



Connections



VOLUME 6, ISSUE 1

PAIN SUPPORT GROUP

FALL 2000

Mourning the loss of an old friend— Rejoicing in gaining a new friend

We, along with the rest of the community, mourn the loss of the First Parish Congregational Church. For almost two years, we held our meetings at the church. The pastor and the congregation welcomed us and made us comfortable, offering us a roomy meeting place and use of the kitchen. The custodian set up our chairs and put them away for us and made sure the room was ready for our group. Our rocking chairs, stored in the church parish, miraculously survived the fire!

To show our appreciation of the church's generosity and to support the efforts to rebuild, support group members voted to donate the balance of the money collected at past meetings to the church's renovation fund. Those wishing to add their donations may send contributions to:

**First Parish Renovation Fund
Saco/Biddeford Savings Bank
P.O.Box 557
Saco, ME 04072**

To help the Biddeford-Saco Food Pantry, which was also displaced by the fire and lost food and two freezers, send monetary donations to:

**Biddeford/Saco Council of Churches Food Pantry,
50 Summer St., Saco, ME 04072**

You may also bring food to the Food Pantry's new location at Saco Valley Shopping Center.

To help Krickett's Korner Nursery School, also burned out in the fire:

Donate toys, books, games, school and craft supplies; contact **Sheila Dube, 499-2995** or **Laura Laskey at 284-9312** or bring donations to the next Pain Support Group meeting.

Sad as this disaster is, it has brought forth the best in our community. Our group has received offers of space from three generous sources: Southern Maine Medical Center, The Pines retirement complex in Old Orchard Beach, and Chancellor Place of Saco. We are deeply grateful to all three for their kindness.

Chancellor Place, 392 Main St., Saco, will be our new "home." It is located diagonally across Main Street from Dyer Library/York Institute. With its cozy and comfortable sitting rooms, accessibility, and ample park-

ing, Chancellor Place will be a wonderful spot for our meetings. Many thanks to Christina Smittle, executive director, who invited us to have our meetings there, and to Bryce and Audrey Milne, who told us of Chancellor Place's offer to host groups displaced by the fire.

We will continue to meet on the first and third Thursday of each month, from 7 to 8:30 p.m. We have some interesting topics coming up. On Oct. 19, Sandra Taylor will show us how to build self-esteem and use such life skills to deal with chronic pain and the problems it brings. Ms. Taylor, a teacher and counselor at Milestone, is a living example of the lessons she teaches: She used her skills to convince her insurance company to cover therapy sessions that had previously been denied.

Sally Howe, a licensed massage therapist from Saco, will demonstrate massage at our Nov. 16 meeting. And don't forget to mark your calendars for our annual holiday festivities on Dec. 7. Hope to see you all there!

Sue Gold

Fall-Winter Schedule

OCTOBER	16 "Massage Therapy"	Meetings held at
5 Group Discussion	Speaker: Sally Howe	Chancellor Place
19 "A Positive Approach	DECEMBER	of Saco, 392 Main
to Dealing with	7 Holiday Potluck	St., Saco
Chronic Pain"	21 Group Discussion	7-8:30 p.m., 1st
Speaker: Sandra Taylor	JANUARY	& 3rd Thursdays.
NOVEMBER	4 Group Discussion	All are welcome!
2 Group Discussion	18 Speaker: TBA	

Mission Statement

The mission of the Pain Support Group is to provide a safe place where people with chronic pain can support one another, develop friendships, share ideas and thoughts, obtain information about their condition from professionals and each other, and learn coping skills in a nonjudgmental and caring atmosphere.

Life's Big Rocks

An expert in time management, speaking to a group of business students, pulled out a one-gallon, wide-mouth mason jar and set it on the table in front of him. Then he carefully placed a dozen fist-sized rocks, one by one, into the jar.

When the jar was filled to the top and no more rocks would fit inside, he asked, "Is this jar full?" Everyone in the class said, "Yes."

"Really?" he said. He pulled out a bucket of gravel, dumped some gravel in and shook the jar, causing pieces of gravel to work themselves down into the space between the big rocks.

Then he asked the group once

more. "Is this jar full?"

By this time the class was on to him. "Probably not," one answered.

"Good!" he replied. He brought out a bucket of sand and dumped the sand into the jar; it went into all the spaces left between the rocks and the gravel.

Once more he asked the question. "Is this jar full?"

"No!" the class shouted. Once again, he said, "Good!"

Then he poured water into the jar until it was filled to the brim.

This illustration teaches us this: If you don't put the big rocks in first, you'll never get them in at all. What are the big rocks in your life?

Your children. Your loved ones. Your education. Your dreams. A wor-

thy cause. Teaching or mentoring others. Doing things that you love. Time for yourself. Your health. Your significant other.

Remember to put these BIG ROCKS in first, or you'll never get them in at all. If you sweat the little stuff (i.e. the gravel, the sand) then you'll fill your life with little things you worry about that don't really matter, and you'll never have the real quality time you need to spend on the big, important stuff (the big rocks).

So, tonight, when you reflect on this story, ask yourself this question: What are the "big rocks" in my life? Then, put those in your jar first.

—From the Internet. Thanks to Maureen Leary.

Shirley Gagne
Southern Maine Medical Center
One Medical Center Drive
P.O. Box 626
Biddeford, ME 04005-0626

Non-Profit Organization
U.S. Postage
PAID
Biddeford, ME 04005
Permit #222

Thanks to Southern Maine
Medical Center for
sponsoring this newsletter.



**Southern
Maine
Medical
Center**



**ARTHRITIS
FOUNDATION®**

Your Source for Help and Hope®
Susan Gold: 284-4655
Shirley Gagne: 283-7797

Connections is a quarterly newsletter produced for the members of the Pain Support Group, Saco, Maine.
Editor: Susan Gold. Sponsored by the Arthritis Foundation, Maine Office, 930 Brighton Ave., Portland, ME 04102.

TAKE ACTION NOW!

The Pain Relief Promotion Act (S. 1272/H.R. 2260) is just the opposite of what its title implies. Rather than trying to relieve those in pain, it will discourage doctors from prescribing adequate pain medication for their patients. The fear of investigation by the Drug Enforcement Administration will deter many physicians and pharmacists—who are already hesitant to provide pain medication for their patients—from dispensing pain medications that patients need to control their suffering. For further information on this bill, view Web site: <http://www.painfoundation.org> (click on Policy and Advocacy)

We need to let our senators know

how we feel about this bill. A letter, fax, e-mail, or phone call to our two senators can make a difference. The House has already approved this bill. The Senate is expected to vote on it soon. If the bill passes the Senate, a veto by President Clinton is the only way to stop it.

Sen. Susan Collins

172 Russell Senate Office Bldg.
Washington, DC 20510
(202) 224-2523
e-mail: senator@collins.senate.gov

Biddeford office:
109 Alfred St.
Biddeford, ME 04005
(207) 283-1101
Fax: (207) 283-4054

Senator Olympia J. Snowe

250 Russell Senate Office Building
Washington, D.C. 20510-1903
(202) 224-5344
Toll Free in Maine: 1-800-432-1599
e-mail: Olympia@snowe.senate.gov

Biddeford office:
231 Main Street, Suite 2
Biddeford, ME 04005
(207) 282-4144
Fax: (207) 284-2358

President William Clinton

The White House
Washington, DC 20500
(202) 456-1111
fax: (202) 456-2461
president@whitehouse.gov