

S

Stockton-San Joaquin County TNA Support Group  
striking Back! ⚡ Newsletter ⚡⚡⚡⚡⚡⚡⚡⚡⚡⚡⚡



MAY - 2006

SUPPORT GROUP LEADER

Carlin Lagrutta  
(209) 464-7171

[carlin.stockton.tna.support@comcast.net](mailto:carlin.stockton.tna.support@comcast.net)

SUPPORT GROUP CO-LEADER

Carol Roberts  
(209) 357-3573

[caroltauoberts@eaarthlink.net](mailto:caroltauoberts@eaarthlink.net)

CHAIRPERSON, PUBLICITY

Sharon Brewer  
(209) 833-9407

[bonnets@inreach](mailto:bonnets@inreach)

CHAIRPERSON, LIBRARY

Alice Paxton  
(209) 532-1140

[apaxton@inreach.com](mailto:apaxton@inreach.com)

CHAIRPERSON, REFRESHMENTS

Joan Burns  
(209) 931-6486

CHAIRPERSON, FINANCES

Rosafina Lagrutta  
(209) 943-5967

CHAIRPERSON, SECRETARY

Vacancy

CHAIRPERSON, FAMILY/FRIENDS COMMITTEE

Rosafina Lagrutta  
(209) 943-5367

EDITOR, NEWSLETTER

Rita Huckins  
(209) 951-9825

[ritagefes@aol.com](mailto:ritagefes@aol.com)

CHAIRPERSON, TELEPHONE ASSISTANT

vacancy

CHAIRPERSON, RESEARCH

Vacancy

CHAIRPERSON, PHOTOGRAPHY/HISTORIAN

Vacancy

**INSIDE:**

• RECAP 1/21/06 MEETING

• RECAP 3/18/06 MEETING

• DONATORS

• SUPPORT GROUP LEADER MESSAGE

• GET WELL, HELLO, CONDOLENCE MESSAGES to...

• *And more.....*

.....  
Message from CAROL ROBERTS, SUPPORT GROUP CO-LEADER  
.....

**NEXT MEETING:**

**MAY 20<sup>th</sup>, 2006  
11a.m.-1p.m. (Sat.)  
St. Joseph's Medical  
Center  
See inside flyer!!**

JANUARY 21, 2006 MEETING RECAP

MARCH 18, 2006 MEETING RECAP

This meeting proved to be a success...due to the members in attendance!! Our group welcomed two new members: **Camie Tamraz** of Ceres and **Patty Leary** of Stockton. {we should have said 'three' new members - Patty was accompanied by her darling daughter, **Sarah**!} Yes, we need to acknowledge our family/friend members. We're sure that most of you will agree that, without the support of our families and friends, to help us during horrific periods of TN pain and suffering, we would not be able to cope. **Cheers to Sarah**, for supporting her mother and coming to our meeting!!!!

Members were able to speak to and be heard by the group on an individual basis...this was great as:

**Carol Muller:** spoke about her recent MVD surgery at Stanford with Dr. Chang in 9/05....**Carol's PAIN HAS ENDED!!!!!!!!!!**

**Carol Roberts:** spoke about her attendance at the 9/05 TNA Regional Conference in San Francisco, CA, providing us with updated information. *Thanks for attending, Carol!!*

**Patty Leary & Sarah:** we heard about Patty's 20 plus years, dealing with TN/occipital neuralgia WITHOUT ANY SUPPORT...now, Patty & Sarah have **US!!!!**

**Alice Paxton, Chairperson, Librarian:** gave us updated information on all the materials (videos, DVD's, cassette tapes, books, printed materials, etc.), that are available to **YOU!!!!**

+++++

SUPPORT GROUP CHAIRPERSONS MESSAGE

Members,

We have been asked, by many support group members, if there is are 'fees' or 'dues' to be paid in order to belong to the Stockton-San Joaquin County TNA Support Group. NO. THERE ARE NO FEES OR DUES. This support group totally relies on YOUR FREE-WILL DONATION(S). It is your option to: contribute at meetings into the 'donation basket' AND/OR, you can send a check payable to TNA/for Stockton-SJ Co. SG, c/o Carlin Lagrutta, 150 E. Fargo Street, Stockton, CA 95204.

Your donation, by check, will be forwarded to TNA National, which is a tax-exempt non-profit organization approved by the IRS under section 501(C)(3). Gifts to a 501 organization are generally tax-deductible. TNA will, in turn, write a check to Stockton Support Group for the amount noted on your check.

**WOW!!>>>>>> if you did not attend this meeting...**  
>>>>>you missed: AN EXCELLENT SOURCE OF INFORMATION AND A **TREMENDOUS GUEST SPEAKER:**

**KENDRA HALL, R.N.**

Health Advisor  
A Patient's Friend

Plain talk for serious illness  
(209) 472-3434  
[www.apatientsfriend.com](http://www.apatientsfriend.com)

The members in attendance at this meeting were treated to the very intelligent, knowledgeable, and 'wicked' sense of humor of 'Nurse Kendra'; *all* members were able to understand her presentation and asked questions and laughed. We were truly in awe of her oral and written presentation(s).\*

Nurse Kendra also provided each member in attendance with a spiral-bound date/note book (about 160 pages!)...to keep track of your medications, symptoms, doctor appointments, how you feel day-to-day, etc.!

Nurse Kendra was presented with a "TNA" gold lapel pin, honoring her guest speaker attendance.

\* {if you desire a copy of Nurse Kendra's written presentation, copies will be available at upcoming support group meetings}



Carlin Lagrutta with our speaker Kendra Hall, R.N.



**AGES FROM SUPPORT GROUP LEADER & CO-LEADER**

CARLIN	CAROL
<p><b>My Fellow TN/Facial Pain Sufferers:</b></p> <p>Did you know that our <b>Support Group</b> has a 'birthday' coming soon?? Yes!! July 16<sup>th</sup> 2005, we had our first meeting...and, here we are, nearly one year later, growing strong each and every day.</p> <p>From the date of this group's inception, I, personally, stated we would:</p> <p>...be aggressive in providing updated TN/facial pain related information. <u>I believe we've accomplished this given the medical research available to us.</u></p> <p>...provide guest speakers (medical/dental/complimentary-alternative approaches, etc.) for meetings. <u>I believe we've accomplished this thru our exceptional guest speakers: <a href="#">oral surgeon, Dr. Jack T. Jennings, D.D.S.</a>; <a href="#">acupuncturist, Dr. Su Cheng Yu, L.Ac., Ph.D.</a>; <a href="#">Kendra Hall, R.N., Health Advisor.</a> <u>and more to come!!</u>→→→→→→→→</u></p> <p>...provide a library of TN/facial pain-related VHS/DVD's [available for you to check-out &amp; take home!] contact Alice Paxton, Librarian! And, <b>large</b> assortment of printed/photocopied information at meetings. <u>Over 1,000 photocopies of information, newsletters, meeting flyers, etc., have reached all of you.</u></p> <p>...provide a local-member-based name/address/phone list for anyone of us to call ☎☎☎☎☎☎ upon one another when in need. <u>YOU, MEMBERS, have made this possible!! I wish to thank those who participate in disclosing their information for the purpose of the Local Support Group List. (* * * * *.gold stars, to you, participants!).</u></p> <p>...financial \$\$ awareness!! need to our local Support Group and TNA National, Gainesville, FL. <u>YOU, members, can help 'end the pain'.</u></p> <p>I could continue to praise <i>your support group</i> further but, until next time,</p> <p>"That line between normal people and TN/facial pain sufferers can be virtually imperceptible, and that's where the <b>HORROR</b> is."</p> <p><b>Carlin</b></p> <div data-bbox="266 1516 665 1818" data-label="Image"> </div> <p align="center">Carol Roberts &amp; Carlin Lagrutta</p>	<p><b>TN Patients &amp; Friends,</b></p> <p>I believe it is important for those suffering from TN and related facial pain to be able to meet and talk to other sufferers; to learn as much as we ALL can.</p> <p>Carlin needs help in many areas to get everything done for our support group and relieve some of her stress. I stepped in and began to assist Carlin, in anyway I could, in various areas.</p> <p>Carlin then asked me to be her {your} <b>Support Group Co-Leader!!</b></p> <p>At first, I told her 'no', due to the distance away I live in (<u>Atwater, CA – approx. 70 miles each way to Stockton</u>).</p> <p>I changed my mind, because with the 'magic' of email and telephone, <i>we can assist each other.</i> And, in the long-run...ASSIST YOU!!!</p> <p>If any of you need someone to talk with, you can call me at (209) 631-5276.</p> <p>Sincerely, Carol Roberts {P.S. ~~ from Carlin <b>Thanks, Carol...you are TREMENDOUS!!!}</b></p> <p><b>!!ATTENTION PLEASE!!</b></p> <p>Dear Support Group Members:</p> <p>The <b>TNA Sixth National Conference</b> is being held Sept. 14-16, 2006, in Portland, Oregon.</p> <p><b>Support Group Leaders</b>, as well as <u>local members</u>, are invited to attend so they can learn new information to be able to share with their local groups.</p> <p>However, there will be one extra day of meetings for the <b>Support Group Leaders</b> [from all over the 🇺🇸🇺🇸🇺🇸 United States, 🇺🇸🇺🇸 as well as from other countries], which is September 13, 2006.</p> <p>One vital aspect of being a <b>Support Group Leader</b> is 'telephone support'. Many calls☎☎ are from those experiencing severe pain cycles and are desperate in how to cope. Some are on the edge of suicide and feel that I am their last hope.</p> <p>The <b>September '06 National Conference</b> <i>will provide more knowledge and insight to help those in need; and, needless to say, return to Stockton with information to provide YOU!!</i></p> <p>I am looking for sponsors to <u>assist in paying</u> the approximate cost of \$1,500.00 to attend. These fees include the hotel and airfare. Any other incidental charges, including food, etc., I will be paying on my own. Donations by check are accepted, payable to Stockton-SJ Co. SG, c/o Carlin Lagrutta, 150 E. Fargo Street, Stockton, CA 95204.</p> <p>Thank you in advance for your consideration and participation. <b><u>CARLIN LAGRUTTA, Stockton Support Group Leader</u></b></p>