapist, and Clinical Hypnotherapies. She has worked extensively with healers and teachers with the world's greatest spiritual and shamanic traditions. Ilona brings over 20 years of experience and a deep commitment to helping her clients access their deepest resources for self-awareness and healing.

You won't want to miss this extraordinary opportunity. And the July meetings would be especially good for your family to attend with you.

Martha's Personal Message

I had so looked forward to writing up the June presentations, the Neuropathy Action Foundation conference, some emerging partnership opportunities for the Yolo groups, a report on the Neuropathy bus poster response calls, and some exciting new developments in the world of neuropathy. Alas I have been side-tracked and these articles must wait for a large August Issue of **PN News**.

In two really bizarre episodes, I fell twice on my back in two weeks and have just spent a few days at UCDCMC hospital for assorted x-rays and CT scans, etc. The good news is that I got to share about neuropathy, the NCCNA support groups, anodyne therapy and the Gentiva Safe Strides home health care program with several UCDCMC doctors and staff persons. It now appears during my recovery period, I shall have first hand knowledge and experiences of the Gentiva's physical therapy services with anodyne treatments as it has a contract with HealthNet. As some of you know, Harold Kupholdt, the Director of Rehabilitation Services at Gentiva spoke at a Davis group meeting earlier in the year and I've recommended them to several PNers who might qualify for the Medicare homebound criteria. So I was extremely delighted to learn that my UCDCMC attending physician specifically ordered Gentiva's services. More on that later....

The **August meetings** in Woodland and Davis will feature **Diane Craig**, speaking on Celiac Disease and Neuropathy. The August West Sacramento meeting will feature **Elizabeth Yeh**, RN speaking on Diabetic Neuropathy. The September meetings for all three groups will feature **Tracy Basso, DPM**, who is the podiatrist for many of us. We're also arranging with **Sue Alexander** to present a program on fibromyalgia this fall, which is now being considered a neurological disorder and some of us have fibro on top of neuropathy.

Finally, if you do not have a **Y** or **N** by your name on the address label, it means that we have not received an NCCNA membership dues payment of \$12 for the balance of the year or a **PN News** subscription of \$10 for the balance of the year. As we need to print up several information sheets, some of which will be translated into Spanish and possibly Chinese, to send to the bus poster project and other callers, and our group meetings for newcomers, we need additional funds to cover our overall program costs for the rest of the year. If you want to continue receiving **PN News** by mail, please do send a check made out to NCCNA or NCCNA-YCPS this month! Thanks for your support!