

Mary's Message

Instead of the usual Mary's Message, I would like to give my space to a letter that I received recently. It is a heartfelt message, and one that I felt deserved publication. The writer asked for anonymity.

*Mary Harper
President*

Letter to the Editor:

This is a letter from an unknown outsider that has found the need to write this to whoever can take a moment to read it and then ask themselves, what can I do, however small or large. I know we all are relentlessly asked to support the thousands of organizations that are out there trying to help others and make this world a better place for everyone. I truly commend those who have done their part and more to help and support others in need. But with all the crises who we are dealing with in the world today there are things that don't seem as important and get overlooked unless it directly affects you.

I live with a person that suffers from a condition called Fibromyalgia (FM) and has been diagnosed for almost 20 years. For those that suffer from FM, you know the pain and discomfort you have to deal with on a daily basis. For some, the effects can be life changing. For others, they manage to overcome their condition and live a somewhat normal life. As for the person I live with, it has been a devastating, life-changing condition that has taken years to except, deal with, and completely changed her focus on life. I see this person at times unable to get out of bed because of the pain, yet somehow she finds the energy and strength to do whatever she can to help others. She has dedicated herself to learn, share and promote the educational research of this very puzzling condition.

The Fibromyalgia Association of Houston has on record more

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Piecing Together a World with Hope

The Fibromyalgia Association of Houston, Inc. is proud to announce their upcoming conference, "Piecing Together a World with Hope," on September 30, 2006. It will be held from 8 a.m. until 5 p.m. at the Hornberger Conference Center in Houston, Texas.

Prominent FM researcher **Patrick Wood, M.D.**, will discuss his research and new treatments for FM. Founder and president of the National Fibromyalgia Association, **Lynne Matallana**, will speak on the patient's role in treating Fibromyalgia. **Daniel Kirsch, Ph.D.**, will discuss alternative ways to treat pain using cranial electrotherapy stimulation. **Leslee Cross, M.S.**, will lead us in some simple stretching exercises. We'll also premier the new video starring Dr. Wood and his patients, *Show Me Where it Hurts*.

Besides hearing fantastic speakers, we will have an FM Marketplace and a silent auction. Tickets are only \$25 and must be purchased in advance. Admission includes lunch and parking. For those needing a hotel, the Holiday Inn across the street has

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Fibromyalgia Association of Houston

the FIBROMYALGIA Connection

The *Fibromyalgia Connection* is published three times a year by The Fibromyalgia Association of Houston, Inc. (FMAH), a 501(c)(3) charity, and its volunteers.

Materials and opinions presented in the newsletter are for information only and do not necessarily reflect the views of FMAH, its officers, directors, or medical advisory board. Fibromyalgia (FM) patients should consult their physicians or other health care professionals for diagnosis and prior to initiating any form of treatment or exercise.

The *Fibromyalgia Connection* is not responsible for typographical errors or omissions in its printed matter. FMAH and *The Fibromyalgia Connection* are not affiliated with any other Fibromyalgia organization.

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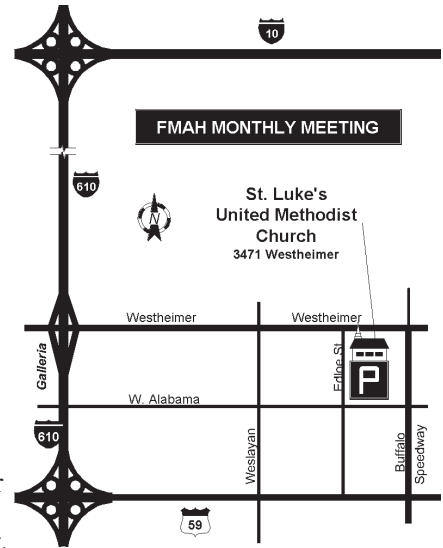
For more information about Fibromyalgia, call the FMAH Information Line at 713-664-0180. A volunteer will return your call.

Support Group Meeting Schedule

We meet at St. Luke's United Methodist Church and greatly appreciate the space they provide for our meetings; however, FMAH is not affiliated with any church.

Companions are always welcome.

All meetings are free and open to the public. FMAH reserves the right to substitute speakers if necessary, so for more current information, please call the FMAH Information Line, 713-664-0180, or visit FMAH online at www.fmah.org.



Parking is free in the church lot.

- LOCATION:** St. Luke's United Methodist Church
 3471 Westheimer (just inside the 610 Loop)
- ROOM:** Parlor B, on the Westheimer side of the church
- TIME:** 6:30 p.m. New members, please come 15 minutes early to register.

Please Note: There will be NO regular September meeting at St. Luke's.

- September 30** FMAH Patient Conference
 "Piecing Together a World with Hope" Conference (Hornberger Conference Center)
- October 24** Gayle Klaybor, Ph.D.
 "Cognitive Behavioral Therapy: How Can It Help Me?"
- November** Due to the Thanksgiving holidays, there will be no November meeting
- December 5** Holiday Party

September: FMAH's Piecing Together a World with Hope Conference

We will not hold a regular September meeting, because FMAH will host a patient conference on September 30 at the Hornberger Conference Center, near the Texas Medical Center. The conference will include guest speakers Patrick Wood, M.D., a Fibromyalgia researcher; Lynne Matallana, founder of Fibromyalgia Aware magazine and the National Fibromyalgia Association, and author of The Complete Idiot's Guide to Fibromyalgia; Daniel Kirsch, Ph.D., an expert in cranial electrotherapy stimulation; and Leslee Cross, exercise expert.

October: Cognitive-Behavioral Therapy

What is cognitive-behavioral therapy, and how can it help me? Many studies have shown that what you think affects how you feel. Now researchers have demonstrated that this form of therapy can help with Fibromyalgia pain. Come and hear local expert Gayle Klaybor, Ph.D., as she explains how cognitive-behavioral therapy can help you feel better. We'll meet in our usual room, Parlor B145, at 6:30 p.m. on Tuesday, October 24.

November: No Meeting

Due to the Thanksgiving holidays, we will not meet in November. Happy Thanksgiving!
The FIBROMYALGIA Connection

December: Holiday Party

Let's have some fun! We will have a holiday gift exchange and refreshment party on a special day, Tuesday, December 5, 2006. Please bring a wrapped "white elephant" gift to be exchanged. It's fun to see what others get and then plot how to take it away from them. You may not end up with your first choice, but you will have lots of laughs. Please don't spend more than \$10, and if your budget is tight and you can't afford a gift, please come anyway. We always have extra gifts on hand. FMAH will provide the drinks. If you can bring a snack, we'd appreciate it. We'll meet in our usual room, Parlor B145. Note the unusual date: the first Tuesday of the month, December 5, at 6:30 p.m.

Cleburne Cafeteria

Want to avoid rush hour? Join us for an early dinner before the meetings at the Cleburne Cafeteria. Located only five minutes from St. Luke's, the Cleburne is on the corner of

Edloe and Bissonnet, one block from the Channel 13 studios. The cafeteria features home-cooked food and reasonable prices. Dinner is Dutch treat, and the Cleburne accepts cash only. We'll be wearing our FMAH T-shirts, so we're easy to spot. Come at 4:30 p.m. for lively conversation and lots of laughs.

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a special \$99 rate. Call 713-528-7744 for reservations and tell them that you're with the Fibromyalgia conference.

To register, go to <http://www.fmah.org/>. Print out the registration form and mail it to the address on the form. If you don't have Internet access, call our Information Line and we'll mail you a registration form. Your registration must be postmarked by September 15, 2006. From September 16 through September 25, registration will be by phone through our Information Line at 713-664-0180. Tickets go up to \$35 and must be paid by credit card.

Breaking News!

FMAH will be featured on the health segment of FOX 26 morning news on Tuesday, September 12, in the eight o'clock hour. We will explain Fibromyalgia and tell everyone about the conference. We're very excited to have this opportunity, and hope that you'll tune in to Channel 26 (Channel 9 on Time Warner Cable).

Five Worries about the Conference

- 1. I'll have to get up too early.**
No problem! Stay overnight at the Holiday Inn across the street. We have a special rate of only \$99 per room. Need a roommate to share the cost? Call us at 713-664-0180 and we'll try to help.
- 2. I'll get stiff sitting.** You'll get stiff only if you don't get up and stretch during our frequent breaks. You are also welcome to stand or walk along the sides of the room. We'll have Leslee Cross, M.S., an exercise expert, to lead us in some easy stretches.
- 3. I might get so tired and there won't be any place to rest.** Come to our hospitality room, which is down the hall from the main conference area. It will be very quiet, with comfortable chairs. You can get away from the crowd and relax as long as you like.
- 4. I'll get hungry and thirsty.** You are welcome to bring your own water and snacks; however, we will also provide them for you. Your ticket includes your choice of a delicious sampler platter or a turkey sandwich. The lunch is catered by the fabulous Charleston Tea Room and includes their famous "Charleston Delight" dessert.

5. It's near the Texas Medical Center. I'll get lost and have to pay for parking! You won't get lost if you use the map that we're including with your tickets and in

this newsletter. We'll have signs up on Holcombe at Pressler. Parking is FREE and available next door on the surface lot, or inside the parking garage connected to the Hornberger.

If you STILL have any concerns, please call or e-mail us. We're happy to help. We want this day to be very informative and fun for everyone.

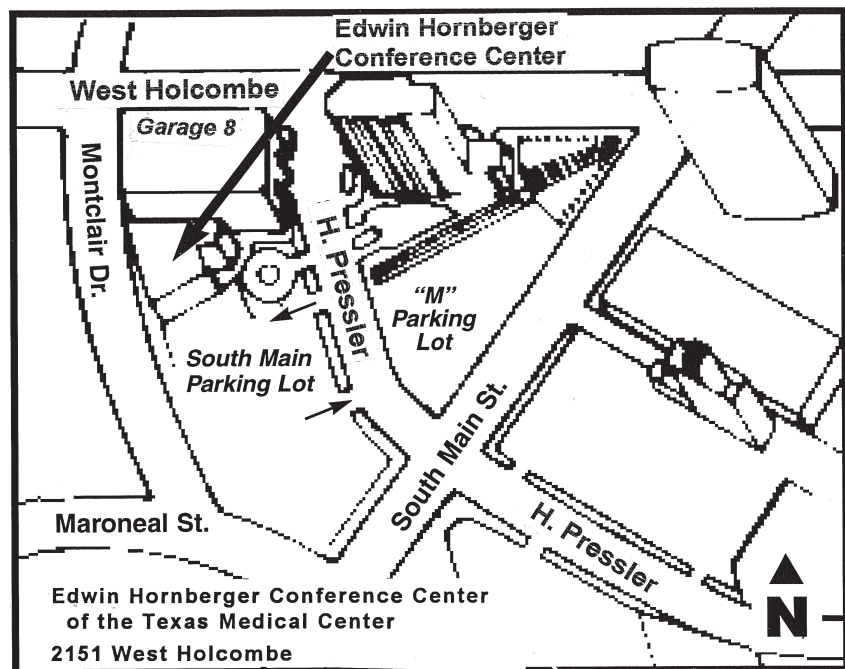
Scholarships

Many of our members will not be able to afford the price of

the conference ticket but would love to attend. You may donate a scholarship for as many tickets as you would like on the registration form. Please be assured that anyone requesting a scholarship will be screened for financial need and desire to attend the conference. We will be publishing the names of donors and how many scholarships they donated, but will not publish the names of the recipients. Please contact Gayle Moses with any questions at 936-321-1553.

Stuffing Party at Mary's

Before the conference, we need to assemble the goodie bags for the conference. We'll have a "stuffing party" at President Mary Harper's home near the Texas Medical Center on Monday, September 18, at 10:30 a.m. It will be a lot of fun, so please call the Information Line at 713-664-0180 if you can help, and Mary will call you back with directions.



The entrance to the Edwin Hornberger Conference Center is located on the south side of the 2151 West Holcombe Bldg. on H. Pressler (formerly Shamrock Drive). Parking is available in Garage 8 and/or Lot SM, depending on arrangements for individual events.

Ten Reasons to Attend the Conference

1. Hear the latest exciting Fibromyalgia research and get a better understanding of FM.
2. Learn how to cope with a chronic illness.
3. Find out what cranial electrotherapy stimulation is and how it can help you feel better.
4. See the Houston premiere of *Show Me Where It Hurts*.
5. Visit the FM Marketplace, where you can find lots of supplements and shoes, try out different mattresses, get books, visit informational booths from other nonprofit organizations – over 30 booths to check out for freebies and discounts. Bring your checkbook!
6. Get a free goodie bag.
7. Win a fabulous door prize. First prize is two nights (with breakfast!) at the Radisson Hotel Downtown Market Square in San Antonio.
8. Support FMAH. Bid early and often at the silent auction.
9. Get a signed copy of Lynne Matallana's book, *The Complete Idiot's Guide to Fibromyalgia*. Bring your own copy, or buy one at the conference.
10. Be the first to own your own copy of FMAH's own movement video!

What a bargain! Tickets are only \$25, including lunch and parking. Fill out the registration form now on page 7. Mail it today; after September 15, the price goes up to \$35, payable by credit card only.

Silent Auction

Come and bid on these great items. The silent auction at the conference will feature many exciting items in all price ranges. If you have an item to donate, please call us at the Information Line. Here are just a few items we already have:

Houston Astros and other Major League Baseball memorabilia	Basket of supplements from To Your Health
Beautiful jewelry	Butterfly bag and yoga mat
Baskets from Eniva Nutraceuticals	Dinners at Applebee's and Sweet Tomatoes
Gourmet dinner for two couples at President Mary Harper's home	Original art

I would like to thank the board and members of the FMAH for the beautiful flowers sent to my father's funeral this past July. Losing my 92-year-old father was very difficult for me, but I am so grateful for the flowers and cards. Having your support helped me through a sad time. – Mary

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than 2,000 members in the Houston and surrounding metropolitan area, and according to research, approximately four to six percent of the population is effected by this condition, although many sufferers are unaware that they had the condition. In spite of these growing numbers, there are a handful of members suffering from this condition that have dedicated themselves to put together a conference on September 30. They, strictly unpaid volunteers, have managed to schedule well known researchers, speakers, and numerous companies and manufacturers that will be there with new information, products and materials that could help sufferers of FM live a better less painful life.

Now, ask yourself, what can I do? How can I help? Make your reservation and attend. Bring your family or core support group. If you are physically unable to attend, send a family member or a concerned friend. Make the Fibromyalgia Association of Houston conference, *Piecing Together a World with Hope*, a tremendous success. Without everyone's support, new information, medications and further research may be harder to come by or to find because there just aren't enough people that care.

Signed,

"A concerned outsider that does care, and I'll be there."

Donations

The following generous donors gave by check. We are unable to thank each of you who have given us cash, but we are grateful for all donations. The * indicates donations of \$50 or more.

*Alcis
Richard Brown, Jr.
*Arthur Burke in honor of
 Geraldyn Burke
Stephen Cleland
Phyllis Cotter
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*Robert Hardy
*Home Health Resources
*Houston Celiac Support Group
James Moore
Ginger Morosky
Elizabeth O'Shea
*Pro-Health, Inc.
*Randalls
*Jack Robertson
*Matthew Scheffe
*Suzanne Boase Shivers
Linda Wawee
Sandy Woodhouse

In Memoriam

Janis Davis (Georgia L. Karrick)
John and Linda Horton (Mario
 Pieroni)
Gayle Moses (Mario Pieroni)
Bernadean Rosenblatt (Mario
 Pieroni)
Beverly Swope (Mario Pieroni)

FM Marketplace Vendors

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Arbonne International
Anna Barbosa, LPC
Arthritis Foundation of Houston
Begin Healing
Books Are Fun
Houston Celiac Support Group
The Chi Ladies
The Cosmetique Bodyworks and
 Spa
Curves, Inc.
Ehlers-Danlos Support Group
Eniva Research & Products
 Group
Fibromyalgia Association of
 Houston
Grace Fibro Smiles
Juice Plus
Lyme Disease Support Group
Molly Maids
Professional Health Marketing
The Queen Bead
The National Fibromyalgia
 Association
SAS Shoes
Select Comfort
The Social Security
 Administration
Tomball College Student Occu-
 pational Therapy Association
Walgreens
XanGo
Z-Coil Shoes

Other companies have generously donated items for the goodie bags, door prizes, and silent auction. All donors will appear in the next newsletter.

Help! We Need Help!

There are lots of opportunities to help before and during the conference. Please be assured that if you volunteer to work the day of the conference, you will still be able to hear the speakers. The room and schedule are designed so that you won't miss anything by helping us. We'll need help manning our booth and selling our books, tapes, and T-shirts. The silent auction needs volunteers to help set up, monitor the bids, and take the bids up at the final bell. We need help decorating the tables, setting up signs, and putting the table linens on the vendor tables and the conference tables. After the conference, we'll need help taking down signs and tidying up.

If you have an FMAH T-shirt, please wear it to the conference. We'll supply volunteer ribbons and name tags for you to wear. To volunteer, please e-mail us at FMAHouston@yahoo.com or call the Information Line at 713-664-0180.

**Visit FMAH online
to learn more about
the Sept. 30 patient
conference at
www.fmah.org or
call the FMAH
Information Line at
713-664-0180.**

Fibromyalgia Association of Houston
2006 FMAH "Piecing Together a World with Hope" Conference

Name (Please print) _____

Address _____

City _____

State _____

ZIP _____

Home Phone _____

E-mail Address _____

The conference costs \$25 per person. The registration cost includes parking, lunch, snacks, and health fair admission. Our keynote speakers are Patrick Wood, M.D.; Lynne Matallana; and Daniel Kirsch, Ph.D. There also will be a silent auction, with proceeds going to FMAH.

Note:

If you are registering more than one individual, please list their names below:

Meals

If you are registering more than one individual, please indicate the number of each meal – one meal per registrant. Total number of meals must not exceed the number of applicants.

Please indicate the number of the following meals:

_____ Sampler platter
 _____ Turkey sandwich

Choose one of the following payment options: Check/money order Visa MasterCard (Please do not send cash. There will be a \$25.00 charge on all returned checks.) Amount \$ _____

Credit Card Number: _____ Expiration Date: _____

Code on the back of credit card: _____ (should be a three- or four-digit code)

Print your name as it appears on card: _____

Date: _____

Signature: _____

Conference Registration (____) Tickets at \$25 each \$ _____

Conference Scholarship (____) Tickets at \$25 each \$ _____

Friends of FMAH Donation \$ _____

Total Amount Enclosed \$ _____

Please mail registration with check, money order, or credit card number to: FMAH, c/o Gayle Moses, 17046 Concord Dr., Conroe, TX 77385-4701.

Conference date: Saturday, September 30, 2006

Time: 8 a.m. to 5 p.m.

Location: Edwin Hornberger Conference Center, 2151 Holcombe Blvd., Houston, TX 77030 (Holcombe Blvd. @ Main Street). The doors open at 7:45 a.m. for check in.

Registration and payment must be postmarked on or before September 15, 2006.

We have a limited number of scholarships available for those with financial difficulties. Please call our Information Line at 713-664-0180 to apply.

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Date Received	_____
Amount Received	_____
Check # or Credit Card	_____
Received By	_____
Date: _____	_____
Confirmation Letter Sent	
By E-mail or Snail Mail	

Research Education Vision & Support

Join us September 30 for FMAH's "Piecing Together a World with Hope" Conference.

Register early. After September 15, admission goes from \$25 to \$35 and will be accepted by credit card only.

The Fibromyalgia Association of Houston, Inc.
P.O. Box 2174
Bellaire, TX 77402

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