



Bergen ME/ CFS-FM Support Group Newsletter

Meeting

I apologize for the delay in sending this edition of the newsletter. Where did May go? The meeting was well attended and those in attendance enjoyed the opportunity to share ideas through discussion. There is always something new to learn and ME/CFS/FM patients are very well informed and are always eager to learn more.

We hope you all have a wonderful summer. Try to get outside – wear sunscreen and absorb a little natural Vitamin D.

Kudos for Marissa

Marissa Newell's Gift Auction was another big success – socially and financially! What is amazing is that Marissa conducted these events annually despite her illness. Each event was a year in the making. Marissa is a high school honor student, often too ill to attend classes in person, who finds strength in helping others. She has raised more money for the NJCFSA than any other single individual.

Marissa will graduate from high school in June and is excited about her next challenge – college. We wish her joy and success in this new endeavor. Bravo Marissa.

❖If you would like to make a monetary contribution to be counted into this year's auction total, please send your donation payable to the NJCFSA with the notation "**Marissa's Auction.**" PO Box 447, Florham Park, NJ 07932.

Bravo

The Physicians Lunch & Learn held on Thursday May 27th 11:00 AM – 1:00 PM was a huge success. Co-sponsored by Englewood Hospital and Medical Center, The NJCFSA & the Bergen ME/CFS/FM Support Group, the program had an audience of about 40 people. Most were patients and their family, but there were a few staff members noted at times during the presentation.

Judy Machacek and her committee did a wonderful job. The 2 hour program is available on DVD for \$5. If you wish to receive a copy, please send a check (with the notation "May 27th DVD") made out to NJCFSA to:

NJCFSA Library
PO Box 477
Florham Park, NJ 07932

Please include your name and mailing address.

(We also expect to have a few copies available for purchase at the meeting this Sunday June 13th.)

The Program speakers included:

Jeffrey Gudin, MD and Cynthia Mulder, NP of The Pain Management and Wellness Center at EHMC

Julie Taw, MD, MPH; of The Center for Integrative Healing @ EHMC

Lorraine Steefel, RN, DNP – co-Author of *A Consensus Manual for the Primary Care and*

Management of Chronic Fatigue Syndrome and a Core trainer for the CDCs CFS program

for healthcare professionals.

The program concluded with a Q&A session which included the speakers as well as Ken Friedman,

a member of the NJCFSA Board of Trustees.

Coming Event

Mark your calendars!

THE NEW JERSEY CHRONIC FATIGUE SYNDROME ASSOCIATION
and

MONMOUTH MEDICAL CENTER

Co-host

NJCFSa 2010 Fall Conference

ME/CFS: New Perspectives in Research, Advocacy, Education and Disability

The Sheraton Eatontown Hotel Conference Center

Eatontown, New Jersey

Sunday October 17, 2010

Program

11:30 –12:30 pm Registration, exhibits and buffet lunch

12:30 – 12:45 pm Introduction & Welcome: Kenneth Friedman, Ph.D

Moderator: Malcolm Schwartz, DO

12:45-1:45 pm Judy A. Mikovits, Ph.D. : " XMRV, a New Human Pathogen in CFS?"

1:45-2:30 pm James M. Oleske, M.D.,M.P.H.: "Listening to and Learning From the Testimony of Patients with CFIDS at the CFSAC."

2:30-2:45 pm Coffee, tea and beverage break

2:45-3:00 pm Presentation of Awards

3:00-3:45 pm Susan M. Levine M.D.: "New Insights in CFS Research and Education Policy."

3:45-4:30 pm Barbara Comerford Esq.: "Overcoming the Many Legal Challenges for CFS Patients: From Education Law to Obtaining Disability Benefits."

4:30-5:00 pm Question and Answer Panel Session-all speakers

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This activity has been approved for AMA PRA credit. Nursing contact hours have been applied for.

Next Meeting

REMEMBER: In **June we meet on the 2nd Sunday** to avoid conflicting with Father's Day. The meeting will be held on **Sunday June 13th**. This is the final official SUNDAY meeting until September. Hot Topic: explaining your illness to family and friends.

This newsletter is intended for CFS & FM patients in the area of this support group. The purpose is to share information and support. If you have questions about meetings please contact: Pat LaRosa at pcl.njcfsa@gmail.net, Nancy Visocki at

ngv.njcfsa@verizon.net, Judy Machacek at judymachacek@msn.com or leave a voice message at the NJCFSA HelpLine 888-835-3677 during business hours.

WEATHER or Emergency – *In the event of bad weather, or other emergency, we encourage you to check your email before leaving for Englewood. If it has been decided that a meeting will be canceled, an email will be sent via the yahoogroups list. The Hospital will also be notified of the cancellation. The email posting also applies to a cancellation of the First Wednesday of the Month luncheon which is an informal gathering, an opportunity for people to meet and chat with other members.*