



WESTERN NEUROPATHY ASSOCIATION

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**WESTERN  
NEUROPATHY ASSOCIATION**  
P.O. Box 276567  
Sacramento, CA 95827-6567  
877-622-6298  
888-556-3356  
info@WNAinfo.org  
www.WNAinfo.org

# Neuropathy Hope

*Hope through caring, support, research, education, and empowerment*  
A newsletter for members of Western Neuropathy Association (WNA)

## WEBINAR ON WEDNESDAY, OCTOBER 28, IS ONE YOU WANT TO BE SURE TO ATTEND

Karen Wagner of the EicOsis Team led by Bruce Hammock, Ph.D., at U.C.Davis will be updating us on the clinical trials of the pain medication we have been following for several years. 2021 is a critical year. There is due to be more clinical trials to complete the NIH requirements to qualify for drug status that can be manufactured and be available for doctors to prescribe. Wagner has been given a grant to do one of these clinical trials with cancer patients having pain. It is my hope that some will be chemo-induced neuropathy patients having major pain. This should be an exciting webinar.

**If you want to come in via Zoom video or if you don't have computer access and want to call in and at least get the audio, send an email to Lindsay Campoy at [lindsayc@pnhelp.org](mailto:lindsayc@pnhelp.org).** If you don't have email access, please find someone you know that does who is willing to get the information and give it to you. The webinar link will also list the phone numbers and other information needed for the telephone call. Our assistant can print it out and give you the copy of it or call you and give it to you over the phone.

**WNA won't have a webinar in September.**

## PANDEMIC LIVING: ALONE AND ISOLATED

By Vanessa Kettler, Building Better Balance

Living alone poses challenges in these pandemic times and many seniors live alone. Since seniors are at a higher risk of developing COVID-19 that means continued sheltering in place. This must be so hard for so many. For the time being we have to make do and if possible turn the unusual conditions we are experiencing now into a period of growth and change for us that allows for an even better rest of our life. We can learn skills in isolation that will make our life after covid far better than it was before covid. But it requires some self reflection and sensible decisions. I can help with both.

### Who is at high risk of coronavirus infection?

Those at high risk of coronavirus infection includes anyone over 60 and/or those with the pre-existing conditions of obesity, diabetes, high blood pressure, lung or heart disease. 23% of the United States are over age 60. 40% of American adults are obese. *In effect, well over half the country is at high risk of coronavirus infection.*

**If you are at high risk** and live in an area where the coronavirus is active then you should be doing the

following things:

- Isolate at home.
- Avoid being indoors with people you do not live with.
- Socially distance when out. Remain 6' apart from others.
- Wear a mask. Wash them regularly.
- Be fastidious in sanitation including frequent hand washing.

### When you live alone:

For the first 15 years of my adult life I lived alone. I traveled alone. I moved to areas of the country where I didn't know anyone. I got really good at being self-sufficient. But I also experienced incredible sadness and painful loneliness. I understand what it's like to be alone and I am here to help.

The most difficult part of being isolated is loss of companionship. Being alone without speaking to others for days at a time is not good for us. We lose

## 2020 WNA Board of Directors

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Please contact  
your group leader or  
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page on the  
WNA website –  
[www.WNAinfo.org](http://www.WNAinfo.org)  
to find out about the  
topic/speaker for the  
upcoming meeting.

**Bev Anderson**  
Editor

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## Roster of Our WNA Information and Support Groups

Support groups are not meeting unless a leader notifies the group they are. If in doubt, call your Leader.

### CALIFORNIA

#### Auburn

1<sup>st</sup> Monday, 11 AM  
Woodside Village MH Park  
12155 Luther Road  
Sharlene McCord (530) 878-8392

#### Castro Valley

2<sup>nd</sup> Wednesday, 1:30 PM  
First Presbyterian Church  
2490 Grove Way (next to Trader Joe)  
Joy Rotz (510) 842-8440

#### Concord

3<sup>rd</sup> Thursday, 1:30 PM  
First Christian Church  
3039 Willow Pass Road  
Wayne Korsinen (925) 685-0953

#### Davis

2<sup>nd</sup> Tuesday, 3:30-5:00 PM  
Davis Senior Center, 646 A Street  
Mary Sprifke (530) 756-5102

#### Elk Grove

2<sup>nd</sup> Tues., 1 pm  
New Senior Center  
8230 Civic Center Dr.  
Roger White (916) 686-4719

#### Folsom

3<sup>rd</sup> Wednesday, 12:30 PM  
Association Resource Center  
950 Glenn Dr., Suite 150  
Bev Anderson (877) 622-6298

#### Fresno

3<sup>rd</sup> Tuesday, 11:00 AM  
United Community Church of Christ  
5550 N. Fresno St.  
Bonnie Zimmerman (559) 313-6140

#### Grass Valley

2<sup>nd</sup> Monday, 1:30 PM  
GV United Methodist Church  
236 S. Church Street  
Bev Anderson 877-622-6298

#### Merced

2<sup>nd</sup> Thursday, 1 PM  
Central Presbyterian Church  
1920 Canal Street  
(Hoffmeiser Center across from the church)  
Larry Frice (209) 358-2045

#### Modesto

3<sup>rd</sup> Monday, 10:30 AM  
Trinity United Presbyterian Church  
1600 Carver Rd., Rm. 503  
Harkaman Ghag (209) 541-5404

#### Monterey

Next meeting October 21  
3<sup>rd</sup> Wed., 10:30 AM  
Online Zoom Meeting  
Dr. William Donovan (831) 625-3407

#### Napa

1<sup>st</sup> Thursday, 2 PM  
Napa Senior Center, 1500 Jefferson St.  
Ron Patrick (707) 257-2343  
bonjournapa@hotmail.com

#### Placerville

2<sup>nd</sup> Wednesday, 1 PM  
El Dorado Senior Center  
937 Spring Street  
Bev Anderson (877) 622-6298

#### Roseville

2<sup>nd</sup> Wednesday, 1PM (odd numbered months)  
Sierra Point Sr. Res.  
5161 Foothills Blvd.  
Stan Pashote (916) 409-5747

#### Sacramento

3<sup>rd</sup> Tuesday, 1:30 PM  
Northminster Presby. Church  
3235 Pope Street  
Sonya Wells (916) 627-0228

#### San Diego

3<sup>rd</sup> Monday, 1:30 PM  
The Remington Club  
16925 Hierba Dr.  
Chhattar Kucheria (858) 774-1408

#### San Francisco

2<sup>nd</sup> Monday, 11 AM – 12:30 PM  
Kaiser French Campus  
4141 Geary Blvd. between 6th & 7th Ave.  
Rm. 411A - Watch for signs.  
Merle (415) 346-9781

#### San Jose

3<sup>rd</sup> Saturday, 10:30 AM  
O'Conner Hospital, 2105 Forest Avenue  
SJ DePaul Conf. Rm.  
Kathy Romero (407) 319-2557

#### Santa Barbara

4<sup>th</sup> Saturday, 10AM (Sept., Oct., Jan., March, May)  
St. Raphael Catholic Church  
5444 Hollister Ave., Conference Room  
Nancy Kriech (805) 967-8886

#### Santa Cruz

3<sup>rd</sup> Wednesday, 12:30 PM (odd numbered months)  
Trinity Presbyterian Church  
420 Melrose Avenue  
Mary Ann Leer (831) 477-1239

#### Santa Rosa

1<sup>st</sup> Wednesday, 10:30 AM  
Steele Lane Community Center  
415 Steele Lane  
Judy Leandro (707) 480-3740

#### South San Diego

4<sup>th</sup> Thursday, 2 PM  
Garden Room  
3541 Park Blvd.  
Jacklyn (858) 228-7480

#### Walnut Creek

4<sup>th</sup> Friday, 10 AM  
Rossmoor, Hillside Clubhouse  
Vista Room  
Karen Hewitt (925) 932-2248

#### Westlake Village - Thousand Oaks

2<sup>nd</sup> Monday, 4:30-5:30 PM  
United Methodist Church  
Youth Classroom 1 (faces parking lot)  
1049 S. Westlake Blvd.  
Angie Becerra (805) 390-2999

### NEVADA

#### Las Vegas

3<sup>rd</sup> Thursday, 1 PM  
Mountain View Presbyterian Church  
8601 Del Webb Blvd.  
Barbara Montgomery  
lvneuropathygroup@gmail.com

### OREGON

#### Grants Pass

3<sup>rd</sup> Wed., 4:30 – 6:30 PM  
(except July, Aug., and Dec.)  
Club Northwest  
2160 NW Vine Street  
David Tally 541-218-4418

### TEXAS

#### Austin

2<sup>nd</sup> Wednesday, 9:30-11:00 AM  
Education Room  
Conley-Guerrero Activity Center  
808 Nile Street  
Marty Meraviglia RN, ACNS-BC  
(512) 970-5454 • mgmeraviglia@gmail.com

#### Houston

3<sup>rd</sup> Saturday, 1-2:30 PM  
Memorial Drive United Methodist Church  
12955 Memorial Drive  
South Parking Lot, Southeast Entrance  
Room D100 (Ground Floor)  
klstenzel@hotmail.com

For information on groups in the following areas or any other place you are interested in finding out about a support group, call Bev Anderson at (877) 622-6298. She is actively trying to open new groups and re-open closed groups. Check with her about a group in your area especially if you would volunteer to be the leader.

New Leadership needed. No meetings for now. Contact for information: Bev Anderson 877-622-6298. California: Alturas, Antioch-Brentwood, Bakersfield, Berkeley – Oakland, Carmichael, Clearlake, Costa Mesa, Crescent City, Eureka, Fort Bragg, Garberville, Jackson, Lakeport, Lincoln, Livermore, Lodi, Madera, Mt. Shasta, Oxnard, Quincy, Redding, Redwood City, Salinas, Santa Maria, San Rafael, Sonoma, Sonora, Stockton, Susanville, Truckee, Tulare-Visalia, Turlock, West Sacramento, Weed, Ukiah, Woodland, Yreka, Yuba City-Marysville. Nevada: Reno-Sparks. Oregon: Brookings, Medford, Portland, Salem.

## President's Report By Bev Anderson

**October starts the last quarter of 2020.** We hope that 2021 will be a better year for everyone. Hopefully, at least the worst of the COVID-19 devastation is over. This month, three people I knew to some extent died of the virus. One was a 100-year-old lady whose 104-year-old sister died eight hours later. They were in a senior care home. Some of these facilities have been so dangerous in a time like this.



**I thought the two articles by Vanessa Kettler, known for her balance exercise help, applied to a sizable number of people.** They might also be helpful at a time like this when we are looking toward holidays that usually mean being with a larger group or with none at all. It will be the second year that I don't make the usual Christmas gathering. It probably would be safe, but it also means travel and such a lot of risk. I'll be quite happy home on my own. There will be phone calls and possibly some Zoom that will bring us at least seeing each other.

**If you have burning, tingling, numbness, etc. in your feet and or hands, there is one of Dr. Donovan's research information opportunities that deals with these symptoms.** Be sure to check out those listed this month.

**Be sure to sign up for the Webinar with Karen Wagner on October 28.** To attend, contact Lindsay at [lindsay@pnhelp.org](mailto:lindsay@pnhelp.org). With Lindsay working from home, it is email that will reach her quicker. She will get back to you with the link to the Zoom portion if you have a computer and information on how to call in if you don't use a computer. If you want to call in and don't have email access, please find a friend, neighbor, or relative who will send in your registration and get the information so they can let you know the procedure for calling in. There are several choices for phone numbers depending on where you live. Choose the one closest to you.

**Please be on the look out for one of our three annual letters from WNA encouraging you to donate to help keep WNA operating, pay your dues, or to join.** Everyone gets the basic letter and since you are reading this, you are likely a member. The P.S. on your letter either asks for a donation or lets you know your dues need to be renewed. Others, for whom we have addresses, get an invitation to join by paying the \$30 per year dues. I hope you are able to respond to our letter.

**Happy October with all the beautiful multicolored trees.** The black oaks in my area have bright yellow leaves.

*Bev*



[www.facebook.com/Neuro](http://www.facebook.com/Neuro)

*Join the conversation!*

[@neuropathy\\_WNA](https://twitter.com/neuropathy_WNA)



### Help With Health Care Challenges

If the number is not in your area, call the one listed and ask for the right number.

#### Medicare

[www.Medicare.gov](http://www.Medicare.gov)

...

#### The Affordable Health Care Act

For current information go to [www.HealthCare.gov](http://www.HealthCare.gov)

...

#### HICAP

##### Health Insurance Counseling

for seniors and people with disabilities.

[www.cahealthadvocates.org](http://www.cahealthadvocates.org)

/HICAP/

Call (800) 434-0222 to ask a question or to make an appointment.

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#### Health Rights Hotline

Serving Placer, El Dorado, Yolo, & Sacramento Counties, regardless where you receive your health coverage.

Tollfree (888) 354-4474 or TDD (916) 551-2180.

In Sacramento, (916) 551-2100.

[www.hrh.org](http://www.hrh.org).

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#### HMO Help Center

Assistance

24 hours a day, seven days a week.

(888) HMO-2219

or (877) 688-9891 TDD

...

#### DRA's Health

**Access Project** Free publications about the health care, insurance rights and concerns of people with disabilities and serious health conditions. For more information, go to <http://dralegal.org/> and click on "Projects".

## **Pandemic Living: Alone And Isolated** – Continued from page 1

perspective. We become shaky, vulnerable, feeling weak.

Social interaction can no longer be casual during the pandemic. There is no dropping in of friends or family. When you do see them you must remain socially distant. Infection across familiars is a huge part of this pandemic. You may feel close to your daughter for instance but do not touch her when you see her. That is very hard and it goes against our instincts.

- Social interaction now has to be deliberate. Plans have to be made. You have to meet your friends in your back yard instead of at your front door. It is much like living in a cocoon with careful exits planned ahead of time.
- Hugging is not possible right now unless it's with those you live with. If you live alone that means no hugs. No hugging your granddaughter or best friend. It is painful not to do so but co-infection across families is very dangerous and widespread.
- Living alone means that we have to be the ones to enforce our good habits. We can't rely on support from others as we have become used to. We have to be the ones who decide when we exercise and we are the only ones who care if we stick to it.

### **Structure your home life:**

Having ongoing empty days without social visits makes it easy to get depressed. We feel like there is no point. That we make no difference. The lack of social interaction leaves us feeling undefined. It's easy to stay in your robe all day. It's easy to watch TV all day. It's hard to feel good when you do. Structure makes all the difference.

A sample structure for someone who lives alone: Other people provide much of the structure we have in life but when you live alone structure is completely absent unless you put it there. Nothing about what follows is written in stone. Define your own structure and change it as you need to. Be flexible but keep coming back to whatever your ideal is. Following a structure like this gives you a sense of accomplishment - lack of which is one reason we get depressed.

- Write in your diary upon waking.
- Warm up your feet and knees before standing.
- Have a light breakfast.
- Get dressed. Brush your teeth.
- Morning activity: Exercise.
- Plan for the meals for the rest of the day. Make your shopping list. Order home delivery. Cook.
- Luncheon.
- Make social phone calls and write letters.
- Afternoon activity: Creativity.
- Dinner.
- Evening walk around the neighborhood.
- TV viewing. Reading.
- Write in your diary upon going to bed.
- Do deep breathing exercises to relax before sleep.

This seems simple minded but it is surprisingly effective to schedule at least some of your day, especially now that days are so empty. Of all these things, the highest priority is to schedule your daily exercise. More about that later.

### **The stay at home social life:**

If you live at home alone as many do then this means a very restricted life with little interaction with others. So we have to get creative in our communications with others. In some ways it is good to have to be so distant. We can make deliberate choices about who and how we want to be close to others.

- **Call people on the phone:** Use the phone to visit instead of in person visits. Redevelop the ability to have superb long phone conversations.
- **Online communication can be wonderful.** Facebook, Instagram, Twitter et al are excellent ways to keep in touch with those you care about. One warning though. Political discussion online is often incendiary and offensive to many. It's easy to get hooked online during this time staying at home. Push yourself away from the computer for at least 5 minutes of every half hour. If you are feeling anxious, turn the computer off.
- **Don't wait for others to contact you.** If you think of someone and wonder how they are then call or write to them and find out. No standing on protocol during a pandemic. Everyone is happy to hear from you.
- **Speak to someone every day.**
- **Keep a journal.**
- **Pets are terrific companions during these times.** You can adopt during the pandemic. And we are all at home to oversee our new babies.
- **Give yourself a hug:** In some ways hugs are a thing of the past. But we really need hugs and the touch of others. One solution may make you laugh. Hug yourself. I am not kidding. Give yourself a wonderful bear hug every day. Right as you finish exercising is a great time.

### **Most important of all – Stay active:**

If you do only one thing, do this: Structure an exercise regimen for yourself for every day. I cannot emphasize how important this is. It always has been but it is far more so now that we are all so isolated. During this pandemic one of the first things to go for many has been regular exercise. Walking outdoors has been terrific but indoor exercising has diminished greatly and frankly not enough seniors were exercising regularly prior to the pandemic. Gyms are closed as are in person Senior Centers. Many of us relied on classes or workouts with others that are simply not available now.

As with our social communication, much more is deliberate now. It

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## NEUROPATHY MEDICAL LITERATURE REVIEW By William B. Donovan, M.D.

We can access the National Library of Medicine (NLM) to obtain information on peripheral neuropathy (PN). There are over 100 medical articles a month written on PN. I review these references and select articles that would appear to be most interesting to us neuropathy sufferers. This is the link to **PubMed** that will connect to the

**NLM: [www.ncbi.nlm.nih.gov/sites/entrez](http://www.ncbi.nlm.nih.gov/sites/entrez)**

If you are reading this article on the computer, just click on the above link to go there. If you are reading the print edition of the newsletter, type this link into the address bar of the browser on a computer. If you don't know how, get a librarian or friend to help you.

After you get to **PubMed**, you will see a line that says "Search PubMed" followed by "for" and a space. Every article in the **NLM** is given a **PMID**, an eight digit identification number. I will give you **PMID** numbers of the selected articles. Type the **PMID** into the space after the "for" and click on "Go" at the end of the space, or press the ENTER key on your keyboard. You will then see a one paragraph abstract of the article appear, as well as links to related articles.

The reader can also go to the WNA website [www.pnhelp.org](http://www.pnhelp.org), click on the RESOURCES tab and select MEDICAL LITERATURE REVIEW from the menu to review the archive of summaries that have appeared in this column over recent years. This month's PMIDs:

- 30033061 This paper discusses "neuropathic itch", which can result from any cause of neuropathic pain. There is no specific treatment for the disorder apart from treating the cause of the neuropathy and symptomatically suppressing the itch with topical and systemic medications.
- 30061320 A group of patients with painful diabetic neuropathy was randomly assigned, 63 each, to a twice weekly electroacupuncture and a control group without. Those providing the treatment and patients receiving the treatment were not blinded, but the evaluators were. They found 82.5% global improvement versus 34.1% in the controls at week 9, the end of the study. Following completion of the study at 17 weeks follow-up, improvement in the Pain Intensity Rating Scale was 20.3% compared to 9.30%.
- 30225985 This randomized double-blind placebo-controlled trial of the Indian herb Ajwain (*trachyspermum ammi* Sprague) in a 10% topical cream was compared to placebo in 92 neuropathy patients. Statistically significant reduction in feet burning, numbness, tingling and allodynia was found.
- 30061320 A group of patients with painful diabetic neuropathy was randomly assigned, 63 each, to a twice weekly electroacupuncture and a control group without. Those providing the treatment and patients receiving the treatment were not blinded, but the evaluators were. They found 82.5% improvement versus 34.1% at 9 weeks on completion of the study. Later follow-up showed continued improvement with Pain Intensity Rating Scale at 9.30% compared to 20.30%.

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### **Pandemic Living: Alone And Isolated** – Continued from page 4

is completely up to us to maintain our activity level. Doing so cannot be overemphasized. It has more impact on our health than everything else combined.

#### **Structure your exercise time:**

Make an exercise schedule: Do you like working out in the morning, afternoon or evening? Maybe more than one. Plan to exercise every day for at least 30 minutes. Deciding on the time will help so much. Make a decision about what time is the best time for you and then stick to it.

- **What kind of exercise do you need?** What kind do you want? Are you concerned with having falls? Then include balance exercise. Is anxiety a problem for you? Seated yoga classes might help.
- **Practice stress reduction techniques daily:** These are anxious days. Anxiety does not go away by itself. Many available techniques reduce stress including deep breathing and structured meditation. Exercise does as well of course but specific relaxation methods should also be practiced daily.
- **Exercising virtually is in:** There are so many exercise classes available online and on TV. And you can purchase many specialized classes like the Building Better Balance series.

- **Be flexible.** If for some reason you don't feel like that online balance class today and would prefer to take a walk instead, go for it but eventually return to your schedule.
- **When in doubt stick to your schedule.**

#### **Here is a sample exercise schedule:**

Perhaps your best exercise time is 10-11am each day.

- Monday, Wednesday and Friday take an online balance class or do one of the Building Better Balance DVD classes.
- Tuesday, Thursday and Saturday take the PBS class Sit and Be Fit which your son prerecorded for you.
- Take Sunday off.
- Every evening walk after dinner.
- Practice deep breathing exercises each morning to start your day and/or each nighttime to relax before sleep.

The most important aspect about an exercise program is that you do it consistently. Make it your highest priority. It is your health after all. Do the one thing that will improve your health more than any other factor.

## DISCOUNTS FOR WNA MEMBERS

The following companies or individuals have agreed to give WNA a discount to WNA members. Give them a call or visit. If you choose to purchase the service or wares of any on this list, pull out your WNA Membership Card and claim the discount.

### Anodyne Therapy

Infrared Light Therapy equipment - **12% off all home units.**  
Contact: 800-521-6664 or [www.anodynetherapy.com](http://www.anodynetherapy.com)

### Auburn

#### The Footpath

825 Lincoln Way  
(530) 885-2091  
[www.footpathshoes.com](http://www.footpathshoes.com)  
**WNA Discount: 10% off the regular price shoes.**

### Elk Grove

#### Shoes That Fit

8649 Elk Grove Blvd.  
(916) 686-1050  
**WNA Discount: 20% off the regular price shoes.**

### Fortuna

#### Strehl's Family Shoes & Repair

Corner of 12th & Main  
1155 Main Street  
(707) 725-2610  
Marilyn Strehl, C.PED  
is a Certified Pedorthic  
**WNA Discount: 10% off the regular price shoes.**

### West Sacramento

#### Beverly's Never Just Haircuts and Lilly's Nails

2007 W. Capitol Ave  
Hair - (916) 372-5606  
Nails - (916) 346-8342  
**WNA discount: 10% off the regular price.**

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# PANDEMIC LIVING: WHEN BEING TOGETHER DRIVES YOU FURTHER APART

By Vanessa Kettler, Building Better Balance

Remember when your mate retired and they were suddenly at home all the time? Similar situations are happening all across the world as the COVID-19 pandemic causes many to stay indoors, often living in close quarters with others who we may or may not get along with. Kelly Ripa of television fame has been candid about how tension has increased because of their family having to live in such close proximity. And they live in more than ideal conditions. If you live in a smaller house or apartment, living with other all the time can drive one nuts.

- 1. A few ground rules solve many problems.**
- 2. Benefits of defining your personal boundaries extend into the handling of difficult social relationships.**

When we live in close proximity the most difficult element is lack of privacy. Privacy can be re-established when you define your personal boundaries, your own rules for living together under stressful circumstances.

- "Do not disturb" signs are worth their weight in gold. Put a sign on your door and enforce it. Or create a conditional rule: "When I come home after work, do not speak to me for 10 minutes. I need that time to recalibrate." It's very important that all people involved agree on the rules and really do not disturb that person unless it is an emergency.
- Time boundaries, personal scheduling: "After 11am I will be in the garage." "3-5pm is my TV time."
- Make clear agreements about anything that bothers you. Half our woes come from unspoken accords never deliberately agreed upon. Saying them out loud or writing them down provides so much clarity. Tension and stress are reduced dramatically as a result.
- Mental privacy can be created through

structured meditation, something you can do anywhere around anyone in any circumstance. It is an excellent skill to develop that will see you through all of life's challenges. You can always close your eyes and go to a beach in Hawaii.

- Always accord respect to the people you live with, especially mates. As mates, you are both deliberately choosing to live in the same home.
- Treat your home with respect.
- Treat each other with respect.
- Treat your body with respect.
- Treat yourself with respect.
- Never ever take each other for granted.
- Make the other person's life a little better whenever you can.
- Get adept at adjusting to changing conditions. Swap private times. Move your chores around to help your mates.
- Never say anything you will regret later. If the steam has built up and you just have to burst, think of bursting as a teapot instead of flinging your exasperation at those you live with.
- Clean up after yourself. Do not procrastinate about chores. This is even more important when living in close quarters.
- Exercise, deep breathing and structured meditation are life savers in reducing any kind of stress. Exercise and breathing sessions should be included daily in the family schedule. Begin a structured meditation practice now and you will come to love the quiet time you end up having with yourself.
- Accomplish something every day. It doesn't have to be big. It could be polishing a locket. The sense of achievement that comes with accomplishment reduces indoor stress.

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A lack of clearly defined personal boundaries is a common element to many chronic personality disorders. This provides a crucial key toward successfully handling these often-uncomfortable relationships.

- Bully behavior.
- Abuse in any form: Substance abuse, sexual harassment and/or abuse. Elder abuse. Child abuse. Obesity.
- Codependency.
- Inferiority/superiority complexes, egomania.
- The Victim Personality/The Do Gooder.

**Substance abuse deserves special mention: the essence of substance abuse is overuse of the substance.** If you consistently eat more than your body wants, you do damage to the natural integrity of your body's limits. In effect this means that you damage your natural boundaries by time after time not respecting your body's response. It has far reaching consequences. Addiction not only damages the body's integrity; it also damages the existential concept of yourself. Healing from addiction is necessary on the spiritual level as well as the physical and emotional level, one reason it is such a tough nut to crack. 12 Step programs have had some success with this process as they aspire to heal the spirit while dealing with the abuse.

**The Victim Personality:** This is someone who is in constant trouble, often of their own making. Overwhelmed with real life dire emergencies, this type of person is always needing help. Their ability to do for themselves is damaged. The line where they stop and someone else starts is ambiguous. Someone chronically needy will often be:

- Constantly overwhelmed and asking for help.
- Always in an emergency.
- Advice is not usually taken.
- You never hear whether the last emergency was resolved.

- Events lead to more and more out of control situations.
- Someone who acts this way will usually be able to find someone else who wants to “rescue” them (the Do Gooder for instance), doubling the imbalance and ill health results for both people.

**The Do Gooder:** A person who always wants to help those less fortunate. Charity is one of the highest ideals but it is not always caused for healthy reasons. In spite of the good intentions, some people invade other's space to take over and heal troubles. There are several objections with this approach:

- You rob the recipient of their ability to take responsibility.
- You damage that person's boundary. They may well have invited you to do just that, in which case it is a trap.
- You now have a relationship which is out of balance with the person's problems still unsolved if not worse.

This kind of imbalance is the essence of co-dependency. Children of substance abusers are often co-dependent.

**Toxic personalities** provide a potent example of what can happen with boundary damage. Some people are simply poisonous: people who do not understand healthy relationships, probably because of abuse they themselves have had to endure in earlier years. Toxic situations gnaw at you. Toxic people just get your goat. Regardless of the cause, if possible, just ignore those toxic. Do not let them have a presence in your life. Sometimes that is not possible, especially if it is a family relationship. Understanding how those toxic use boundary invasion helps to teach us how to create a meaningful and strong boundary to keep ourselves safe from abuse. Basically, if you have to be in a toxic relationship then learn how to protect yourself and keep yourself disengaged from the toxicity. Establishing clear boundaries goes a long way toward doing that.

### DISCOUNTS FOR WNA MEMBERS

*Continued from page 6*

**Neuropathy Support Formula/Nerve Renew** (1-888-840-7142) is a supplement that a number of people are taking and reporting it has helped them. The company gives members of WNA a discount and free shipping. The 30-day supply is \$40 (normally \$49.97). It can be auto-shipped monthly for the same. A 3-month supply via auto-ship is \$95.00. They also have a Nerve Repair Optimizer that is available for \$20 with free shipping. Marsha, the manager, said that if anyone wants more information about the product, they can call and ask for her. If she is not readily available, leave your number and she will call you back. They now have Nerve Renew Fast Acting Cream at \$20 for WNA members. It reportedly takes the edge off numbness.

**Building Better Balance DVD, Developing Spine Health** – The DVDs are \$30 each. The price of a full set (4 DVDs) is \$100 (that's a 20% discount). You can order the DVDs by going to the website [www.building-better-balance.com](http://www.building-better-balance.com). Shipping is free. You can also order the DVDs over the phone using a credit card. Call (707) 318-4476 and leave a message. Vanessa Kettler, Balance and Fall Prevention [www.building-better-balance.com](http://www.building-better-balance.com) (707) 318-4476

**Additional Discounts**  
Do you know a business that might offer our members a discount? Tell them that they will be listed each month in our newsletter and on our website so our members will know of their generosity and patronize their business. Call (877) 622-6298 or e-mail [info@pnhelp.org](mailto:info@pnhelp.org).

We'll mail an agreement form to the business, and once we have it, we'll add them to this list.



## WESTERN NEUROPATHY ASSOCIATION

A California public benefit, nonprofit,  
tax exempt corporation

P.O. Box 276567, Sacramento, CA 95827-6567

## TELECONFERENCE AND ZOOM SCHEDULE IN OCTOBER

Anyone is welcome to join any of the following calls. We urge you to join this opportunity for being on a call with other people that know about neuropathy.

- Monday, October 5, 6:30 PM PDT
- Wednesday, October 14, 1:00 PM PDT
- Tuesday, October 20, 1:30 PM PDT – Sacramento
- Saturday, October 17, 10:39 AM PDT - San Jose
- Wednesday, October 21, 12:30 PM PDT – All areas
- Thursday, October 22, 1:00 PM PDT – Nevada/Las Vegas
- **Monterey Neuropathy Support Group:** Wednesday, Oct. 21, 10:30–11:30am by online Zoom. Sign-in opens at 10:00 AM. **For Zoom link** – email Bill Donovan MD at seabreezexo9@gmail.com, giving name, address, telephone number and email address.

### HOW TO CALL IN:

- At the meeting time, call this number: **1-877-366-0711**.
- You will hear an automated voice ask for the pass code to join the conference call.
- Using your telephone keypad, dial **36199447#**
- A notification sound will chime in the “conference room” so we know someone has joined the call, and we will welcome you.



### Western Neuropathy Association (WNA)

A California public benefit, nonprofit,  
tax-exempt corporation.

Bev Anderson, Editor

P.O. Box 276567

Sacramento, CA 95827-6567

(877) 622-6298 ■ (888) 556-3356

info@WNAinfo.org ■ www.WNAinfo.org

WNA Headquarters: admin@WNAinfo.org

Our mission is to provide support, information and referral to people with neuropathy and to those who care about them, to inform and connect with the health care community, and to support research.

Dues - \$30 a year

All contributions and dues are tax-deductible.

We are supported by dues-paying members, contributions by members and friends, and occasionally, small grants and fundraisers.

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