

FIGHTING FLAMES

The Official Newsletter of Fight The Flame®

Ayers
Whitlow &
Dressler

Southeast
Pain &
Spine Care

Action Plus
Ideas

Silver
Investments

Derive

IN THIS ISSUE OF FIGHTING FLAMES:

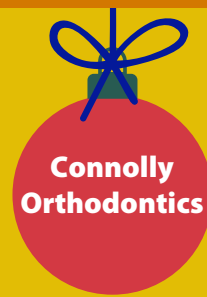
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In the spirit of the holidays, we have showcased our race sponsors in the ornaments adorning the top of these pages. Please remember to contact them if you require their services.

Happy
Holidays!

FROM YOUR FRIENDS AT

FIGHT_{the}FLAME



SAY GOODBYE TO 2024

Fight the Flame had an outstanding year! Thanks to many generous supporters, we raised over **\$39,000** during this year's Fight the Flame 5k and 1k Family Roll & Stroll!

The funds we raised will help support our CRPS Awareness College Scholarship Fund, as well as the printing and distribution of informational brochures and the awarding of several grants.

We have assisted many individuals new to the world of CRPS and provided support to those who have been managing the condition for a long time. During our monthly support group meetings, we were fortunate to have many guest speakers share their expertise. The meetings were informative and covered a wide array of topics, including:

- *Cooking Meals with CRPS*
- *Brain Fog*
- *Ketamine*
- *Disability and Accessibility*
- *Nutrition*
- *Mindfulness*
- *Reiki*
- *Medicare 101*
- *Hypnotism*
- *In-Home Assistance*

Most of these meetings were recorded. If you would like the link to access them, please feel free to reach out at Beth@FightTheFlame.org.

Honest-1
Auto Care

Piedmont
Physical
Medicine &
Rehab

Charlotte
Running
Company

Crown
Builders

Dental
Staff
Institute

SAY HELLO TO 2025

- Next year's Fight the Flame 5k and 1k Family Roll & Stroll will be on September 28, 2025!

SAVE THE DATE!

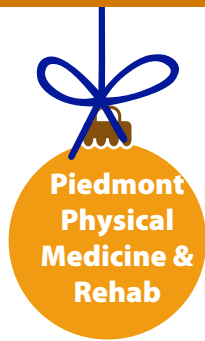
- The first few months of FTF CRPS support group meetings have already been scheduled:
 - January - Gut Health / Acupuncture
 - February - CRPS and Intimacy
 - March - Disability Advocate

Do you have a topic for the support group that you would like to discuss? Please let us know.

Fight the Flame has launched a new CRPS awareness campaign. We want to showcase the personal stories of those living with CRPS and interview anyone interested in sharing their experiences.

Some of you have already been interviewed, and we appreciate your participation. Others have expressed interest in participating but have not yet responded to the interviewer.

If you have not yet been interviewed, please send your name and email information to Beth@FightTheFlame, and we will schedule your interview right away.



ADAPTING AND ENJOYING THE HOLIDAY SEASON

-Beth Stillitano

The holidays are here! Spending time with family, entertaining guests, and hosting meals can be enjoyed, even with chronic pain. However, it's essential to adjust our expectations of how the holidays will look.

As someone who used to do it all, I've learned to accept that things have changed. Cooking for 22 people from scratch and using my finest china is no longer feasible. Instead, I ask for help and focus on what I enjoy most. After just half an hour of chopping vegetables, my hands start to shake, so I enlist my family or buy pre-chopped items. I now make fewer desserts, splitting the responsibility with my daughter and a guest.

I love decorating, but this year, I only pulled out half of our decorations, and my house still feels festive. It turns out

that I only need my favorite items to create holiday cheer.

I've simplified my cooking, using only recipes that can be prepared ahead of time. This allows me to prepare and cook at a comfortable pace.

I love to keep active and attend every event, but pushing through the pain often leads to flare-ups. Instead, I've learned to choose the most important activities and accept that I might miss some.

Maintaining a regular routine has been crucial. I schedule rest, stick to my eating plan, and allow time to regroup to avoid flare-ups. Having CRPS doesn't stop me from enjoying the season; I remind myself that there is no perfect holiday. By narrowing my tasks, accepting help, and making time for rest, I can still enjoy the festivities.



TIPS TO EXPERIENCE THE HOLIDAYS WITH FUN & LESS STRESS

- Create a holiday schedule in advance to avoid last-minute anxiety.
- As much as possible, try to maintain your everyday schedule and routine.
- Set realistic expectations; remember that no holiday is ever perfect.
- Schedule breaks to recharge.
- Make gift giving easy by opting for gift certificates—no wrapping involved!
- Consider ordering your holiday celebration meal instead of cooking.
- If celebrating in someone else's home:
 - decide on a code word with your family that you can use if you need to excuse yourself.
 - travel with items that help manage sensory issues, such as earplugs or sunglasses.
- It is okay to say "no" to events or commitments.
- Practice gratitude; it helps the mind escape from stressors and allows

Support Fight the Flame Your Way!

There are many ways to make a difference:

- Donate in Honor or Memory: Honor a loved one while supporting CRPS awareness and advocacy.
- Start a Birthday Campaign: Celebrate your special day by asking friends and family to donate instead of giving gifts.
- Make a Simple Donation: Every dollar counts and helps us fuel our mission!
 - To donate or learn more, visit: <https://fighttheflame.org/how-to-help>



SUPPORT GROUP MEETING UPDATES

KETAMINE -

Dr. Jonathon Leake of Derive Health educated us on the benefits of Ketamine. Many group members were interested in using Dr. Leake but felt it was too costly. Derive Health now offers deferred interest financing.

We are doing what we can to help this become more accessible and affordable/manageable for people. Even if finances are a barrier, please still reach out to us and we will try our best to work something out! We just want to help others heal. For more information, use the QR code:



DERIVE
HEALTH

HYPNOTHERAPY

Stephanie McCray, Certified Clinical Hypnotherapist invited our group to receive free hypnotherapy sessions with HMI's interns.

<https://hypnosis.edu/sessions/>

Can you help? On the rare occurrences that Beth is unable to lead the monthly support group, could you step in? No prior planning is required.



REMEMBER TO FOLLOW US ON OUR SOCIAL MEDIA CHANNELS:

 www.FightTheFlame.org

 @FightTheFlame

 @FightTheFlame

 [Fight the Flame - CRPS Awareness & Support](https://www.facebook.com/FightTheFlame)

 www.pinterest.com/fighttheflame/

 [FightTheFlame.CRPS](https://www.youtube.com/FightTheFlame)

Wishing you a low pain day!

