

# Chronicle®

Fall 2021

## Discover Your Healthy Self in the FACE of Pain

Mission Impossible  
New Faces & Awareness  
**Physical Therapy**  
Healthcare Access  
Telehealth and Mission  
**Motivation**  
Relaxation  
Easy Flows

**Emotional Connection**  
**Member Exercise Routines**  
Sleep Reset Button  
**Anti-Inflammatory Diet**  
**Daily Mantra**  
Living Life in Full  
**Back to School**  
In Loving Memory



*American Chronic Pain Association®*

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# Chronicle

The Chronicle is published four times a year by the American Chronic Pain Association (ACPA).

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We welcome original essays, poetry, articles, art, and book reviews written by people with chronic pain or their families.

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*American Chronic Pain Association®*



## DISCOVER YOUR HEALTHY SELF: ROLE OF THE ACPA

By Scott Farmer, MBA

### Mission Impossible?

In 1966 Mission Impossible was a television series about a secret government agency. The main characters of this series would take on what seemed to be impossible missions to protect against evil threats. Likewise, finding your healthy self while in chronic pain can feel impossible. And for most, our lives and reality are not TV shows... it is our daily life struggle and condition. But like a TV producer, what if we can change the script? What if each day, we improve our script to involve little things that can help our wellbeing while facing pain head on? Like choosing your own adventure.

### Fall Brings Change

Although many of us may not experience four seasons, in the Midwest, fall brings drastic changes. Cooler weather, colorful leaves, and migrating birds come to mind. Indeed, change can be wonderful. However, for most, change can be very difficult. Change can appear impossible. But pursuing the perceived impossible mission can bring new hope, a new outlook, and a new discovery. In this issue, we will dive into daily activities that can have a large impact. The idea of lifestyle changes for pain management is usually followed by an aggressive eye roll. But as we all know, the greatest motivator can be pain. Deciding to change and to pursue a lifestyle to minimize pain can allow us to laugh in the face of pain, and to enjoy life a little more.

### Our Mission

The ACPA Chronicle is our voice to help facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain. The Chronicle is published to raise awareness among the health care community, policymakers, and the public at large about issues of living with chronic pain. Our mission is not impossible... it is our passion, and we choose to accept it.

### Discover Health While in Pain

How do we begin to discover health while facing chronic pain? The first step is to prepare for our daily mission. There are ten major components of a day that will impact our pain levels. These include sleep, motivation, stress, emotions, exercise, diet, accomplishments, medications, social interactions, and forgiveness. These components impact each other like gears in an engine. By the end of each day, a ranking system is subconsciously calculated. For example, when a person asks, *how was your day?* Answers cover a spectrum from great to miserable. The goal of this issue of the ACPA Chronicle is to help you discover how to better navigate each day. If you wake up in pain and you feel miserable, what steps can you take to still make it a good day. If your day starts good and becomes miserable, what steps can you take to salvage a good day. (cont. p7)

## A NEW FACE DURING PAIN AWARENESS MONTH

By Scott Farmer, MBA



**FUN FACT:** Pain Awareness Month was founded by the ACPA in 2001

### NEW CEO of the ACPA: Kathy Sapp



Working with several industry leaders, Kathy formed alliances with hundreds of national and international advocacy organizations. Her established relationships include chronic pain conditions and rare diseases. Kathy evaluated and supported many medical and patient education grants and sponsorship requests. Kathy developed collaborative agreement opportunities and built strategic advocacy plans and budgets. As a health advocate, her sponsorship of innovative and award-winning programs supported millions of people globally... so people could engage in their healthcare rights.

### Pain Awareness Month

September is a special month for the ACPA. In 2001, Penney Cowan, the founder of the ACPA, established September as Pain Awareness Month. In July 2021, after 41 years, Penney brought new leadership to the ACPA. Kathy Sapp (above) was elected as the new Chief Executive Officer. Kathy's experience and leadership will allow the ACPA Mission and Penney's vision to carry on with the strength and determination for years to come.

*As we enter September 2021, Chronic Pain Awareness is more important than ever. With pandemics and healthcare challenges overwhelming our headlines, it is important to realize that chronic pain can not and will not take a back seat. Together, we will make our voices heard! Kathy Sapp, CEO*

### Steps to Raise Awareness

The ACPA has established exciting 2021-22 initiatives that will directly raise awareness among health care communities, policymakers, and the public at large. First, the ACPA launched a new optimized website, which will be complimented by a new Mobile App. The app will launch a Support Group and Facilitator Expansion for better peer support access. The ACPA added complete internal production capabilities. This is important in the development of new resources for our members. The ACPA is launching a strategic, Access to Care Project, which will focus on reaching underserved communities. The ACPA is also developing several digital Communication Guides to improve dialogue during healthcare telehealth and in-person office visits. Lastly, the ACPA is implementing the membership Growth Project to provide Free access to ALL ACPA resources.

## PAIN SCIENCE AND HOW PHYSICAL THERAPY CAN HELP

By Stephanie Jun, PT, DPT

### Chronic Pain and Physical Therapy

Chronic pain can be characterized as an ongoing pain that persists between three to six months or longer. It is normal for our bodies to send key signals to the nervous system, informing us of pain or possible injury. However chronic pain is when those pain signals are sent and continue to fire beyond the normal duration.

The pain signal can last for days, months or even years. Common chronic pain conditions include headache, low back pain, arthritis pain, neurogenic pain, and psychogenic pain. The pain can also be idiopathic, meaning with an unknown origin... making treatment challenging.

Many people with chronic pain don't realize that seeing a physical therapist can potentially help provide relief. A physical therapist is a movement expert who provides skilled, manual, hands on care, education, and exercises to help improve someone's health. Physical therapy is a healing process. For example, it can help reduce pain and improve functional mobility in patients who have movement deficits and injuries of all types.

Physical therapists can help with orthopedic conditions and neurological conditions like PTSD. Also, sports injuries, women's health, oncology, cardiology, geriatrics, and wound care. Trusting a physical therapist to evaluate and develop a plan of care, along with the patient's goals, and along side medical care, can be very effective... Consider adding physical therapy as part of your pain management plan.

### Physical Therapy Case Study

Su found herself in heavy combat in Afghanistan in operation Cobra's Anger in December of 2009. When a fellow soldier fell beside her, it took all her strength to move the soldier to safety. She recalls feeling a pop in her lower back, but no pain during the adrenalin filled battle. The next day however, her pain was excruciating. She was unable to move. The medic found that her hip became dislocated and was able to "pop" it back into place. To her amazement, the pain was instantly gone. However, in the years following, any kind of lifting led to a dislocation and lower back pain.



*The pain is intense in my lower back. Every time I feel this pain, it brings me back to that day in the war. It terrifies me. My feel my pain is connected to my PTSD.*

When she returned home, Su's doctor referred her to a Physical Therapist. Together, they worked on strengthening the muscles of her lower back and hip. As the Physical Therapist and Su worked on her physical strength, they also focused on emotional strength. *I am proud to say, my recovery is going very well, and I continue PT weekly.*

## HEALTHCARE ACCESS: WHAT DOES IT MEAN?

By Scott Farmer, MBA

### What Does It Mean?

An important topic in pain management is healthcare access. Healthcare access means being able to find and afford quality healthcare in a timely manner. But what happens when one or more of these aspects are missing? For example, *I can't find care, or I can't afford care.* Many in chronic pain face this issue, and it further adds to the impact of chronic pain... so, we'll examine further.

### Access to Care

The Agency for Healthcare Research and Quality ([ahrq.gov](http://ahrq.gov)) define access to care *by the timely use of personal health services to achieve the best health outcomes.* The AHRQ further breaks down access to health care into four components. These include coverage, services, timeliness, and workforce.

### Coverage

This enables the entry into a healthcare system like your local hospital. Often uninsured people are less likely to receive quality medical care and are more likely to have unsatisfactory health outcomes.

### Services

Having access to quality Primary Care services like screening and prevention services often provides better outcomes.

### Timeliness

Timeliness is the access to quality healthcare when it is needed. The longer the need for care is delayed, the greater the progression of the issue.

### Workforce

I've mentioned quality care a few times. This means capable, qualified, and a competent healthcare workforce.

### Roadblocks to Access

There are many roadblocks to access quality care. First is the healthcare and hospital systems. These quality care systems tend to be in metropolitan areas which presents a challenge to people in rural areas. Second is costs; so, although a person may live in a metro area with quality care, it doesn't necessarily mean the care is affordable or covered by insurance. Third, is the person seeking quality care? Many simply "live with it" without exploring all options.

### Solutions

Below are a few ways to access quality care:

- Get informed and research quality pain management programs.
- Expand your search beyond your local hospital using technology if needed.
- Explore healthcare coverage plans that enable you to seek quality healthcare.
- Don't settle and be persistent.

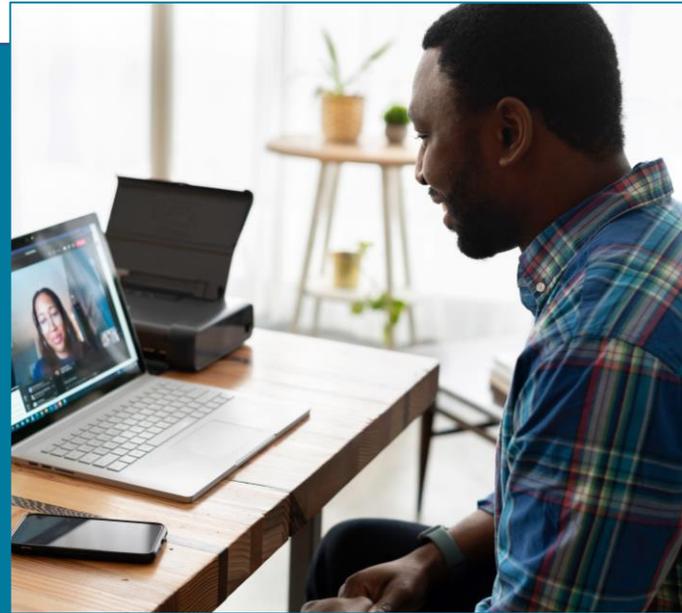
## PAIN TELEHEALTH: THE FUTURE AFTER COVID?

By Scott Farmer, MBA

### Telehealth Pain Management

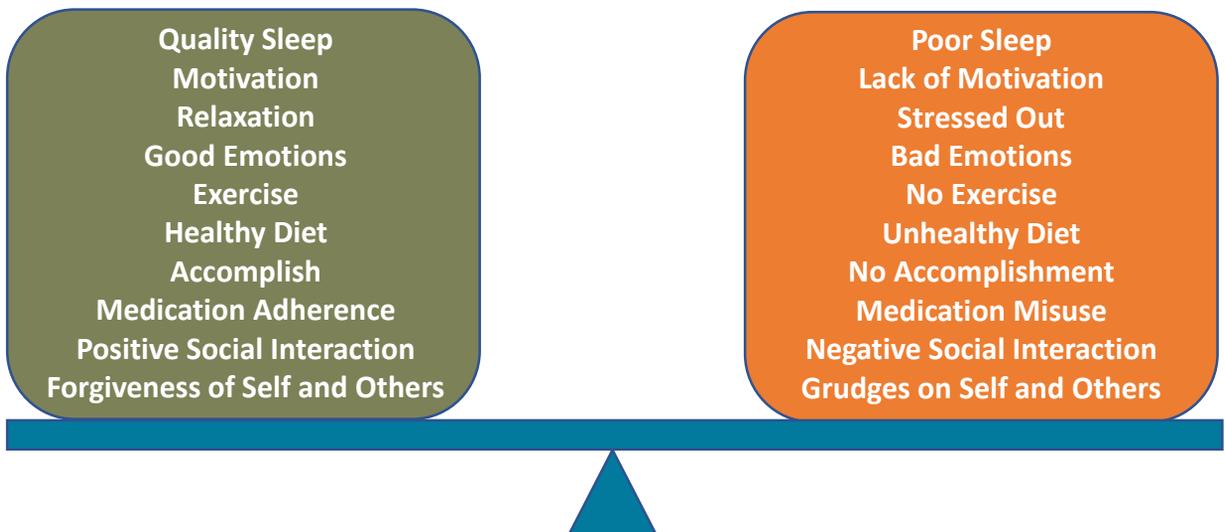
In a recent publication of *PAIN™*, authors discussed the challenges to pain care due to the limitations of in-person care. COVID-19 not only limited their care, but also placed a spotlight on the importance of communication among multiple members of the pain management team. Telehealth does provide much needed communication needed for a pain management plan, but it is limited by many factors, including physical examination and policies.

As technology advances, telehealth will play a role in healthcare visits. However, physical examinations and in person interaction will always have a place in pain management.



### Our Daily Mission is Balance (Continued from page 3)

Again, the ten major components of a day that will impact our pain levels include sleep, motivation, stress, emotions, exercise, diet, accomplishments, medications, social interactions, and forgiveness.



## MOTIVATION: FINDING THE MOTIVE FACTOR

By Scott Farmer, MBA

### What Motivates You?

We all have something that motivates us. It could be family, friends, work, or play. Motivation can be hard to find when chronic pain is playing a role in your life. Here are some tips to help you find daily motivation.



### The Motive Factor

The motive factor includes things that motivate you to enjoy life. For example, Juan (above), is an ACPA Member. As you will read later, he is motivated by his passion for music. It allows him to stay active both physically and emotionally.

### Motivation Checklist

- Have a Routine
- 7-9 hours of sleep
- Eat 3 healthy meals per day
- Remember the feeling
- Enjoy family time
- Find a positive friend
- Spend time w/ a pet
- Make work/school enjoyable
- Play something fun
- Focus on a hobby
- Form an exercise routine
- Learn to control emotions
- Set obtainable goals
- Play music

### The Key to Finding Motivation

First, have a routine. This includes 7-9 hours of quality sleep and a healthy diet. Document and remember how you feel when you stick with that healthy routine. Spend quality time with a positive family member, friend, or pet. Make your work or school enjoyable and productive. Play something fun or focus on a hobby. Form an exercise routine that is beneficial to you physically and emotionally. Learn to control and deal with your emotions in a healthy way. Set obtainable goals. Like Juan, play music and enjoy life. Finding a positive outlet while in pain can help immensely.

## RELAXATION: EASY FLOWS FOR PAIN RELIEF

By Asya Haikin

### Easy Flows

To help our joints move with more ease and less pain, it's helpful to practice easy movement, synchronized with breathing. A yoga flow (often called vinyasa) is a practice that you do by linking poses together and syncing them with your breath. There are many styles of yoga that can be quite athletic and physically demanding, so it's important to find the right style that will meet you where you are. Yoga therapy approach offers a pace of movement that is steady but accessible and can be fully adapted to the individual.

Why is it so helpful to move with the breath? When we coordinate our movement with breath, several things happen:

- Attention that is required to coordinate movement with breath helps our mind become one-pointed and focus on the practice. Paying attention helps us stay safe while moving.
- Slow and steady rhythm of the breath helps to activate the parasympathetic nervous system. Activating the parasympathetic nervous system has many benefits, including reduced blood pressure, improved digestion, reduced stress, and even improved immune function.

Asya Haikin, MA, C-IAYT is a certified yoga therapist in Arlington, VA. She works with individuals and small groups both in person and virtually. You can connect with her at [peacefulmindyogatherapy.com](http://peacefulmindyogatherapy.com)

### Easy Flows Continued

- Slow and rhythmic breathing creates a state of calm and relaxation in the brain and in the nervous system, developing a sense of safety. Working with steady and calm breath will make the brain associate activity you are engaged in with a state of relaxation and safety, which in turn will help decrease pain.
- Stress and a sense of perceived danger, which often go hand-in-hand with rapid breathing, increase pain. But the process of maintaining a peaceful state by practicing calm breath along with accessible movement will begin to retrain your nervous system towards safety.

When you are focused on your breath and on a sense of safety in the body, you will be more likely to find accessible movements that might have caused pain if done without breath awareness. While practicing gentle, therapeutic yoga flows, syncing your breath with the movements, and cultivating a sense of safety, you are practicing to move without pain, increasing your range of motion, overall mobility, and function. And even more importantly, you are creating new neural connections that will help your brain perceive these movements as safe, and help you move with greater sense of ease.



## RELAXATION: EASY FLOWS FOR PAIN RELIEF

By Asya Haikin

### Easy Flows

Here is a short breath-focused chair yoga practice for you to get started. At the end of each exercise pause for three breaths.



Sit in a comfortable upright position, feet firmly planted on the floor. Become aware of your breathing. Feel the movement of the breath in the body. Feel the air moving through the nostrils, letting each breath feel smooth and even.



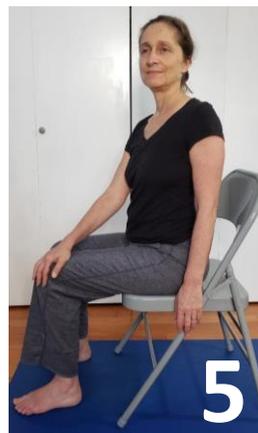
Sit towards the front of your chair. Place your hands on your knees. Exhale, let your whole back round. Inhale, reverse the curve to let your chest open and shoulders roll back. Repeat several times with breath.



Sit towards the front of your chair, feet hip width apart, thighs parallel. Place your hands on your thighs. Exhale, reach one arm down, bending sideways. Inhale, come back to the center. Repeat 3 times, alternating sides.



Sit towards the front of your chair, feet hip width apart, thighs parallel. Place your hands on your thighs. Exhale, bring your left hand to your right knee, turning your torso to the right. Repeat three times, alternating sides.



Close your eyes and observe your breathing, letting your whole body relax, for 4-6 breaths.

## EMOTIONS: THE MENTAL AND PHYSICAL CONNECTION

By Scott Farmer, MBA

### Turbulent Waters Analogy

Throughout each day, emotions are influenced by many variables. Much like water, turbulence can result in uncontrollable rough waters. Having the resources to react in positive ways are much more likely to produce calm waters. Negative reactions and experiences are more likely to produce turbulent waters. Pinpointing the causes can allow you to protect yourself from a storm of emotions and pain. Learning how to manage stress and complex situations can keep your emotions afloat. Likewise, it is very useful to use emotions to accomplish things. For example, high stress might motivate you to exercise. An exhausting day might remind you to rest and get adequate sleep. Happiness might motivate you to call a friend.

### Tools for Rough Water

- ❑ **Deep Breathing:** Take a deep breath in through the nose for 3 seconds, hold for 1 second, breath out and release the stress. Repeat until relaxed.
- ❑ **Imagery:** Find a comfortable seat. Close your eyes and think of a happy place or time. Practice deep breathing (above).
- ❑ **Mindfulness:** Gather your thoughts. Assess the situation and think of your emotions and what the results of your reactions might be. Practice deep breathing.
- ❑ **Forgiveness:** One of the most effective and calming responses to an emotional situation is forgiveness. This includes forgiving others and most importantly... forgiving yourself.



## EXERCISE: ROUTINES THAT HAVE WORKED FOR OTHERS

By ACPA Members



### ACPA Member: Gary

Cincinnati, OH

Gary joined his neighborhood Parks and Recreation where they offer a daily class in water aerobics. *Water exercise is the only thing I've found that doesn't make me too sore to get out of bed the next day. I also enjoy interacting with the class. We motivate each other.*



### ACPA Member: Katie

Colorado Springs, CO

Katie goes to a local nature trail and hikes to her favorite spot. She brings a journal and writes down her thoughts for the day. *I love being able to enjoy fresh mountain air, which is a great cardio workout. But also, being able to journal on my thoughts in complete peace. It helps my pain and emotions.*



### ACPA Member: Della

Greenville, NC

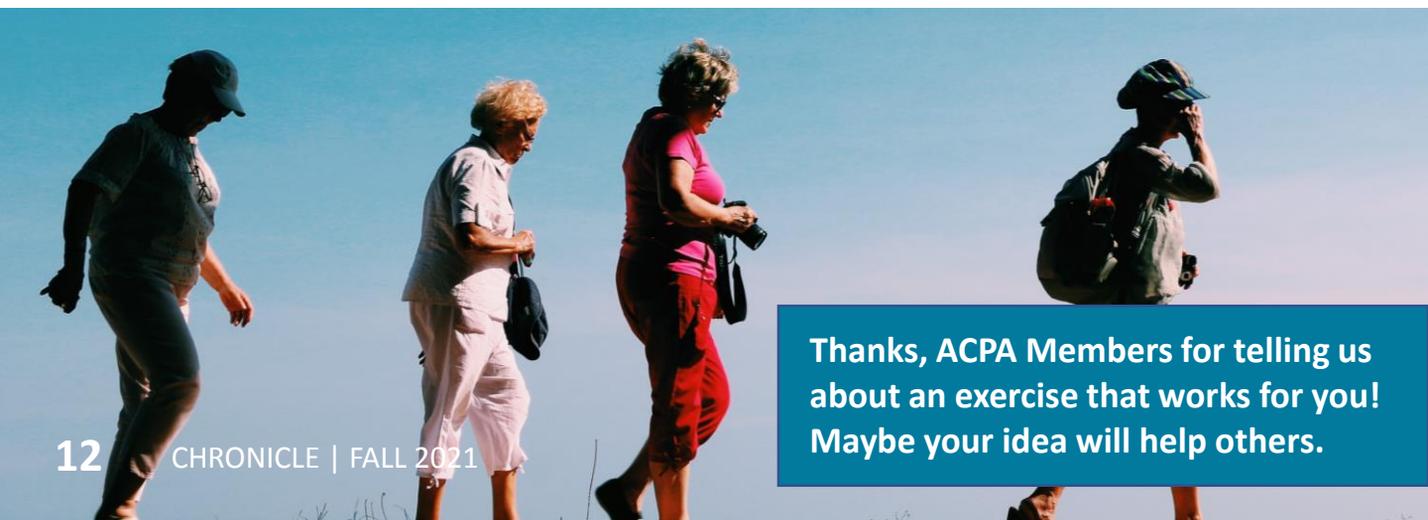
Della joined a local fitness studio where she enjoys yoga and deep breathing classes. She can join the classes in-person or online. *It is nice to belong to the fitness studio because the other members encourage one another not only in fitness but in life. It's so therapeutic for me!*



### ACPA Member: Juan

San Antonio, TX

Juan plays in a Street Quartet. This is a perfect example of how to turn your passion into exercise. *Playing music is my passion... and I can't play without movement. While playing I can completely forget about my pain and my heart is filled with joy and excitement. It's great exercise!*



Thanks, ACPA Members for telling us about an exercise that works for you! Maybe your idea will help others.

## SLEEP: BAD HABITS AND THE RESET BUTTON

By Scott Farmer, MBA

### Feel Tired and Can't Sleep?

Sleep is the great reset button. Sleep allows your body to heal and your mind to rest. Quality sleep is just as important as getting the right amount of sleep. Life happens, and the recommended seven to nine hours is not always realistic.

### Bad Sleep Habits

Inconsistent sleep and low-quality sleep can be caused by bad sleep habits. Common sleep disruptors to avoid include couch or recliner sleep. Other disruptors include sleeping along side a pet. Inconsistent sleep can be caused if your partner snores or leaves the TV on during sleeping hours.

### Sleep Solutions

One of the best solutions, although costly, is to get a high-quality mattress. Especially when dealing with lower back, hip, neck, or shoulder pain. Ask your healthcare provider about sleep solutions. Sometimes a simple check-up can reveal sleep apnea, a lack of nutrients, depression, or anxiety.

### Diet and Sleep

Many get into a caffeine dependency routine. This is when your low-quality sleep requires caffeine to keep you awake. In turn, the caffeine keeps you awake... creating a vicious cycle of low-quality sleep. Caffeine should be consumed in moderation and avoided five hours prior to your scheduled sleep time. Dehydration can cause drowsiness during your day. Drink the



recommended amount of water every day. Use caution drinking before bedtime to avoid restroom sleep disruptions. Many get sleepy after eating. A solution I've found for this is to do some walking or exercise if you are physically able. You might consider seeing a sleep specialist or getting tested for food allergies which can cause daytime sleepiness as well.

## DIET: THE ANTI-INFLAMMATORY EXPERIENCE

By Scott Farmer, MBA

### Inflammation From Food

Inflammation is the body's attempt to fight against harm. You may experience a link between your pain intensity following eating certain foods. Below is an infographic on some foods and drinks that can cause inflammation.

### Inflammatory



Fried Foods  
Sugar and Alcohol  
Refined Carbs  
Hydrogenated Oils  
Processed Meats



### Anti-Inflammatory



Fruits  
Nuts  
Olive Oil

Leafy Greens  
Fatty Fish



Dark Chocolate  
Avocado  
Green Tea  
Turmeric Spice  
Water



## DOC DISCUSSIONS: BE NOT AFRAID

By Kathleen Cady, PsyD

### What Does Fear Trigger in Us?

*What if I break my leg skiing and I can't drive. How will I get around? What if I lose my job?*

*My father died of Alzheimer's. What if my mind goes? Who will care for me?*

*I lose my breath when I exercise. Does that mean my heart is weakening?*

Many of us learn that fear is healthy—it keeps us from harm. By being cautious we avoid problems. But it also forces us to second-guess our better judgment.

*Should I be doing this? I might get hurt. Others depend on me to be sensible.*

Fear is a human challenge. Whether it's of heights, of snakes, of rodents, of motorcycles, of the ocean, or other possibilities, by facing fear and taking a chance, a person can realize that *I'm braver than I thought*. Confidence takes over, pushing fear away into the darkness where it belongs.

Be not afraid, has been my life-long mantra since age 16, when I crashed my family's Plymouth into a wall. Since then, I trust that adventure is around the corner if I take the next step.

### Daily Mantra

A daily mantra for each of us resides in our desire to jump into life and leave fear behind. The question is: *What words chase fear away?*

### Solutions

- *I can do it.*
- *My potential is powerful.*
- *I direct my energy where needed.*
- *I generate healing vibration.*

Perhaps you are telling yourself, *This is too simple. It won't work*. Try it. Believe in your force from within.

Perhaps, in the beginning, your mantra needs to be constant, reducing fear into nothingness. Your mantra pushes negativity outside of yourself. But it takes practice and belief that it will work--because it will. Give yourself a chance.

Maybe you are struggling with pain. Direct your mantra to the part of the body that hurts.

Your mantra generates healing energy. Feel warmth in that part of your body. Imagine the soothing quality that is being produced there.

Hold onto that feeling for a while. Repeat the process as needed. Once you create your mantra, hang it on every mirror in your home.

## LIVING LIFE IN FULL WITH CHRONIC PAIN

By Dr. Melissa A. Day and Professor Mark P. Jensen

### Chronic Pain

Chronic pain is a common and highly debilitating problem affecting millions of Americans. It also costs the economy billions of dollars every year. Perhaps the most widely used treatment approach for chronic pain continues to be opioid analgesic medication. While this might be helpful for managing chronic pain for a small portion of individuals, when used over long periods there is a substantial risk for tolerance effects (i.e., needing a higher dose of opioid medication over time to have the same amount of pain reduction), sedation, and other negative side effects, including overdose mortality. Current treatment guidelines put forth by the US Centers for Disease Control and Prevention state that non-opioid therapy be offered as first-line treatment for chronic pain.

In order to understand which non-opioid approach(es) to use for chronic pain, it is helpful for us to understand how the brain and body work together to create the experience of pain. It is now widely understood that chronic pain is the result of complex patterns of activity in the brain. We know, for example, that the same amount of stimulation is felt in very different ways by different people. Pain is real. But how it feels is strongly influenced by the brain.

### Pain and the Brain

Research conducted over the past few years has shown that when we are in pain, many different areas of the brain are involved. These areas include, of course, the areas that process information the brain receives from the body. But other areas include those associated with the creation of our thoughts, what we are paying attention to, our emotions, and our motivations (to name a few!). This means that changes in any one of these factors – the sensory experience, our thoughts, what we pay attention to, our emotions, or our goals – can and does change the way pain is processed in the brain. Treatments that change any of these factors can therefore change our experience of pain. All pain is real, all pain is created by the brain, and all pain is influenced by many factors.

### Change Pain

With this understanding, we can now see how different non-opioid treatments have the ability to change pain. We also now know that several evidence-based psychological treatments are effective in changing important brain pain processing pathways. Three of the most widely used treatments include Cognitive Therapy (targeting changes in a person's thoughts related to pain – what we think), Behavioral Activation (targeting changes in a person's behavioral responses to pain – what we do), and Mindfulness...

For more information and/or to see if you are eligible for the study, see the study website for more details: <https://sites.uw.edu/lifestudy/>. Interested individuals may also contact study staff by calling 206-221-7224 or toll-free 1-800-570-5576, or by email at [lifestudy@uw.edu](mailto:lifestudy@uw.edu). All interested participants will need to complete a phone screening to determine eligibility for this study.



## LIVING LIFE IN FULL WITH CHRONIC PAIN

By Dr. Melissa A. Day and Professor Mark P. Jensen

### Change Pain Continued

Meditation (targeting changes in attentional aspects related to pain – how we think). A large amount of research has shown that these treatments can result in significant improvements in pain. More good news is that the “side effects” of these treatments are also positive for many people, improving not just pain, but also increasing the number of activities they can do, reducing their disability, improving their mood, and helping them get better sleep. Unfortunately, however, millions of Americans who have chronic pain do not always have easy access to trained professionals to receive one of these evidence-based treatments.

### Research

Research currently being conducted by Drs. Mark Jensen and Melissa Day, in the Department of Rehabilitation Medicine at the University of Washington, Seattle, is looking at novel ways to make these treatments more accessible for more people. One study\* that is currently recruiting patients is evaluating a telehealth delivered version of these psychological treatments – Cognitive Therapy, Behavioral Activation and Mindfulness Meditation – for improving chronic pain outcomes. Arguably the most useful elements of all three of these treatments – as well as other psychosocial approaches – is that they train individuals in pain management skills that the individuals themselves can use to manage pain independently. Thus, these programs place the

### Research Continued

individual with pain firmly in the driver’s seat, equipping them with skills needed to take an active role in moving their life in the valued direction of their choosing (rather than the pain “choosing” – or dictating in many cases – the direction for the individual). This research has the capacity to greatly improve treatment efficiency and cost-effectiveness in meeting the challenge of chronic pain.

Historically, chronic pain has been underdiagnosed and undertreated. Advancing our understanding of how and for whom various evidence-based non-opioid treatment options are of benefit informs the most efficient and effective use of such approaches as a complement or alternative approach to pain medications. The high rates and incalculable costs of chronic pain to society, the individual and their loved ones demands urgent action be taken to advance precision health care and to overcome the challenge of pain and to live life in full despite the pain.

\*Note: The study being conducted by Drs. Jensen and Day is funded by the National Institutes of Health. Participants receive the free, 8-session treatment (2 sessions per week) from the comfort of their own home via video-conference, with treatment delivered via a trained professional in a group setting (typically 8-12 individuals are enrolled in each group).

## A Blog Worth Reading: The Outdoor Mama

By Brittany Jedrzejewski ([theoutdoormama.wordpress.com](http://theoutdoormama.wordpress.com))

### Night Before Freshman Year

T'was the night before freshman year, when all through the house. A mama's wondering where all the years had gone could not be doused. The planning and preparing with such detail and care, in faith and hope that her son finds joy and belonging there.

The teen was far from being nestled in his bed, texting, Xbox'ing, Snapchatting, and unadmitted nervousness were in his head. And me with my laptop, writing away worry and fear, also to document the start of this monumental year.

He still calls me "mama" and leaves his laundry all over the floor, I wouldn't change a thing except that he'd occasionally open his door. I hear his voice and will love him forever, and I thank God that this precious boy is so unique and so clever.

While the moon is shining on the parched Austin landscape, I look up and say, "Dear God, keep him away from vapes."

I reflect at how blessed I am that we share the same roof, and I pray that through all the hard times, he'll be shatterproof.

With a sister who loves him, and a mom and dad too, he has everything he needs inside himself; Niko, just be you.



With a debit card in hand and a recent guitar performance, it's true he's a brave and strong soul who's ready for independence.

"Now Niko! It's time! We know you'll be great! On, Niko! You're ready! We believe in you always! To the top of Mesa! To the top of your dreams! Now off to you go! Off you go! On this spectacular adventure!

These four years will pass quickly, for that I am sure, it's an honor to be your mama and witness you mature. From firetrucks to dinosaurs, a mad scientist and a Lego master, you're now a freshman in high school, time please don't go any faster.

## ACPA SUPPORT GROUPS

By ACPA Staff

### Active Groups

South Salem, NY  
Los Angeles, CA  
Vallejo, CA  
Keyport, NJ  
Pittsburgh, PA  
Salt Lake City, UT  
Hilton Head Island, SC  
Fort Wayne, IN  
Austin, TX  
Gainesville, FL  
Beaverton, OR  
Tigard, OR  
Osceola, MO  
Cincinnati, OH (2x)  
Detroit, MI  
Boulder, CO  
Summit, NJ  
Charlottesville, VA  
LaBelle, FL  
Falls Church, VA  
Hampton, VA  
Chicago, IL  
Fort Myers, FL  
Ocean Park, ME  
North Hollywood, CA  
Oak Hill, VA  
Cleveland, OH  
La Mesa, CA  
Harrisburg, PA  
Grass Valley, CA  
Livingston, NJ  
Lakewood, OH  
Rocky River, OH  
Redwood City, CA

Fremont, CA  
Harbor City, CA  
Danville, CA  
Castle Rock, CO  
Denver, CO  
Newton, NJ  
Sparta, NJ  
Succasunna, NJ

### Under Review

San Jose, CA  
Trenton, NJ  
Sarasota, FL  
York, PA  
Houston, TX  
San Antonio, TX  
Easton, PA  
Lancaster, PA  
Decatur, GA  
Las Vegas, NV  
Pulaski, WI  
Jacksonville, FL  
Richardson, TX  
Sarasota, FL  
McAlester, OK  
Jacksonville, FL  
Roanoke, VA  
Greenbelt, MD  
Telluride, CO  
Springfield, MO  
St. Louis, MO  
Dallas, TX  
San Antonio, TX  
Overland Park, KS

## Support Group Projection Expansion 2021-22



### The BIG Impact of the ACPA

#### Meet Amelia: A Member Testimonial

*Chronic pain was controlling every aspect of my life. I was on the verge of losing my family, friends, and career. When I joined an ACPA Group, I found a new outlook on living with pain. Along with the ACPA resources and peer support, I now have found daily skills vital to my happiness and health. My experience has motivated me to be an ACPA Group Facilitator. I recently started a new local ACPA group which I am proud to say has 18 members. The ACPA is truly an inspirational organization.*



## ACPA TRIBUTES

By Mary E Peters

From our members:

Susan Clinkenbeard

Jennifer Bartling

Phyllis Kathol

Jim Redmon

Mary Peters

Dear American Chronic Pain Association

Good Morning. I'm Mary Peters, I started the Fremont, NE ACPA Chapter here -

We no longer have a formal group. As a group, we meet one time a month just to touch base. Our group remains very connected and are very supportive. Good friends. This past month we lost a very important person to our group. In the past we have made a memorial to ACPA in memorial of our lost members.

We would like to donate \$100.00 in memory of Virginia Livingston, she was an active member. She was there the first night at our first meeting.

Please take our donation in memory of Virginia Livingston

We continue to support ACPA - and would truly recommend it to others.

Thanks for giving our group the support and guidance over our 20 years.

We continue to live with our chronic pain and have learned to deal with it in a positive way.

Thanks,

Mary E Peters

## OUR CORPORATE PARTNERS AND CONTRIBUTORS

By ACPA Staff

### Champion:



THANK YOU!

THANK YOU!

### Ambassador:



### Educator:



### Builder:



## THE ACPA MISSION

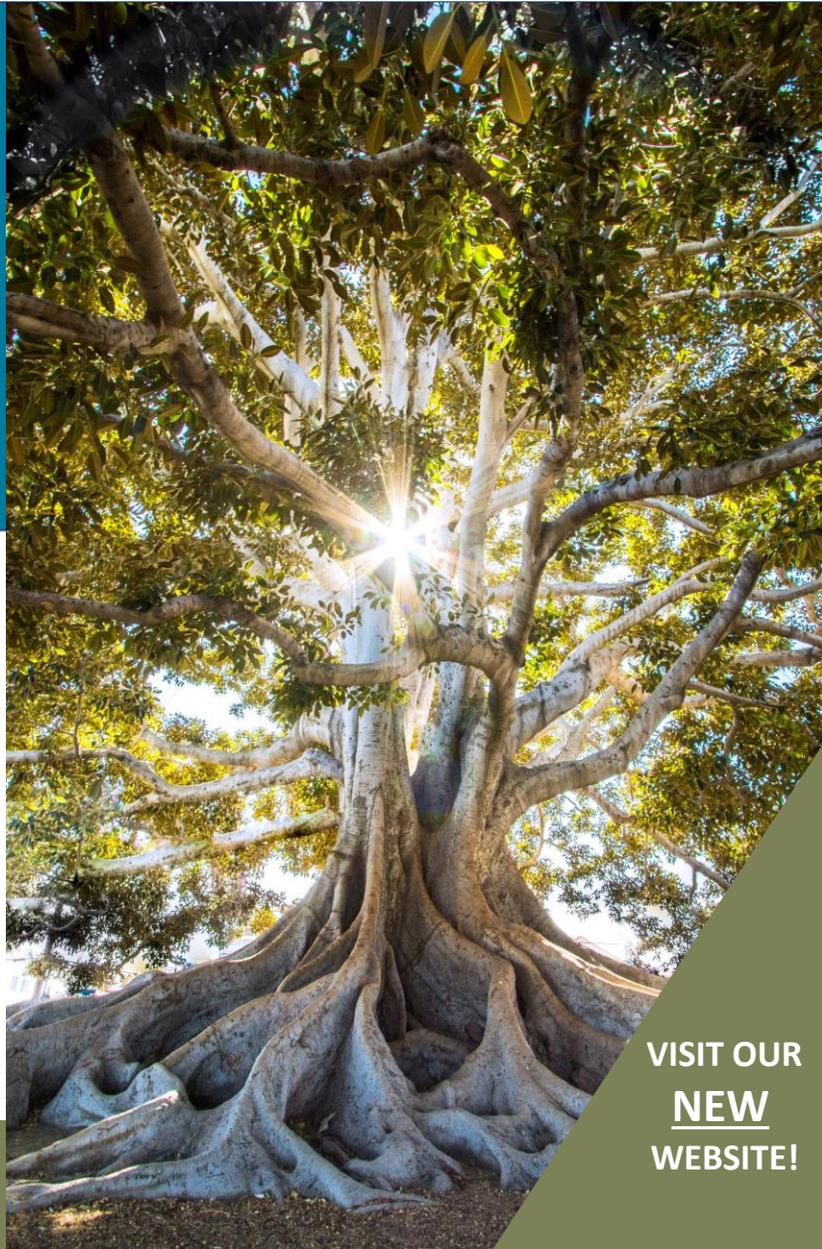
By Scott Farmer, MBA

## Pain Awareness Month

To facilitate peer support and education for individuals with chronic pain and their families so that these individuals may live more fully in spite of their pain.

To raise awareness among the health care community, policymakers, and the public at large about issues of living with chronic pain.

Thank You for Reading!



VISIT OUR  
NEW  
WEBSITE!