



TNA

Together we will end the pain.

Trigeminal Neuralgia Association
Twin Cities Support Group Meeting Notice

Annual Potluck Picnic

Saturday July 15th, 2006 - 11:00 until 3:00pm

"North of the Cities"

At Jim & Mary Butcher's cabin in Pine Lake (NW of Sandstone)

Please come! This is a special invitation to all those on our mailing list, and particularly to those of you who live too far north of the Cities to come to North Memorial Hospital for the regular meetings. Family members and supportive friends welcome. Bring a dish to share, and chairs enough for everyone in your group. Weather permitting, we will be outdoors, otherwise we will squeeze inside the cabin! Come and enjoy good food, encouragement and learning from your fellow patients. The fishing is usually good, Jim gives pontoon tours of the lake, and the company is outstanding. We have invited physicians to join us if their schedule permits. We will have handouts, and we welcome families. The purpose is an informal get-together to share information about TN. Claire Patterson, the founder of TNA, always says "TN always strikes the nicest people".

Directions to Butcher cabin:

Take I-35, heading north. Take the Banning Junction exit #195, north of Sandstone.

Turn west (left) over freeway onto 23. At the T-junction, turn north on 18.

After about 1.5 miles you will come to a junction. Turn left, following 18 West towards Finlayson.

Pass through Finlayson (about 2.5 miles west of that junction) and continue west.

About 5 miles west of Finlayson, pay close attention. 18 will take a bend to the right.

Just **before** that bend, turn left onto 37. Go west on 37 about 1 mile to the T-junction and turn left on 38.

The main road will turn left after about 0.5 miles. At that point follow the blacktop to the left.

Do **not** follow straight on. You are now going south. In a short distance, when the black top turns right onto 23,

Do not turn with it but continue straight south on the dirt road, county 25.

After 1 mile, the dirt road will turn sharp right and go west. Follow 25 west for about 1 mile.

The road will turn left just after a junction on the right. The lake will be in front of you.

Take that left and you will see the cabin (brown in color, Fire #11627) ahead on your right. We will have signs.

Pull off the road and park on the front lawn, or continue past the cabin and pull under the shade trees.

OR: Take Highway 65 North. Go through Mora. Continue on 65 North.

After Knife Lake, turn **Right** on Hwy 3 (signposted Hinckley). Drive approx. 9 miles.

Turn **Left** on County Rd 20 to Kroschel. Follow 20 about 10 miles along black top.

When black top ends at crossroads, continue straight on dirt road.

After sharp S-bend, cabin is on left, beside the lake (11627 110th Ave.).

Special note to those who can't get to meetings:

The leadership team is available by phone or email whenever you have questions or concerns. In the future Mary Lou Peterson plans to videotape our meetings. If this is a service you are interested in please contact Mary Lou.

IMPORTANT DATES FOR YOUR CALENDAR! 2006 MEETINGS

September 14th-16th Portland, Oregon Signup before June 1st and SAVE!

For more information please visit www.tna-support.org or call 817-416-7202.

Saturday, November 18th A pharmacist will be our guest speaker

North Memorial Hospital, Pine Crest Room 10:30 - 12 Noon

Minutes from the May Meeting

- Mary Lou Peterson welcomed the new members. We had a great turn out!
- Dr. Kerry Johnson gave an excellent presentation. Since 1999 he has had a total of 26 TN patients. He was very open and frank about the fact that NUCCA does help some TN patients, but not all. He took many questions. It was delightful to meet his wife Lisa too! If any members who could not attend want a copy of his presentation, it was video-taped. Please contact Mary Lou Peterson (telephone # on this notice). She will be happy to lend out a copy, but you will need to return it.
- Mary Butcher spoke briefly about the need for funding, and why. She and the new leadership of the group are trying to resolve the problem. (Which now is resolved)
- Mary also spoke about the new program: www.BuyforCharity.com and the upcoming conference.
- **Buddy System:** If any members would like to become part of a buddy system, please contact Mary Lou Peterson. The buddy basically just has to place a phone call to a new member, introduce themselves, welcome them to the group and just leave their name and number in case the new member has any questions.

Twin Cities TN Support Group Mission Statement

To support and encourage patients and families of those who suffer from trigeminal neuralgia and related facial conditions: to assist and educate the medical and dental community in understanding the effects of these conditions.

"Share your Success"

Share your success and concerns living with Trigeminal Neuralgia. We would really like people to share their stories in writing also, since some of our group is not able to attend the meetings or are too far away.

A Great resource website that was found that was created by a person with Trigeminal Neuralgia.

www.creps.org/tn "Trigeminal Neuralgia, You are not alone"

If there is information you would like to add or see in our newsletter, please call or email Laurie Redmann or Mary Lou Peterson. We are trying to get the information out that people in our group would like. More information and any information you would like to share with the group. Even if it is a repeat it is nice to bring it up again for any new members of our group.

EXTRA! EXTRA! Read all about it!

If you're going to buy online..... *BUY TO HELP US END THE PAIN.*
Help make a difference today through your online shopping.

PLEASE SIGNUP AT BuyForCharity.com and help support TNA.

Shop online from over 350 stores like Barnes & Noble, Gap, Office Depot, 800-Flowers, Wal-Mart, Expedia, and more at BuyForCharity.com! **Up to 35% of each purchase will benefit us** if you select the Trigeminal Neuralgia Association as your cause of choice.

So anytime you buy online, whether you are looking for Airline Tickets, Flowers, Clothes, Music, Office Supplies or anything else... Buy For Charity and help support TNA. There is NO cost to you and you can even save money on your purchases by using their great coupons and specials. As a new shopper on **BuyForCharity.com**, you just sign up once - and you don't have to give any personal information!

News from National

Please send your tax-deductible contribution to TNA, 925 Northwest 56th Terrace Suite C Gainesville FL 32605 or you can contribute on TNA's website at www.endthepain.org. Thanks!

TNA Sixth National Conference
September 14-16, 2006
Portland, Oregon.

To request FREE information from TNA go to <http://www.endthepain.org/>

click on **Educational Materials** click on **Information Sheets**. Then Click on the desired information.

The New Address and Telephone number for the National TNA Office

Telephone numbers 352-331-7009 or 800-923-3608 Fax: 352-331-7078

925 Northwest 56th Terrace Suite C Gainesville FL 32605

Email: tnanational@tna-support.org Website: www.endthepain.org

Michael Pasternak President

Jane Boles Executive Director/CEO

National's Patient Information Representative: Alana 352-331-7022 or 800-929-3608

Email: PatientRep@tna-support.org Website: www.endthepain.org

An easy way to remember the TNA website is www.endthepain.org which links to www.tna-support.org

Please send your tax-deductible contribution to TNA, 925 Northwest 56th Terrace, Suite C Gainesville, FL 32605 or you can contribute on TNA's website at www.endthepain.org. Thanks!

Changes in your Support Group!

There have been some significant changes in our group over the last few months.

First of all, a special thank you to Gail Tudor, who has been running the group since Mary, took on a new role with the Trigeminal Neuralgia Association (but is still active within our group). Gail's personal commitments have made it very difficult for her to give the local TNA group the attention she feels it needs. So, Please give a warm welcome to your new Support Group Leader, Mary Lou Peterson.

Laurie Redmann has volunteered to do the newsletter.

Mary Lou Ackelson has volunteered to take over as Treasurer

[Disclaimer: This newsletter is not intended to diagnose, prescribe, or to replace the services of your health care providers. It provides information only.](#)

A message from Mary Butcher, your former SGL: Your New Support Group Leader needs your Help!

As you are all aware, I've had the privilege of working with you on the local level of the Trigeminal Neuralgia Association for the past 7 years. I've taken on another role with National, and it was time to step aside and let new ideas and new blood infuse our group. As you see from the above paragraph, Mary Lou Peterson is your new SGL. I am writing this to encourage you to help her. I have been blessed with a generous and caring spouse who has attended every meeting, talked to other spouses, become his own expert on TN and, with infinite patience and generosity funded my attendance at every conference so that I could bring you the latest information. Mary Lou is retired, widowed and on a fixed income. She is planning to attend the conference in September, but this will be at a significant personal financial cost. **Please** – if you could find a few dollars to send towards her airfare/registration fee/hotel expenses, you would be doing not only her a great service, but your fellow-TN sufferers. The conference will have a special one day training session for Support Group Leaders only, in addition to all the seminars and presentations on subsequent days. Mary Lou will find herself on track for a Ph.D in TN! It is an incredible educational opportunity for the group. Thank you for listening, and I encourage you to help Mary Lou in every way.

A New volunteer opportunity!

A Co-Leader will lead the meetings if Mary Lou Peterson is unable to attend and
To be a part of the support group team.



Do you have any time and/or the resources to help TN sufferers?

Do you have access to make copies of our newsletters?

We need volunteers to get together to collate and mail the newsletter to our membership. It will take about four hours every two months.

We **MUST** have volunteers to continue with our support group! Please consider volunteering your time!
Remember - it's your group!

****NEW**-ATTENTION E-MAIL USERS**

To get up-to-date Trigeminal Neuralgia information via e-mail contact Mary Lou Peterson at marylou@giftofheritage.com.

Don't forget to let us know if your e-mail address changes.

To ensure that your TNA Twin Cities e-mail messages are not blocked by a filter, please add "From" e-mail address (marylou@giftofheritage.com) to your address book or safe list.

Contacts

National TNA Office (352) 331-7009 or (800) 923-3608 Fax: (352) 331-7078

925 Northwest 56th Terrace Suite C Gainesville FL 32605

Email: tnanational@tna-support.org **Website:** www.tna-support.org

Michael Pasternak President, Board of Directors

Jane Boles Executive Director/CEO

National's Director of Patient Support: Alana (352) 331-7022 or (800) 929-3608

Email: PatientRed@tna-support.org **Website:** www.endthepain.org

An easy way to remember the TNA website is www.endthepain.org which links to www.tna-support.org

Twin Cities Leadership Team

Leader: ** Our group has a new leader**

Mary Lou Peterson 612-727-1715 marylou@giftofheritage.com

5429 45th Avenue So Minneapolis, MN 55417

Phone Team:

Mary Lou Ackleson 651-451-6249

Mary Butcher 763-753-3018 butcher70@earthlink.net

*Laurie Redmann 763-370-8135 redmann@izoom.net (Please put TN in the title so it doesn't go into spam)

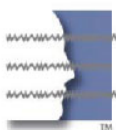
Preventing Emergencies from Becoming Tragedies®

This is a service you may want to checkout.

<https://www.medicalert.org/Main>

<https://www.medicalert.org/Main/24Hour.aspx>

It is vital that emergency responders know your medical information before they can safely administer treatment. They would search your pulse points and find the famous Medic Alert emblem, which speaks for you if you are unable to speak for yourself.



End the Pain
Trigeminal Neuralgia Association

1-800-923-3608

Help us with our TN Twin Cities support group and national TNA

1. **Contribute to support group costs if you are able.** Our biggest expense is the postage for the six newsletter/meeting-notice mailings of 400+ copies (about \$900 for 2003). Thanks to the 50+ members who receive the newsletter by email and the generous donation of copier services for those sent with postage, costs are kept that low. We also have about \$100 expenses for labels, speaker gifts, nametags, coffee etc.

How to Contribute:

- *If you want your contribution to be tax deductible:* Make your check payable to TNA -- writing "for Twin Cities TN Support Group" on the memo line -- and send with form below to Mary Lou Peterson. Mary Lou Peterson will forward the check to TNA national, a registered charity, for processing. TNA national will send a check to us for the same amount, to use for our support group expenses.
- *If you do not want your contribution to be tax deductible:* Give cash/checks at meetings or send checks payable to Mary Lou Peterson (writing "for Twin Cities TN Support Group" on the memo line). These contributions are **not** tax-deductible.

If you have not already sent a contribution for national's work – to benefit all identified TN persons in the world – you may enclose an additional check made out to TNA -- writing "for TNA national" on the memo line. Mary Lou Peterson will forward to national for their use or send directly to national TNA, 925 Northwest 56th Terrace, Suite C Gainesville, FL 32605 or you can contribute on TNA's website at www.endthepain.org.

2. Tell us if you (1) want to be removed from the mailing list, (2) have a new address, or (3) are willing to receive the meeting notice/newsletter via e-mail.

Use the form below to do any of the above. (or e-mail) Thanks!

REPLY FORM send contributions to National or locally. Also, if your email or address changed, please contact Mary Lou Peterson, 5429 45th Ave S, Minneapolis, MN 55417 – (612) 727-1715 Email: marylou@giftofheritage.com

- _____ Enclosed is my check in the amount of \$ _____ for our support group expenses.
(See donation reminder above).
- _____ Enclosed is my check in the amount of \$ _____ to support TNA national.
- _____ I've moved; please change my address from old address: _____ to address below.
- _____ I no longer wish to receive meeting notices. Please remove my name from the Twin Cities Support Group mailing list.
- _____ Please send the meeting notice/newsletter via e-mail. (Give street address and email address below.)

Name _____

Address _____

City _____ State _____ Zip _____

Phone (day) _____ (evening) _____ E-mail _____