



WESTERN NEUROPATHY ASSOCIATION

May 2016

Issue 5

Volume 14

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WESTERN
NEUROPATHY ASSOCIATION
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Neuropathy Hope

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

A newsletter for members of Western Neuropathy Association (WNA)

2015 ANNUAL REPORT OF THE WESTERN NEUROPATHY ASSOCIATION

Annual Board/Staff Meeting. This year began as have the last several with a Board of Directors meeting at a restaurant. In 2015, we chose Visconti's, 2700 E. Bidwell Street, Folsom, CA, and included staff from the Association Resource Center, our management company. We conduct a short Board meeting limited to time sensitive issues. It is primarily a team building meeting with spouses and significant others/partners invited.

Neuropathy Walk. We chose to not continue the Neuropathy Walk we had had for several years. Timing, location, and willingness of our members to support will be reconsidered before holding another walk or other fundraising event.

Strategic Planning. A workshop was held on Board Strategic Planning and Goals on Saturday, February 28 in our Association office from 10:00 AM to 2:30 PM. Board business items needing attention were considered as well since it was the designated Board meeting for February.

Name and Logo Change. During 2015, we changed our corporate name from The Pacific Chapter of The Neuropathy Association to The Western Neuropathy Association. On December 31, 2014, The Neuropathy Association in New York City dissolved. We were notified that we were required to change our name to remove "Chapter of." The Board chose The Western Neuropathy Association to better represent our broader activities. We also decided to change the logo to put greater emphasis on our name as well as to have a more contemporary visual brand. Changing the name included working with the California Secretary of State, the Franchise Tax Board, and the IRS.

The Neuropathy Association. The information resources of The Neuropathy Association (TNA) were turned over to The Foundation for Peripheral Neuropathy (FPN) in the Chicago area. Pam Shlemon, executive director, teleconferenced with our Board to talk about their future plans. Initially, we believed that a collegial working relationship would develop.

Big Day of Giving. We participated for the second year in the Big Day of Giving. It is a part of the Give Local Now emphasis across the nation. More contributions were received this year than last year. We hope to raise more funds each year.

Governance. A long-term goal of having a nine member Board of Directors was achieved. Darrell O'Sullivan, Anne Trim, and Sonya Wells were welcomed to the Board.

Our Infrastructure. The infrastructure of the corporation was reviewed. This included reviewing, revising, and approving policies, Strategic Plan, brochure, and bylaws. Individual Board members identified areas of special interest in the Strategic Plan to help develop ways to meet the goals listed.

Support Group Funds. The Board voted to designate all support group funds into one account and to support our groups as reasonably requested. A sizable amount has been developed over the years with many groups using very little of the funds in their account. Six dollars of each dues payment received will continue to be allocated into this fund. This account will also be used on behalf of support groups and special projects that may benefit all support groups.

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BIG DAY OF GIVING

Dear WNA Members; We are excited to invite you to join us on May 3 for another huge and historic event for our region, the BIG Day of Giving. Over a 24-hour period from midnight to midnight, Western Neuropathy Association will join with nearly 600 other nonprofits to raise \$6 million and engage 30,000 donors on this national day of giving. The event has grown steadily over the past two years, and this year, we plan to make May 3rd the BIGGEST Day of Giving yet!

MARK YOUR CALENDARS!
BIG DAY OF GIVING
24 Hours to Give!
Give up until Midnight (12:00am)
on May 3, 2016
www.bigdayofgiving.org

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Roster of Our WNA Information and Support Groups

2016 WNA Board of Directors

Bev Anderson
President

Karen C. Polastri, IOM
Vice President

Pam Hart
Secretary

Johnathan Istilart
Treasurer

Sandra Grafrath
Director

Brad Livingood
Director

Darrell O'Sullivan
Director

Anne Trim
Director

Sonya Wells, PharmD, MPH
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-odd numbered months
Antioch-Kaiser
AMC-1H2 (from hospital lobby)
Sandra (925) 443-6655

Auburn

1st Monday, 11 AM
Woodside Village MH Park
12155 Luther Road
Sharlene McCord (530) 878-8392

Bakersfield

For information call
Bev Anderson 877-622-6298

Berkeley-Oakland

3rd Wed., 3-4 PM
North Berkeley Senior Center
1901 Hearst Ave.
Kathleen Nagel (510) 653-8625

Carmichael - Eskaton

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 - Atria

3rd Tuesday, 3:30 PM
Atria - Carmichael Oaks
8350 Fair Oaks Boulevard
Tanysha (916) 944-2323
Community members welcome

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

1st Thursday, 12:30 PM
Berger Rehabilitation
1301 E. Bidwell St., Folsom
Bev Anderson (877) 622-6298
<http://folsom.neuropathysupportgroup.org/>

Fort Bragg

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

Jackson

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

Lakeport

March meeting day and time, call Mito.
Lakeport Senior Center
507 Konocti Ave.
Mito Koderia (707) 245-7605

Lincoln

For information call:
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 Hoffmeister 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
Ray (209) 634-4373

Monterey

3rd Wed., 10:30 AM-odd numbered months
First Presbyterian Church
501 El Dorado Street
Dr. William Donovan (831) 625-3407

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
Danielle LaFlash (650) 593-6758

Roseville

2nd Wednesday, 1PM-odd numbered months
Sierra Point Sr. Res.
5161 Foothills Blvd.
Bev Anderson (877) 622-6298

Sacramento

3rd Tuesday, 1:30 PM
Northminster Presby. Church
3235 Pope Street
Charles Moore (916) 485-7723
<http://sacramento.neuropathysupportgroup.org/>

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.
Danielle LaFlash (650) 593-6758

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
For information call
Bev Anderson (877) 622-6298

President's Message

By Bev Anderson



Each year, we plan to put the Annual Report in the April issue of Neuropathy Hope, but this year we placed greater emphasis on promoting the Annual Conference. We got excited about the new year and the upcoming Annual Conference – we wanted to be looking forward instead of backward. So the Annual Report is included in the May issue, which you will receive by the end of April – helping us reach our goal of annually reporting out in April.

You will notice that the amount of donation income reported exceeds our membership income. This is because of a \$36,000 bequest we received from the estate of a member. It is being kept in reserve for future needs or projects not yet identified. Our goal is to have a long range plan as we hope it is not the last such bequeath. We all know we won't be here forever -- this member included in her will a percentage of her estate to be distributed to WNA. It made it easy for her as there is no dollar amount designated. Some others have done the same, so I too am in the final process of redrafting my will with my attorney leaving a percentage of my estate, which definitely is not that extensive, to family and other specific groups including WNA. I'm also choosing to use a bonded organization to be responsible as executor so a family member or friend who is not experienced in such is not left with that burden.

Working collaboratively. I sent a note to Group Leaders that if they receive any level of directive from the Foundation for Peripheral Neuropathy (FPN) that it does not apply to us. We are a separate corporation with our own goals and objectives. They list us on their website along with other groups across the country as a resource. They use this same list when they send out requests or information for groups not connected with other members of the team. We will work to help them understand that this is not helpful to the Western Neuropathy Association as it appears like they are trying to undermine our organization. I

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WNA Information and Support Groups – continued from page 2

Santa Maria

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

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– odd numbered months
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.
Carole Hester (707) 972-2795

Walnut Creek

4th Friday, 10 AM
Rossmoor, Hillside Clubhouse
Vista Room
Karen Hewitt (925) 932-2248

West Sacramento

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

Woodland

For information call
Bev Anderson (877) 622-6298

Yreka

For information call
Bev Anderson (877) 622-6298

Yuba City-Marysville

For information call
Bev Anderson (877) 622-6298

NEVADA

Reno-Sparks

For information call
Bev Anderson (877) 622-6298

OREGON

Brookings

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

Grants Pass

3rd Wednesday, 2:00 PM
Club Northwest
2160 N.W. Vine St.
Carol Smith (541) 955-4995
www.grantspass.neuropathysupportgroup.org

Medford

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

Portland

For information call
Bev Anderson (877) 622-6298

Salem

For information call
Bev Anderson (877) 622-6298

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".

Start a support group in your area:

Contact Bev Anderson at (877) 622-6298 or info@pnhelp.org

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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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:

- 24835269 This is a Portuguese, open, uncontrolled study of 212 peripheral

neuropathy patients over a two-month period treated with a European medication, Keltrican, a combination of uridine monophosphate, folic acid and vitamin B12. Assessment with the pain DETECT questionnaire showed a significant decrease in pain score ($p < 0.01$), which statistic means such a difference has a 1/1000th chance of occurring by chance if, in fact, there were no effect.

- 24953072 This is an excellent review of the literature on the use of transdermal electro neural stimulation (TENS) for the control of neuropathic pain. There may be good evidence for the effectiveness of both high frequency (HF) and low frequency (LF) current which borders on the "intolerable". Electrodes are often placed over standard acupuncture points.
- 25040436 This Japanese review nonodontogenic [not caused by tooth] toothache can arise from myofascial pain in the jaw, neurovascular problems, referred pain from sinuses or heart – and neuropathic pain [trigeminal neuralgia]. Other etiologies include other disorders, psychogenic factors and idiopathic as usual.
- 25118789 This study tested a portable thermal-metered-dose marijuana inhaler (MDI) on a cohort of 8 patients with chronic neuropathic pain. A 45% reduction in pain intensity was noted 20 minutes post inhalation, returning to baseline in 90 minutes. The only adverse event was tolerable lightheadedness.

Big Day Of Giving – Continued from page 1

As many of you know, I work at WNA whose mission is to support those with neuropathy – and those who care for them. Last year, we successfully raised \$2,500 with your support. With your donations, WNA was able to fund Bev's trips to various parts of California to help set up support groups.

Our goal: Please join our campaign and help us reach of our goals of \$5,000 and 25 donors!

- 1) Spread the word. Tell your friends, post on Facebook, and tweet about it. This is an opportunity to be part of something really big!
- 2) Mark your calendar for May 3! Starting at 12:00am midnight, visit www.bigdayofgiving.org or directly from our website, www.wnainfo.org and make a tax-deductible gift of as little as \$25 to us or to any of the nearly 600 participating nonprofit organizations in our region. You will have 24 hours to make your donation; all giving will end at 11:59pm on May 3. And all donations will be stretched even further by a generous pool of challenge prizes!

Those of you throughout California, Oregon, and

Nevada, please note that the money raised does not just stay in the Sacramento Region. We just use this local vehicle to participate. The funds we raise through your donations will be utilized to support our strategic initiatives that benefit all. You may contribute online on that day by going to our website, www.pnhelp.org, or send in a check ahead of time so that we may count it in the totals. Thank you in advance for your generosity to our community; together, we can make a BIG impact!

Pam Hart

WNA Secretary

Big Day of Giving Coordinator

If you are on Facebook or Twitter, you will know what to do with this information. Thanks for your help.



Social Media Links

Facebook: BIG Day of Giving, SRCF, PlacerCF, YoloCF



Twitter: @Bigdayofgiving @sacregcf, @placercf Hashtag: #BIGDoG2016

DO YOU HAVE A WORKING VCR THAT HANDLES THE VHS TAPES WE USED FOR SOME YEARS?

If you do and would like to look at some neuropathy tapes, please e-mail info@pnhelp.org. Bev Anderson would like someone to look at her inventory to get an evaluation of their current value. It is possible that we might transfer them to current format that could be posted on our website for access.

President's Message – Continued from page 3

do not think that is what they intend. At least I hope not.

We continue to be the only neuropathy organization with an 800 number – actually, we have two 800 numbers – where information is readily available. We are the only neuropathy organization that provides liability insurance for support groups. Many support groups could not meet in their current locations without the insurance as public buildings, churches, other nonprofits, and some others require it to protect them.

We have teamed with the Neuropathy Action Foundation (NAF), led by Dominick Spatafora, and the Neuropathy Support Network (NSN), led by Eugene Richardson, for a number of years. Even though we were affiliated with The Neuropathy Association (TNA) we continued as a separate corporation and had our own programs. We actually collaborated more with NAF and NSN, especially in the last years before The Neuropathy Association dissolved as most of their activity was focused on the East Coast. We hope that The Foundation for Peripheral Neuropathy, led by Pam Shlemon, will become part of the collaborative efforts of WNA, NAF, and NSN. We believe that all of us working together is the most powerful thing we can do to advance the mission we all share of making things better for neuropathy patients and gaining the attention of legislators, the medical profession, and the research community. FPN is located in the Midwest where there is a great need for developing support groups. They definitely have plenty to do.

Research. A good start has developed in the last two weeks. We received a letter from the Food and Drug Administration (FDA) as follows: "On behalf of the Food and Drug Administration (FDA), we invite you to an upcoming public meeting on neuropathic pain associated with peripheral neuropathy to be held on June 10, 2016 from 1pm-5pm (EDT) at the FDA Campus in Silver Spring, Maryland. Specific details are outlined below..."

The purpose of the meeting is to gather patients' perspectives on symptoms and daily impacts that matter most to them, and to discuss available approaches for treating neuropathic pain associated with peripheral neuropathy." We will be represented there by David Morrow, vice president of the Neuropathy Support Network, who lives in New

England and can easily get to the meeting as well as being very versed in neuropathy and in technology. Our support group leaders will be receiving questions they can discuss at their support group meetings, which will also be presented to the people who come to our Annual Conference. We want to collect any comment or recommendation or insight we can and send them to David so he can have ready information to use from a major number of neuropathy patients and caregivers. The questions will also be in the June issue of NEUROPATHY HOPE that you will receive in May. This could lead to a major breakthrough if all four major neuropathy groups present themselves as a united front. Pam Shlemon/FPN has agreed that going forward as a united front will be more effective.

May 3 – Big Day of Giving. For the past two years we have participated in the Big Day of Giving. Last year we raised more money than the first year. This year, we will be moving the fundraising letter usually received in July to coming in April. It will be focused on May 3, The Big Day of Giving. You may see it being called the Big DOG with a dog being the mascot. If you can contribute on May 3, there will be guidance for that as well as make us more eligible for matching corporate funds. If you can't participate specifically on May 3, please return the envelope that you receive with what you would like to contribute. It will present the usual membership and donation opportunities and it will go to our entire data base, not just members. I'm mentioning the Spring fundraising letter and Big Day of Giving so you can be prepared. By then you will have finished with income tax preparation and submission. You may have some funding to share or to think what you wish you had given last year to make this year's taxes lower. This could help you see a long range plan as well.

Thanks for being a member. If you find that someone is not getting the newsletter, please encourage them to become a member. Many people are in support groups that are not members.

I wish you a wonderful Spring,

Bev

DISCOUNTS FOR WNA MEMBERS

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**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 WNA 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.

2015 Annual Report of the WNA – Continued from page 1

Since support groups are one of the major components of WNA, the Board wants to strengthen the support and encouragement offered the groups. We know that many leaders and members help with expenses, such as copies, which is very much appreciated. But these funds are for these types of expenses. We are glad to reimburse such expenditures or to establish a local petty cash fund for a group to draw from.

Volunteer Hour Tracking/Grant Support. A system of keeping track of volunteer hours was initiated. This information is invaluable when applying for grants to demonstrate commitment to the organization. It will be expanded from the Board across to our support groups in 2016.

Social Media. Twitter led by Board member Johnathan Istilar and Facebook tended by Board member Pam Hart were expanded.

Medical Community Outreach. Board member Darrell O’Sullivan took the lead with Board members Anne Trim and Sonya Wells assisting in making contacts in the medical community.

2015 Annual Conference. A very successful Annual Conference was held at the Jelly Belly Factory Conference Center in Fairfield on April 14, 2015. Speakers were neurologists Dr. Kevin Sawchuk (Kaiser – Walnut Creek) and Dr. Jeffrey Ralph (U.C. – San Francisco).

Membership Recruitment. Ways to increase membership were discussed. Group leaders were asked to call nonmembers in their groups to encourage them to join.

WNA Products. New designs for T-shirts and polo shirts were developed and offered for sale.

Networking. Board members Bev Anderson and Pam Hart attended the Neuropathy Action Awareness Conference coordinated by the Neuropathy Action Foundation in Los Angeles on June 18, 2015. Stan Pashote was honored with the “You Are Our Hero Award.” Previous award recipients from WNA include Bev Anderson, Sandra Vinson, and Martha Chandley.

Educating Occupational Therapists. WNA had a booth at the Occupational Therapy Association of California Annual Conference at the Sacramento Convention Center in October. Approximately 1,000 attendees were registered for the Conference and the exhibit hall featured more than 65 exhibitors. Many attendees stopped at the WNA booth to receive information about neuropathy and a small testing device. Some signed up willing to help with support groups.

Educating Physicians and the General Public. A plan was developed to distribute copies of Gerard Said, M.D.’s new book, *Peripheral Neuropathy & Neuropathic Pain Into the Light*, to doctors in programs to become neurologists and the placement of a copy in the county library system of each of the counties where we have support groups. We were able to ascertain a 40% discount from the publisher but funding will need to be raised to support this effort. Dr. Said is considered possibly the world’s most preeminent expert on neuropathy. The book is written for doctors and for patients who are willing to put some effort into reading it as it is very medically focused. We believe that if we can get neuropathy information to doctors choosing neurology as their specialty early enough in their careers that some will take an interest in neuropathy and be better prepared to treat neuropathy patients. There are so few physicians that are highly knowledgeable about neuropathy.

Fundraising. The Board of Directors used the book *AAA Way to Fundraising Success* to help guide discussions on ways to help with fundraising. (It has nothing to do with automobiles. AAA refers to the three types of approach mentioned by the author.)

Goals for 2016 include:

Medical Community Focus. Complete book distribution project.

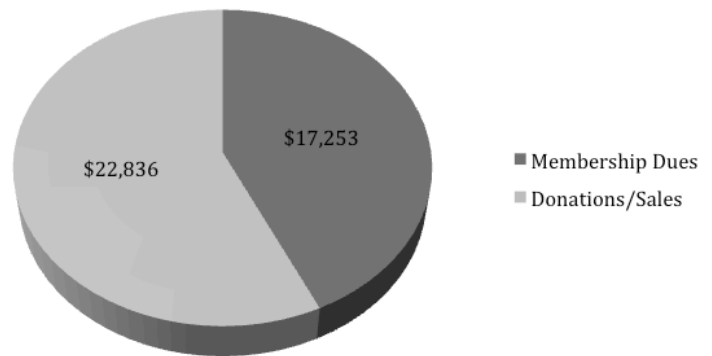
Membership. Increase WNA membership.

Support Groups. Start new support groups where needed. Southern California has a special need as do Oregon and Nevada.

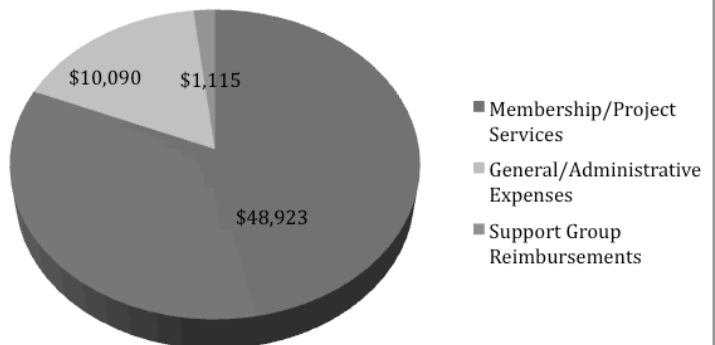
Fundraising for Outreach. Identify more effective ways to increase our funding to support our efforts to educate the health care community and the general public about neuropathy, as well as those who care about and for neuropathy sufferers.

Relieve Suffering. Be more involved in clinical trials and research to better identify approaches to pain relief.

WNA 2015 Income



WNA 2015 Expenses



Financial Report

Primary Income Sources

Membership Dues	\$17,253.00
Donations/Sales	\$22,836.00

Primary Areas of Expense

Membership/Project Services	\$48,923.00
General/Administrative Expenses	\$10,090.00
Support Group Reimbursements	\$ 1,115.00

NEUROPATHY ACTION FOUNDATION 10TH ANNUAL CONFERENCE - JUNE 23, 2016 INTERCONTINENTAL HOTEL, CENTURY CITY, LOS ANGELES, CA PROGRAM

- 9:30—10:00 **Registration and Exhibits**
- 10:00—10:10 **Welcome**, Master of Ceremonies (MC)
- 10:10—10:50 **The Whole Body Experience: Neuropathy from Head to Toe**, Todd Levine, MD, Co-Director of Neuropathy Association Certified Clinic, Banner Good Samaritan Medical Center and Clinical Assistant Professor, University of Arizona
- 10:50—11:30 **Understanding a Neurologist's Approach to the Diagnosis and Treatment of Peripheral Neuropathy**, Jonathan Katz, MD, Chief of Neuromuscular Services at California Pacific Medical Center
- 11:30—12:00 **Break and Exhibits**
- 12:00—1:15 **Lunch Program**
- **Neuropathy Action Foundation Update**, Dominick Spatafora, Founder and President, Neuropathy Action Foundation (NAF)
 - **"You Are Our Hero Award"**, David Morrow, Senior Vice President, Neuropathy Support Network
 - **The Power of Positivity: Turning Attitude into Action**, Grant Korgan, Spinal Cord Injury – Recovering Athlete and Motivator
- 1:15—1:50 **Immune Mediated Neuropathies and IVIG 101**, Tahseen Mozaffar, MD, Associate Professor of Neurology and Orthopaedic Surgery, Director ALS and Neuromuscular Center, University of California, Irvine
- 1:50—2:30 **Food As Medicine: Improve Health, Increase Vitality & Live Longer!**, Melina Jampolis, MD, Celebrity Internist and Board Certified MD Nutrition Specialist
- 2:30—3:00 **Refreshments and Exhibits Break**
- 3:00—3:30 **Championing Healthcare Rights for Yourself and Others Through Patient Advocacy**, Liz Helms, President and CEO, California Chronic Care Coalition
- 3:30—4:00 **Managing Fatigue through Lifestyle Modifications**, Ashley Uyeshiro Simon, OTD, OTR/L, Assistant Professor of Clinical Occupational Therapy, University of Southern California Occupational Therapy Faculty Practice

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There are two ways you can attend this conference. You can register, pay \$25 and go to the site for the conference on Thursday, June 23, 2016, or you can register to participate by watching it on a computer at home, work, or wherever you wish at no charge. You have to register to receive the information on how to receive it on your computer. You can go to the Neuropathy Action Foundation website www.neuropathyaction.org, get all the information about the conference and register there or mail in this form:

10th Annual Neuropathy Action Awareness Day Please return by June 9th to avoid a \$50 charge

Name _____
 Company/organization, if applicable _____
 Address _____
 City _____ State _____ Zip _____
 Phone _____ E-mail _____

- I am a neuropathy patient or caretaker and will attend the Event and Luncheon \$25 per person
- I am NOT a neuropathy patient or caretaker and will attend the Event and Luncheon \$125 per person
- I cannot attend but would like to make a contribution in the amount of \$ _____
- I cannot attend in person but will watch on the internet via Live Stream FREE

Payment

Pay online at www.neuropathyaction.org

My check or money order payable to **Neuropathy Action Foundation (NAF)** is enclosed.

Please charge my credit card for \$ _____ Mastercard Visa AMEX

Credit Card Number _____ Expiration Date _____

Name as it appears on card _____ CVV _____

Signature _____ Date _____

MAIL YOUR COMPLETED FORM (AND CHECK IF APPLICABLE) TO:
 Neuropathy Action Foundation • 1950 Old Tustin Avenue, Santa Ana, CA 92705



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@WNAinfo.org

■ PN Information/Advice ■ Support Group Inquiries

(888) 556-3356 ■ Email: admin@WNAinfo.org

■ Membership Information/Inquiries ■ Sponsorships

■ General Organizational Inquiries ■ www.WNAinfo.org



BEWARE OF SCARE TACTICS OR ACTING OUT OF DESPERATION

We may receive mail or e-mail indicating that food or medicine or some such will cause neuropathy. There are medications that may cause neuropathy or more symptoms in some people. Be aware that if something about your body is different after you have taken a new medication and it seems counterproductive, contact your doctor to report your experience. We know statins can cause neuropathy, for example. If you started having neuropathy symptoms soon after you started taking statins, it is best to talk to your doctor and work your way off of them to see if the symptoms go away. Not everyone that takes statins will have a negative response.

This is true of other medications as well. You may see yours on a 'be aware' list and think you have to stop it. The medication may be on the list because some people may have gotten neuropathy symptoms while taking it; it may or may not be what caused it. If your doctor prescribes it, give it a chance. It might be just what you need to keep living or functioning normally.

We know also to be wary of the big ads in the papers saying they can cure neuropathy or a number of other maladies. We find that what they use that may provide some people some relief are machines that can be purchased for home use. These are known machines that often provide only temporary relief. Two companies that provide these machines are in this newsletter under discounts. Use of the machines have to be continued to provide ongoing help. Some people respond to these therapies, others do not. We recommend that you don't fall for high pressure, expensive tactics out of your desperation for relief. Working with your primary care doctor to find what works best for you is always good advice.



Western Neuropathy Association (WNA)

A California public benefit, nonprofit, tax-exempt corporation.

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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. Western Neuropathy Association (WNA) 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.