



# >>> NEWSLETTER <<< FIGHTING FLAMES



The official newsletter of Fight The Flame®

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**TEN REASONS TO VOLUNTEER** page 3

**SAVE THE DATE & UPCOMING SUPPORT GROUPS** page 4

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## CHRONIC PAIN AND COLD WEATHER

When I was a kid, I thought it odd that my Aunt said she always knew when it was going to rain. She would say, "She could feel it in her bones." I never quite understood that until I had CRPS.

I have since discovered that cold weather intensifies my pain. Many people with chronic pain experience an increased stiffness and discomfort during colder months.

According to the Arthritis Foundation, "frigid temperatures can heighten pain sensitivity, slow blood circulation, and cause muscle spasms. To make matters more complex, our joints can detect and respond to changes in the barometric pressure (the amount of air pressure in the atmosphere)."

The weight of the atmosphere pressing down on Earth is referred to as the Barometric pressure. The pressure often drops before rain and storms and these changes in pressure can cause increased joint pain for people with chronic conditions like CRPS, fibromyalgia, and others. Colder weather can also affect your mood, leading to feelings of irritability or sadness.

This reaction occurs because the cold can thicken the synovial fluid (what lubricates your joints) causing more painful and difficult movements.

In cold weather, a person's blood vessels constrict which reduces blood flow to your extremities. Reduced blood flow causes muscles to become stiff and tight. Less circulation to joints can lead to more discomfort. Stiff muscles and joints limit your range of motion causing many to stay immobile.





## TIPS TO STAYING WARM

### Helpful Tips during cold weather:

- **Heat therapy**
- **Using heating pads/blankets, hot water bottles, and warm baths can help soothe your body pains**
- **Drink hot tea or soup**
- **Dressing warmly in layers helps maintain your joint temperature and reduces stiffness.**
  - **Wear gloves, scarves, and hats**
- **Remember to wear warm socks and insulated shoes. Consider using compression socks to help improve your blood flow**
- **Invest in thermal gear to help trap your body heat**
- **Light stretching/low-impact exercises such as yoga, Qigong, and swimming can help keep your joints more flexible**
- **Stay hydrated and maintain a Healthy Diet and a regular sleep schedule – when possible**

**\*At the Arthritis Foundation, you can see how your local weather forecast may affect your pain level. <https://www.arthritis.org/weather>**



## MEET ROSS FELDMAN

At Fight the Flame, we are fortunate to have a passionate and experienced professional like Ross Feldman leading our IT efforts. Known to his clients as “Ross to the Rescue,” Ross is the founder of Better Call IT, a company dedicated to taking the stress out of technology for small business owners. His team specializes in consulting, training, and support, solving tech challenges before, during, and after they occur.

With over 30 years of experience in the IT field, Ross brings a wealth of knowledge and an unwavering commitment to customer service, honesty, integrity, and getting things right the first time. He’s not only a tech expert but also a gifted teacher, sharing his knowledge to empower others. Ross thrives on creating those “Ah-ha!” moments when complex concepts finally click for his students.

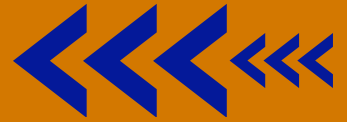
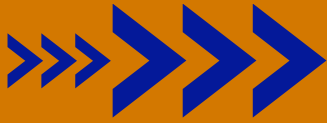
Originally from Philadelphia, Ross now calls the South home, where he enjoys the warm weather, scenic beauty, and friendly community. He’s a devoted husband to his wife of 15 years, Stephanie, and a proud father to his energetic and creative 10-year-old son, Levi. Their family also includes one very loved cat, Binx.

Ross’s passion for communication, collaboration, efficiency, and simplicity makes him an invaluable part of the Fight the Flame team. We’re thrilled to have him on board to ensure our technology supports our mission of raising awareness and advocating for Complex Regional Pain Syndrome.

Welcome, Ross, to the Fight the Flame family!



Ross Feldman  
Our Director of IT



# Top 10 Reasons to Volunteer with **FIGHT<sub>the</sub>FLAME.** (Even When You're Hurting)

## **1. Turn Pain into Purpose:**

Living with CRPS is tough, but using your experience to help others can bring meaning and strength to your journey.

## **2. Keep Your Mind Busy:**

Volunteering gives you something to focus on other than the pain. A small task can make a big difference—for you and the CRPS community.

## **3. Be the Change:**

We all want better understanding, research, and support for CRPS. Your involvement is a powerful step toward creating that change.

## **4. Feel Less Alone:**

Volunteering connects you with others who truly understand what you're going through. Together, we're stronger.

## **5. Create Hope for the Future:**

By giving your time, you're helping to build a world where CRPS is recognized, treated, and supported the way it should be.

## **6. Take Back Control:**

CRPS can make you feel powerless, but volunteering reminds you that you can make a difference in your life and the lives of others.

## **7. Stay Active:**

Mentally and Emotionally: Engaging in meaningful work keeps your mind occupied and helps lift your spirits, even on tough days.

## **8. Flexible Opportunities for All:**

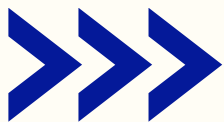
Whether you can give an hour a week or just help with a single project, every effort matters. We understand and respect your limits.

## **9. Inspire Others in the Community:**

You've faced unimaginable challenges and still choose to give back. That courage and determination inspires others to do the same.

## **10. Together, We Can Make a Difference:**

The CRPS community needs all of us to fight for awareness and change. When we each do our part, big or small, we can achieve amazing things.



**FIGHT the FLAME**  
**BINGO**  
*Win Prizes and Have Fun*  
Invite your family and friends to play.  
Everyone is invited.

Bingo Card \$5.00  
Buy 3 Cards, Get 1 Free

Sunday  
February 2, 2025

Time  
5 PM EST

[PURCHASE BINGO CARDS](#)

[Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org)

<https://forms.gle/ejvEMr9RZvN8j5wr6>

## Upcoming Fight the Flame Support Group Meetings

**Upcoming 2025 CRPS  
Support Group Meetings**

All meetings are via Zoom  
1 -3 pm EST

<b>February 8</b>	<b>CRPS &amp; Intimacy</b> Amber Tolbert, LCSW, LISW-CP The Healing Collective
<b>March 8</b>	<b>Disability Advocacy</b> Pamela Hofer First Steps For Disability
<b>April 12</b>	<b>TBA</b>

If interested in attending a meeting, please email  
[Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org) to RSVP

Sign Up  
using the  
link below!

[Register Here](#)

*Save the*  
**DATE**

**September 28, 2025**

**FIGHT THE FLAME 5K  
AND 1K FAMILY ROLL  
AND STROLL**

**McAlpine Creek Park  
Charlotte, NC**



**FOLLOW US**



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FightTheFlameSupport



@FightTheFlame5k



@FightTheFlame5k



[info@fighttheflame.org](mailto:info@fighttheflame.org)





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# **FIGHTING FLAMES**

The official newsletter of Fight The Flame®



**FIGHT**  
**the FLAME**®

Supporting Research, Education  
and Awareness of **CRPS**

**BODY REACTIONS TO COLD  
WEATHER**

**pages 2-3**

**MEET OUR DIRECTOR OF IT**

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**TEN REASONS TO  
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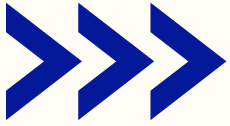
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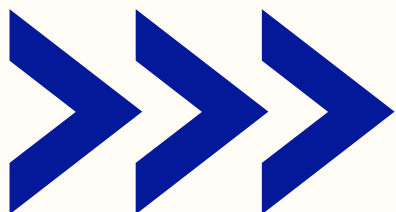
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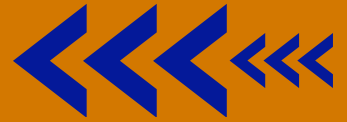
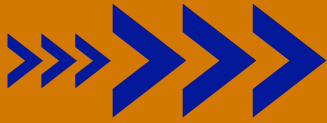
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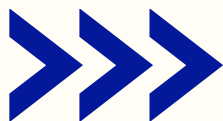
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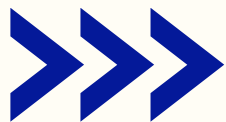
**March  
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**Disability Advocacy**  
Pamela Hofer  
First Steps For Disability

**April  
12**

**TBA**

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[www.fighttheflame.org](http://www.fighttheflame.org)



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