



Neuropathy Hope

Hope through caring, support, research, education, and empowerment

A newsletter for members of the Western Neuropathy Association (WNA)

April 2015
Issue 4
Volume 13

Annual Report For 2014

WNA Support Groups

President's Message

PN Literature Review

Occupational Therapy: What It Is and What Conditions Can Benefit from OT Services

Annual Conference Registration Form & Information

May 5 - Big Day of Giving

Western Neuropathy Association
P.O. Box 276567
Sacramento, CA 95827-6567
877-622-6298
888-556-3356
info@pnhelp.org
www.pnhelp.org

ANNUAL REPORT FOR 2014

PCNA Board of Directors

The Board studied various approaches to fund raising, read books and articles, and attended seminars. We also explored social media opportunities.

The Board voted to change the name of the emeritus group to more clearly indicate their purpose from Emeritus Board to Emeritus Council. They are former Board members who sometimes act as advisors and attend events, and we ask them to contribute funds to the organization as do the Board members.

The Board signed an affiliate agreement with WalkJoy after contacting a few who had tried it and discussing the product with company founder and CEO, Blain Tomlinson. PCNA members will receive a nearly \$500 discount on the purchase price, and PCNA will receive a small percentage of the net profit of each sale. WalkJoy is designed for a certain disability and is sold only with a doctor's prescription indicating it is appropriate for the patient.

After the announcement that The Neuropathy Association (TNA) was dissolving and The Foundation for Peripheral Neuropathy would take over their information resources as well as provide some assistance for support groups, the PCNA Board invited Pam Shlemon, president/executive director of The Foundation for Peripheral Neuropathy, to call into a Board meeting. We had a very encouraging exchange of information with her. She emphasized that we had to change our name to remove "Chapter of" as there was no "The Neuropathy Association" to be a chapter of. The Board voted to change the name to The Western Neuropathy Association as a complete disaffiliation with the TNA name and to indicate our wider geographic coverage and vision.

The Neuropathy Association

The situation with The Neuropathy Association was monitored closely. We had an affiliation agreement that chiefly indicated we shared the same goals.

However, their continuing dire financial situation became more apparent as the past year unfolded. They chose to dissolve and turn over their most valuable remaining possession – their information resources - to The Foundation for Peripheral Neuropathy. As of December 31, 2014, The Neuropathy Association (TNA) no longer existed. The chairman of the TNA Board of Directors, Jim Gardner, called our president, Bev Anderson, on the morning after the two Boards had signed the appropriate documents to let her know that the affiliation agreement was officially dissolved. The Foundation for Peripheral Neuropathy does not have officially affiliated groups even though we are working together toward many of the same goals.

Support Groups

The Berkeley and Oakland Support Groups merged to become the Berkeley-Oakland Neuropathy Support Group. They chose to meet at the Berkeley location as some of those coming to the Oakland group lived closer to Berkeley.

David Woods is the new leader in the Walnut Creek Neuropathy Support Group at Rossmoor.

Two new groups started in October, 2014. One in Quincy and another in Laguna Hills (Orange County), which is restricted to the senior housing community.

In 2014 Bev Anderson visited these support groups: Antioch-Brentwood, Bakersfield, Concord, Folsom, Grass Valley, Modesto, Quincy, Roseville, and Turlock.

She held a meeting in these areas, but due to a lack of people willing to be on a leadership team, no group resulted: Agoura Hills, Chico, Fairfield, Jackson, La Canada-Flintridge, Lincoln Hills (still a possibility), Manteca, Oroville (still a possibility), Pasadena, Placerville, Reno, Sherman Oaks, Simi Valley, Sonoma, Sonora, Stockton (there is a group forming now), Tulare-Visalia, and Vacaville.

Board director Sandra Grafrath held a meeting in the following areas, but due to a lack of people willing

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ANNUAL CONFERENCE, APRIL 22, 2015

More Information and Registration Form on Page 7

Roster of Our WNA Information and Support Groups

2015 WNA Board of Directors

Bev Anderson
President

Karen C. Polastri, IOM
Vice President

Pam Hart
Secretary

Jonathan Istilart
Treasurer

Sandra Grafrath
Director

Brad Livingood
Director

Emeritus Council

Michael Green
Emeritus

Arvin Magusara
Emeritus

Casimir Sammanasu
Emeritus


Sandra Vinson
Emeritus

Dick Ward
Emeritus

Please contact
your group leader
or check your
local paper to
find out about
the topic/speaker
for the upcoming
meeting.

Bev Anderson
Editor

Newsletter Design by

 Diane Blakley
Designs

CALIFORNIA

Alturas

For information call:
Bev Anderson (877) 622-6298

Antioch-Brentwood

3rd Wednesday, 2 PM
Antioch-Kaiser
Sand Creek 1C
Bev Anderson 877-622-6298

Auburn

1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Bev Anderson (877) 622-6298

Bakersfield

3rd Wednesday, 1:30 PM
Stockdale Moose Lodge
905 S. Stine Rd..
David Wollard (661) 663-9406

Berkeley-Oakland

No meeting
Go to the Annual Conference
See info in this edition.
Kathleen Nagel (510) 653-8625

Carmichael

2nd Tuesday, 1:30 PM
Eskaton
3939 Walnut Ave.
Karen Robison (916) 972-1632
*Call Karen before coming as it is a gated
community and sometimes the day/time
changes. She welcomes newcomers!*

Carmichael

3rd Thursday, 6 PM
Atria El Camino Gardens
2426 Garfield, Ave.
Tanysha Kaye (916) 488-5722

Castro Valley

2nd Wednesday, 1:30 PM
First Presbyterian Church
2490 Grove Way (next to Trader Joe)
Judson Leong (510) 581-6697

Clearlake

For information, call
Bev Anderson (877) 622-6298

Concord

3rd Thursday, 1:30 PM
First Christian Church
3039 Willow Pass Road
Wayne Korsinen (925)685-0953

Crescent City

For information call:
Bev Anderson (877) 622-6298

Davis

2nd Tuesday, 3:30-5:00 PM
Davis Senior Center
646 A Street
Mary Sprifke (530) 756-5102

Elk Grove

2nd Tuesday, 1 PM
Elk Grove Senior Center
8830 Sharkey Avenue
Roger White (916) 686-4719

Eureka

For information call:
Earlene (707) 496-3625

Folsom

3rd Monday, 1:00 PM- odd numbered months
Journey Church
450 Blue Ravine Rd.
Bev Anderson (877) 622-6298

Fort Bragg

For information call:
Betty Adams (707) 964-3327

Fresno

3rd Tuesday, 11:00 AM
Denny's Restaurant
1110 East Shaw
Marvin Arnold (559) 226-9466

Garberville

For information call:
Bev Anderson (877) 622-6298

Grass Valley

2nd Monday, 1:30 PM
GV United Methodist Church
236 S. Church Street
Salli Hearn (530) 268-1017

Jackson

For information, call
Bev Anderson (877) 622-6298

Lakeport

For information call
Mito Shiraki (707) 245-7605

Lincoln

Thurs., Oct. 23, 1:00 PM
Bev Anderson (877) 622-6298

Livermore

4th Tuesday, 10 AM
Heritage Estates
900 E. Stanley Blvd.
Sandra Grafrath (925) 443-6655

Madera

For information, call
Bev Anderson (877) 622-6298

Merced

2nd Thursday, 1 PM
Central Presbyterian Church
1920 Canal Street
(The Hoffmeiser Center across the
street from the church)
Larry Frice (209) 358-2045

Modesto

3rd Monday, 10:30 AM
Trinity United Presbyterian Church
1600 Carver Rd., Rm. 503
Monte Schrader (209) 531-3838

Monterey

3rd Wed., 10:30 AM-odd numbered months
First Presbyterian Church
501 El Dorado Street
Don & Ann Trout (831) 372-6959

Napa

1st Thursday, 2 PM
Napa Senior Center
1500 Jefferson Street
Ron Patrick (707) 257-2343
bonjournapa@hotmail.com

Oxnard

For information call:
Bev Anderson (877) 622-6298

Placerville

For information, call
Bev Anderson (877) 622-6298

Quincy

1st Thursday, 1 PM
Our Savior Lutheran Church
298 High St.
Stacey Harrison (530) 283-3702

Redding

For information call:
Tiger Michiels (530) 246-4933

Redwood City

4th Tuesday, 1 PM
Sequoia Hospital Health and
Wellness Center
749 Brewster Avenue
Stan Pashote (510) 490-4456

Roseville

2nd Wednesday, 1PM-odd numbered months
Sierra Point Sr. Res.
5161 Foothills Blvd.
Carol Brosk (916) 531-2752

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Charles Moore (916) 485-7723

Salinas

Contact Bill Donovan
(831) 625-3407

San Francisco

4th Thursday, 10 AM
UC-San Francisco Med Ctr.
400 Parnassus Avenue
Amb. Care Ctr. 8th Flr., Rm A888
Y-Nhy (e nee) Duong
Nhy-y.duong@ucsf.edu

San Jose

3rd Saturday, 10:30 AM
O'Conner Hospital
2105 Forest Avenue
SJ DePaul Conf. Rm.
Stan Pashote (510) 490-4456

San Rafael

3rd Wednesday, 1 PM
Lutheran Church of the Resurrection
1100 Las Galinas Avenue
Scott Stokes (415) 246-9156

Santa Barbara

4th Saturday, 10AM-odd numbered months
The First Methodist Church
Garden & Anapamu
Shirley Hopper (805) 689-5939

Santa Cruz

3rd Wednesday, 1PM-odd numbered months
Trinity Presbyterian Church
420 Melrose Avenue
Mary Ann Leer (831) 477-1239
maleer@comcast.net

President's Message

By Bev Anderson

In this issue, you will find the Annual Report for 2014. A lot was accomplished, but in some situations we were in a holding pattern which turned out to be fortunate. We started dialogue about updating our public service announcement, which would have been out of date when we had to change our corporate name again. We held off on a redesign of our t-shirt. We have some changes to make in the brochure. Now that our name change is official – The Western Neuropathy Association (WNA) – we can start moving ahead with projects and other necessary name transition tasks.

We will be sending out an e-mail request for response soon. We apologize to those that don't have e-mail. If you have someone like a relative, friend, or neighbor that would not mind getting an e-mail for you once in a while, you could give us that address for the once in a while time we send such out to ask a question or to give you information about an event. It would have nothing to do with how you get your newsletter as that would be on a different system. A sizable number of people with e-mail prefer to get the newsletter by standard mail. Of course, if you get yours by standard mail and would rather get it via e-mail which comes in full color, you can let us know and we are delighted to make the change for you. E-mail us at donnad@pnhelp.org.

We will ask about your ideas for how this organization can improve its service, let more people know about neuropathy, get more members, find support group leadership teams more readily, or any other subject you have an idea about that would help us in developing a more efficient and effective organization.



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WNA Information and Support Groups – continued from page 2

Santa Maria

2nd Tuesday, 12:00 Noon
Elwin Mussel Senior Center
510 Park Street
Wanda (805) 938-1086
Mary (805) 344-6845

Santa Rosa

1st Thursday, 10:30 AM
Santa Rosa Senior Center
704 Bennett Valley Road
Larry Metzger (707) 541-6776

Sonoma

For information, call
Bev Anderson (877) 622-62988

Sonora

For information, call
Bev Anderson (877) 622-6298

Stockton

For information, call
Bev Anderson (877) 622-6298

Susanville

For information call:
Bev Anderson (877) 622-6298

Thousand Oaks Region

For information, call
Bev Anderson (877) 622-62988

Truckee

For information call:
Bev Anderson (877) 622-6298

Tulare-Visalia

For information call
Bev Anderson (877) 622-6298

Turlock

3rd Monday, 1 PM
Covenant Village Adm. Bldg. Classroom
2125 N. Olive St.
Joanne Waters (209) 634-0683

Ukiah

Last Tuesday, 5:30 PM
North Coast Opportunities (NCO)
413 N. State St.
Shirley Blattner (707) 621-0208
Carole Hester (707) 972-2795

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Las Trampas Room
David Woods (925) 287-8100

West Sacramento

No meeting until new leader is found
Sandra Vinson (916) 372-6093
slvins11@gmail.com

Woodland

Tuesday, April 7, 1:00 PM
Woodland Comm & Senior Center
2001 East Street
Guest Speaker: Bev Anderson, WNA President
Elizabeth Chaudhry (530) 661-3859

Yreka

For information call
Bev Anderson (877) 622-6298

Yuba City-Marysville

2nd Tuesday, 10:30 AM
St. Andrew Presbyterian Church
1390 Franklin Rd.
(next to Winco Shopping Center)
Ken Lux (530) 673-3479

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

For information, call
Robert Levine (541) 469-4075

Grant's Pass

3rd Wednesday, 10:30 AM
First Christian Church
305 SW H Street
Carol Smith (541) 955-4995

Medford

For information, call
Bev Anderson (877) 622-62988

Portland

For information call
Joe Mozena (503) 505-0692 or
Bev Anderson (877) 622-6298

Salem

3rd Monday, 6:30 PM
Community Health Education Center
Salem Hospital Campus, Bldg. D
890 Oak Street SE
Michael (503) 857-3508
newsfosalem@gmail.com

Start a support group in your
area: Contact Bev Anderson at
(877) 622-6298 or info@pnhelp.org

Help With Health Care Challenges

If the number is not in
your area, call the one
listed and ask for the
right number.

Medicare

www.Medicare.gov

•••

The Affordable Health Care Act

For current
information go to
www.HealthCare.gov

•••

HICAP

Health Insurance Counseling

for seniors and people
with disabilities.
www.cahealthadvocates.org
/HICAP/
Call (800) 434-0222 to
ask a question or to
make an appointment.

•••

Health Rights Hotline

Serving Placer, El
Dorado, Yolo, &
Sacramento Counties,
regardless where you
receive your health
coverage.
Tollfree (888) 354-4474
or TDD (916) 551-2180.
In Sacramento,
(916) 551-2100.
www.hrh.org.

•••

HMO Help Center

Assistance
24 hours a day, seven
days a week.
(888) HMO-2219
or (877) 688-9891 TDD

•••

DRA's Health

Access Project Free
publications about the
health care, insurance
rights and concerns of
people with disabilities
and serious health
conditions. For more
information, go to
<http://dralegal.org/> and
click on "Projects".

DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your PCNA/WNA Membership Card and claim the discount.

Anodyne Therapy

Infrared Light Therapy equipment - **\$50 off Model Freedom 300 (single leg at a time) and \$50 discount on Model 120 that does both legs at the same time.** Contact: 800-521-6664 or www.anodynetherapy.com

HealthLight Infrared Light Therapy equipment - **10% off Single Boot System and Dual boot system.** Contact: 888-395-3040 or www.healthlight.us

Auburn

The Footpath

825 Lincoln Way
(530) 885-2091
www.footpathshoes.com
PCNA Discount: 10% off the regular price shoes.

Elk Grove

Shoes That Fit

8649 Elk Grove Blvd.
(916) 686-1050
PCNA Discount: 20% off the regular price shoes.

Fortuna

Strehl's Family Shoes & Repair

Corner of 12th & Main
1155 Main Street
(707) 725-2610
Marilyn Strehl, C.PED
is a Certified Pedorthic
PCNA Discount: 10% off the regular price shoes.

Sacramento

Midtown Comfort

Shoes

3400 Folsom Blvd.
(916) 731-4400
PCNA discount: 15% on the regular price.

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PERIPHERAL NEUROPATHY LITERATURE REVIEW By William B. Donovan, M.D.

We can access the National Library of Medicine (NLM) to obtain information on peripheral neuropathy (PN). There are over 100 medical articles a month written on PN.

I review these references and select articles that would appear to be most interesting to us neuropathy sufferers. This is the link to **PubMed** that will take us to the **NLM: www.ncbi.nlm.nih.gov/sites/entrez**

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "**Search PubMed**" followed by "**for**" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "**for**" and click on "**Go**" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

This month's PMIDs:

- 22972149 An Oxford Cochrane Database study of "... randomized double-blind placebo-controlled studies of at least 6 weeks duration, using low-concentration (<1%) topical capsaicin to treat neuropathic pain," suggesting that capsaicin at this concentration is "...without meaningful effect beyond that found in placebo creams."
- 22898039 This meta-analysis of four prospective randomized and three retrospective clinical trials demonstrated decreased incidence of chemotherapy (oxaliplatin)-induced acute and cumulative neurotoxicity with Ca/ Mg infusions compared to placebo.
- 22991449 A double blind randomized parallel trial of amitriptyline (Elavil®), duloxetine (Cymbalta®), pregabalin (Lyrica®) and placebo with diabetic peripheral neuropathy. All medications, compared to placebo, equally reduced pain, but pregabalin improved sleep, and duloxetine improved performance.
- 23083041 With forty patients suffering with lumbar radiculopathy due to lumbar disc prolapse, this Egyptian study found that those randomized to pulsed electromagnetic field therapy (PEMF) experienced decreased pain and disability.

OCCUPATIONAL THERAPY: WHAT IT IS AND WHAT CONDITIONS CAN BENEFIT FROM OT SERVICES

Occupational therapy is a habilitative and rehabilitative as well as a health and wellness centered profession covering a broad range of services including:

- Customized treatment programs to improve one's ability to perform daily activities (occupation*)
- Comprehensive home and job evaluations with adaptation recommendations
- Performance skills assessments and treatment
- Adaptive equipment recommendations and usage training
- Guidance to family members and caregivers

Some of the health conditions that benefit from occupational therapy include:

- Work related injuries including lower back problems or repetitive stress injuries
- Limitations following a stroke or heart attack
- Arthritis, multiple sclerosis, or other serious chronic conditions

- Birth injuries, learning problems, or developmental disabilities
- Mental health or behavioral problems including Alzheimer's, schizophrenia, and post-traumatic stress
- Problems with substance use or eating disorders
- Broken bones or other injuries from falls, sports injuries or accidents
- Vision or cognitive problems that threaten the ability to drive

*Definition Webster's Collegiate Dictionary 2003. Occupational therapy is therapy based on performing the meaningful activities of daily life (self-care skills, education, work, or social interaction, especially to enable or enhance participation in such activities despite impairments or limitations in physical or mental functioning.

Source: *American Occupational Therapy Association*

to be on a leadership team, no group resulted: Hemet, Palm Springs, Redlands, Riverside, and San Bernardino.

Board director Brad Livingood and Bev Anderson attended the first meeting of the support group at Atria El Camino Gardens in Carmichael.

Annual Conference

Pfizer Pharmaceuticals helped sponsor our Annual Conference and Dominic Spatafora spoke on “How to Advocate for Better Medication Prices” as part of that sponsorship.

Dr. Bill Donovan, M.D. was a popular Keynote Speaker.

In discussions about the conference site for 2015, there was discussion about Vacaville or Fairfield. The Jelly Belly Factory was discovered in Fairfield and it seemed like an interesting and convenient location. We chose the venue after the survey tabulation indicated that people would attend in that area.

Communication - Publicity

Two letters were sent to everyone on our mailing list during the year. E-mail to all people for whom we have an e-mail address goes out periodically sharing about activities or urgent news.

A new t-shirt design put aside for consideration in 2015.

Mary Hoffer, who was on the PCNA Board until July 21, was in a program to become a nurse. Her instructor invited Bev Anderson to speak to Mary’s class. They had had several classes on diabetic neuropathy and were surprised to learn there are more than 150 causes of neuropathy. This further illustrated our finding that the reason doctors don’t know about neuropathy is that little information is provided in medical training.

Board director Pam Hart arranged for Bev Anderson and herself to participate in a local TV broadcast in Auburn that featured an interview about neuropathy.

An issue of Neuropathy Hope was written, printed, and mailed each month. Bev Anderson is editor and does a sizable amount of the writing. Board director Karen Polastri proofreads and does some writing with member, Diane Blakley, providing the design and layout.

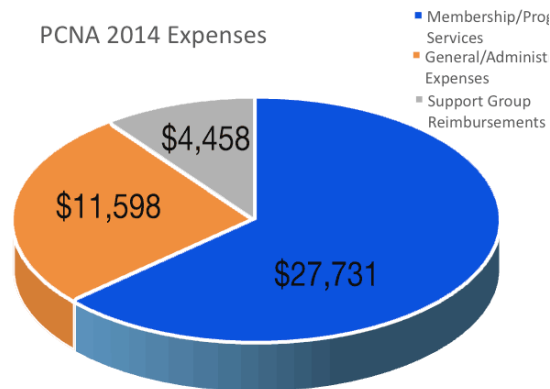
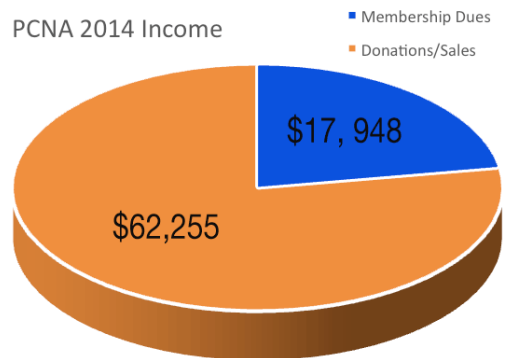
Bev Anderson responds to calls on the PCNA toll-free help line (877) 622-6298, and Donna Dawson, PCNA administrative assistant, answers calls at the PCNA toll-free office line (888) 556-3356 and the local number (916) 932-1924. Bev responds primarily to calls about neuropathy and support groups and distributes informational packets to many of the callers. Donna handles membership, payments, and records.

Social Media

Our Board forged ahead in developing social media contacts. Board director Pam Hart set up and is developing our Facebook page (www.facebook.com/TPCNA), and Board director Johnathan Istitart manages our Twitter account (@neuropathy_pcna). At last count we had 100 followers many of whom are in the health care field. He is also developing a series of podcasts.

Advertising/Marketing

Board director Pam Hart obtained a grant for free Google advertising, which has increased clicks on the PCNA website. Bev recorded several 30 minute radio spots through All Pro Media, and contracted with them for fundraising solicitations. Although the initial work on the radio spots was promising the company proved to be less than honorable and their efforts and results were not productive.



Financial

PCNA started the year with \$35,000 in current assets with a sizable amount in support group sub-accounts. The Board asked groups with more than \$300 in their sub-account to choose a project to invest in, return it to the PCNA general fund, or designate it for research. Some groups participated in health fairs and paid the fee, if any, from their account.

Although we submitted several grant applications, receiving funding is challenging as our activities often don’t fit into most of the grant categories. Grantors don’t often fund to a regional organization or one that supports primarily older adults.

Board director Brad Livingood facilitated moving our printing and mailing activities to a vender where

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DISCOUNTS FOR WNA MEMBERS

Continued from page 4

West Sacramento Beverly’s Never Just Haircuts and Lilly’ Nails
2007 W. Capitol Ave, West Hair–(916) 372-5606
Nails–(916) 346-8342
PCNA discount: 10% off the regular price.

Neuropathy Support Formula

(1-888-840-7142) is a supplement that a sizable number of people are taking and reporting it has helped them. The company gives members of PCNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back.

Free DVD on “Coping with Chronic Neuropathy”, introduced by Dominick Spatafora of the NAF and endorsed by major university neurologists, is available by contacting the Neuropathy Support Network at www.neuropathysupportnetwork.org/order-neuropathy-dvd.html

Additional Discounts

Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail info@pnhelp.org.

We’ll mail an agreement form to the business, and once we have it, we’ll add them to this list.

STATIN DRUGS MAY INCREASE RISK OF PERIPHERAL NEUROPATHY

St. Paul, MN Statin drugs can increase the risk of developing peripheral neuropathy according to a study published in the May 14, 2002 issue of Neurology, the scientific journal of the American Academy of Neurology.

Peripheral neuropathy results from damage to the peripheral nerves and causes weakness, numbness and pain in the hands and feet. Statin drugs are prescribed for millions of Americans to lower cholesterol.

People taking statins were 14 times more likely to develop peripheral neuropathy than people who were not taking statins according to the Danish study. The overall risk of developing peripheral neuropathy is rare, said study author David Gaist, M.D., Ph.D., of the University of Southern Denmark in Odense.

Annual Report for 2014 – Continued from page 5

it would be more convenient and less expensive.

Early in the year, the Board learned that a member had died and left a percentage of her estate to PCNA. We had no idea what the amount of funds might be -- in September a check for \$36,000 was received. The funds were greatly appreciated as we have needed more funds due to increased expenses while at the same time our membership numbers have been lower since the recession.

At the 2014 Annual Conference, Kathy Clemens contributed \$1,000 and challenged people to match it. One person pledged to do so at the conference. Others have contributed. Their names were listed in last month's newsletter. The total amount of the related contributions was slightly more than \$10,000.

See Diagram on page 5 of the 2014 income and expense charts.

The Big Day of Giving

We participated actively in the first observance of The Big Day of Giving in May, 2014. We collected enough donations on that day to qualify for a small distribution of the total funds collected from all participants. Continued annual participation was discussed and the Board voted to be involved in this area-wide event.

Step Up for Neuropathy Walk

The attendance at the 2014 Step Up for Neuropathy Walk more than tripled with more funds raised as well. There were more exhibits. Car Fit conducted by occupational therapy practitioners and students from Occupational Therapy Association of California was a major addition. There will not be a Walk in 2015.

Goals for 2015

- Use our name change as a major opportunity to do media outreach in the western states
- Develop more ways to reach out to and educate the huge group of people with neuropathy in our region
- Find new ways to develop Leadership Teams to establish support groups in areas of need
- Expand our outreach to the medical and health care communities and seek to partner with them in providing help to neuropathy patients
- Encourage and provide for a variety of ways to donate to support the work of this organization
- Find additional Board members with skills in needed areas
- Develop a strategic plan for 2016-2019 that reflects the needs and opportunities that are before us

President's Message – Continued from page 3

At the annual conference, we will be asking people to give us ideas about fundraising. We tried the Step Up for Neuropathy Walk hoping people would come with people who would walk in their place if walking wasn't something they could do. There was good, shaded sitting where the exhibits were set up, but few people came. We want to find an activity that support groups can do in their local area to raise funds to support research with some of the funds allocated to WNA after the support group event expenses are covered. Fundraisers are good team builders and can be a lot of fun. One thing we can't recommend is a raffle due to the laws states have on raffles by nonprofits. We did this once and learned a memorable lesson – It costs more to run a raffle than you think and you might not collect that much. If your group has ideas on this and won't be at the conference, please send your ideas to us a donnad@pnhelp.org or call toll-free (888) 556-3356.

We have three great speakers at this conference. Dr. Kevin Sawchuk and Dr. Jeffrey Ralph will be excellent. So will Elaine Rock from Blood Source. You will be amazed at the information she will bring related to neuropathy. Do attend if at all possible.

For those of you in Southern California and those who don't mind taking a trip there, June 18 is the date of the Neuropathy Action Foundation's Neuropathy Action Awareness Conference. It will again be at The InterContinental Hotel in (Century City) Los Angeles. This is always an excellent conference with many speakers. The registration information will be out soon.

I hope to see you at the Jelly Belly Factory in Fairfield on April 22, from 10:00 am to 3:00 pm (optional tour of the Factory available).

Bew



**The Pacific Chapter of
The Neuropathy Association**

Hope through caring, support, research, education, and empowerment

EXHIBITS!
Optional TOUR of the
JELLY BELLY FACTORY

Date: Wednesday, April 22, 2015

Time: 9:30AM to 3:00PM

Pre-register By: Tuesday, April 14, 2015

Registration Fee: \$20.00

Location: Jelly Belly Factory
1 Jelly Belly Lane
Fairfield, CA 94534

Questions?
Toll-free: 888-556-3356
E-mail: donnad@pnhelp.org

Sponsor



**2015
PCNAWNA ANNUAL
CONFERENCE**

**A Treasure Chest of Neuropathy
Information and Help**

- 9:30am Registration and Morning Snacks
- 10:00 Announcements and Introductions
- 10:10 **Keynote - Dr. Kevin Sawchuk, Neurologist**
Kaiser Permanente, Walnut Creek
“Neuropathy: Anatomy, Clinical Features and Taking Control”
- 11:10 Break
- 11:20 Interactive Activity
- Noon LUNCH
- 12:50PM Presentation by **Blood Source**
- 1:30 **Dr. Jeffrey Ralph, Neurologist**
UC-San Francisco
“Traumatic Neuropathies and Nerve Repair”
- 2:30 Door Prizes; Closing Announcements
- 3:00 Adjournment
Optional Tour of the Jelly Belly Factory

Name _____

Address _____

City / State / Zip _____

E-mail _____

Support Group _____ At Large Memt

If you need a special diet, please indicate: Vegetarian Gluten Free Other

- I am enclosing my check for the \$20 registration fee/lunch.
- I am interested in taking a tour of the Jelly Belly Factory after the Conference.



**Mail registration fee and
form to:**

**PCNA
PO Box 276567
Sacramento, CA 95827**



The Western Neuropathy Association

A California public benefit, nonprofit,
tax exempt corporation

P.O. Box 276567, Sacramento, CA 95827-6567

Call WNA using our toll free phone numbers:

(877) 622-6298 • Email: info@pnhelp.org

• PN Information/Advice • Support Group Inquiries

(888) 556-3356 • Email: donnad@pnhelp.org

• Membership Information/Inquiries • Sponsorships

• General Organizational Inquiries • www.pnhelp.org

DATES TO REMEMBER:

April 22, 2015: **Annual Conference**

May 5, 2015: **Big Day of Giving**

MAY 5 – BIG DAY OF GIVING

If you have any amount you would like to give on this day be ready to call in on the number we'll give you in the next newsletter and by e-mail. It will also be on our website home page. If you want to send it ahead, we can enter it for you on that day. WNA receives a portion of a fund that is distributed to each organization that participates based on the total of the amount we turn in on May 5.

There's Still Time to SIGN UP!

Annual Conference April 22, 2015

Jelly Belly Factory, Fairfield, CA

Registration Form on Page 7. Send your check for \$20 per person to PCNA, P.O. Box 276567, Sacramento, CA 95827-6567 or go on line to www.pnhelp.org and pay by credit card.



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Bev Anderson, Editor

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info@pnhelp.org • www.pnhelp.org

PCNA Headquarters: donnad@pnhelp.org

Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

This newsletter is designed for educational and informational purposes only. The information contained herein is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a qualified health care provider. The Pacific Chapter of the Neuropathy Association (PCNA) does not endorse any treatments, medications, articles, abstracts or products discussed herein. You are strongly encouraged to consult a neurologist with any questions or comments you may have regarding your condition. The best care can only be given by a qualified provider who knows you personally.