

April 2024 Vol. 14



FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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Announcements



We are looking for business sponsorship and in-kind donations for this year's Do you own or know of businesses that can help?



Would you like to have an article, poem, piece of artwork highlighted in the next issue of Fighting Flames? Just let us know, we would be happy to include it.

Just email: Beth@FightTheFlame.org



You asked, we answered...

Question for the next issue:

What coping tip has worked best for you?

Please submit your tips to Beth@FightTheFlame.org

FTF Support Group February Recap

In February, we discussed “Creating Positive Habits.”

Although they go hand-in-hand, Habits and Goals are quite different.

Habits are routines that you do with no or very little thought.

- For example, brushing your teeth. This is an automatic task, a habit that you do every day without having to think about it.

Goals are wishes/objectives that you want to establish for yourself.

- Lauren Kolezar states “*You can set a goal to form healthy habits, but don’t make a habit out of setting goals.*”
- To achieve your goals, they must be SMART (Specific, Measurable, Achievable, Relevant, and Time-Bound). In time, with repetition, your goals can become habits.

It’s important to recognize your own progress so once you’ve decided which habits you want to build, it can be helpful to track your habits. It is also important that you reward yourself for your progress. When you achieve your set goal (on the way to becoming a habit) was to walk three times a week for the month to improve your overall health, consider treating yourself to a new pair of walking shoes, etc.

FTF Support Group March Recap

We had Jered Mond, chef/owner of Izzy's Catering present. He demonstrated 4 recipes. All of the recipes can be adapted to your food preferences/allergy. They were all quick, easy recipes that anyone can make. They entailed very little, if no cutting at all.

Cream of Broccoli Soup

Ingredients:

- 2/3 c. flour
- 2 Tbsp. Butter
- ¼ cup of chopped onions
- 4 cups veggies
- 6 cups broth
- ¾ cup of heavy cream or half-half
- salt

Directions:

1. In a large saucepan melt 2 tbs of butter
2. Add onion: cook until tender.
3. Add flour and whisk for 1-2 minutes
4. Add the broth while continuing to whisk.
5. Bring to simmer and add veggies
6. Cook for 5 -6 minutes.
7. Add heavy cream and salt/pepper



Notes

- Veggies – broccoli, cauliflower, asparagus, mushrooms, or any veggie of your choice.
- I usually steam the veggies a little bit before I put them in the soup. You can steam the veggies in the microwave.
- Broth – vegetable or chicken broth both works great.

*If you would like to watch the video, or
receive the additional recipes, please email
Beth@FightTheFlame.org*

Fighter Spotlight

My name is Joni Edwards, and two years ago, my husband, my special needs daughter, and her special needs husband, moved to Boomer, NC on a 39-acre farm.

We have many animals; 13 chickens (one with a spinal cord injury), 4 cats, and 1 dog. The animals are so fun and therapeutic to interact with.

I love sitting on the front porch looking at the beautiful mountains. It is a quiet place to meditate and relax. We are the proud grandparents of two 3-year-old granddaughters and a 7-month-old grandson. I have been in back pain for most of my life but have tried my best to make it through the bad times, not knowing that the worst pain would be coming. I have had 15 back surgeries and numerous procedures, including 3 laminectomies, 2 fusions, and 3 spinal cord stimulators.

During my last fusion, the radiologist hit my spinal cord stimulator, breaking a lead, and causing immediate CRPS. It was in my right leg from the knee down and then spread to the left leg (knee down). The fusion was successful, but I was left with CRPS.

We moved to northern New Jersey in 2020. A new neurosurgeon suggested a new SCS, that would take all my pain away. I was so looking forward to a normal life, as my last two SCSs were lifesavers for my pain.

MEET

Joni



FTF Fighter: Joni Edwards

Location: Boomer, NC

Current hobbies: Taking care of animals, sitting on my front porch looking at the mountains

Fighter Spotlight continued...

I really felt uneasy about this surgery but had high hopes for its outcome. This surgery changed forever, as I became a paraplegic. The doctor he accidentally cut and bruised my spinal cord. At first it was both legs, but the left partially came back with some numbness, but I was paralyzed on my right side. Having my back cut open again caused the CRPS to spread to my entire body (except my arms).

Recently, I needed abdominal surgery. And although the surgery corrected the problem, the CRPS in my stomach has gotten worse. I could easily lay in bed every day in misery, but have learned it is not for the best.

I had attended other CRPS support groups up north, and while I made great friends, it was just chatting, with no beneficial information provided. When we moved, I contacted RSDSA and found the "Fight the Flame" support group in Charlotte. I was pleasantly surprised and cannot believe the difference it has made. There is talking and bonding, however at each meeting there has been a guest speaker, giving wonderful information about various topics. Plus, the members who have had CRPS for a long time are very knowledgeable and have wonderful suggestions to try.

If you want to know more about a topic, or the group agrees on one, the leader, Beth, will do her best to try to find a specialist in that area. They also have all-day conferences with very knowledgeable speakers in different areas of expertise. My husband and I gained so much knowledge at the one we attended, and he learned a lot about this disease and my personal needs. It really improved our relationship and his understanding. There is also a 1K/5K walk/run that they have with wonderful sponsors and prizes to win. It was so fun doing that as a family, and my son in SC even did it virtually. We came home with lots of cool things and some more valuable information.

The group helped me learn to keep moving and to find distractions. I joined a gym and do water therapy and yoga exercises at home. I now journal, sketch, Bible study, and am starting back into crafting. "Fight the Flame Support Group" and their guest speakers have given me so much helpful information to help me feel better, not only physically, but mentally. They are a wonderful group, and I am so glad we found them!



Upcoming Support Group Meetings & Events

April

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VIRTUAL COLLABERATIVE CARE

Guest Speaker: Jennie Shulkin, Override

May

11

HOLISTIC HEALTH PLANS

Guest Speaker: Sarah Steward, RHN Nutrition Steward

June

8

BARBARA STONE FOUNDATION

Guest Speaker: Chris Sparrow

Sept.

29

Fight the Flame 5k & 1k Family Roll and Stroll

***All meetings are from 1-3 pm EST**

2024 Fight the Flame 5k and 1k Family Roll & Stroll Details



- **Location:** McAlpine Creek Park; Charlotte, NC
- **Date:** September 29, 2024
- **Registration is now open:**
<https://www.fighttheflame5k.org/>
- **Ways to get involved:**
 - Sign up to run, walk.
 - Start a donation page – send to all your family and friends.
 - *The more we raise, the more Fight the Flame can make a difference.*
 - **If you create a team (5 or more people), please let us know and we can create a flyer and discount code for your group.**

Can you give
FTF a few hours
a month?

We could use
your help!

