



The newsletter of the
Chronic Fatigue Syndrome
& Fibromyalgia Support Group of
Dallas-Fort Worth
Volume 10, No. 1, April 2008

NEW SUPPORT GROUP LEADER NEEDED

My tenure as President and Leader of the CFS/FM Support Group of DFW has not gone exactly as planned...actually, it wasn't planned at all.

When the former Support Group Leader resigned, many jobs needed to be done. I volunteered to manage distribution of the newsletter. But we still needed a Leader. With no one else offering to accept the position, I and another member somehow ended up agreeing to tackle it together. That's usually how these things happen.

Unfortunately my co-leader's health took a nosedive and she had to bow out. Soon thereafter our newsletter editor/webmaster suffered the same fate.

Many volunteer organizations have difficulty keeping staff. This is especially true with support groups like ours that often rely on the individuals they support to maintain the organization.

Despite all of this I was determined. With a supportive Board of Direc-

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UPCOMING MEETINGS

SAT., APRIL 19 Q&A WITH DR LARRY SHARP & JENNIFER FIX 2:00—4:00 p.m.

Join us for a general Q&A with Larry Sharp, DO, a board certified Family Practitioner who treats CFIDS, and Jennifer Fix, a local Pharmacist and former leader of our support group. Both are also members of our Board of Directors.

Topics will include discussion of Lyrica and FDA approval for fibromyalgia, Hormone Replacement Therapy compounding, and an organizational update. Bring your questions on these topics and others.

*Location: Harris Methodist HEB Hospital
AMD Conference Room, Edwards Cancer Center*

DATE TBA THE BODYTALK SYSTEM 2:00—4:00 p.m.

The BodyTalk System is a healing modality that addresses the roots of chronic pain and chronic disease. It combines the wisdom of advanced yoga, the insights of modern physics and mathematics, the energy dynamics of acupuncture, the clinical findings of Applied Kinesiology, and western medical expertise. BodyTalk allows the body's energy systems to be re-synchronized so they can operate as nature intended.

Presentation will include an energy technique you can apply to yourself.

*Location: Harris Methodist HEB Hospital
AMD Conference Room, Edwards Cancer Center*

Please Be Aware! Many members are quite chemically sensitive. Out of consideration, please try to avoid the most common offenders: fragrances, perfumes, smoke, dry cleaning fluids, household products &/or chemicals, or clothes exposed to these.

CAN YOU HELP?

We desperately need volunteers to facilitate/host our meetings. There are many newly diagnosed individuals seeking information and support. Some just want to meet others dealing with the same illness.

What does the job involve? Arrive at scheduled meeting 20-30 minutes prior to meeting time, display provided materials/information, greet attendees, introduce any guest speaker, and moderate discussion as needed.

If you can host one meeting a year, usually held the 2nd Saturday of the month, please call our information line at (817) 886-9262 or (214) 224-0447 and leave a message. Thank you in advance for your help!

tors (reminding me that our health comes first), I attempted to take on these added tasks. We managed to produce a couple newsletters, partially update our web site, and hold a number of meetings; all with the help of some great members who I cannot thank enough.

We slowly made progress, but then I and others experienced setbacks due to increased episodes of failing health. So, the past year was difficult for our group. I know many of you missed our regular newsletters and meetings.

To complicate matters further, for family reasons I recently moved across country, and I am now writing to you from the mountains of Southwestern Virginia.

Which brings me to the point...given my relocation, we are seeking a new Support Group Leader.

If you (or a family member) is interested in this position, please call our information line and leave a message.

I will continue to be involved providing help and support however I can because this group is important to me. I would like to produce another newsletter during this next quarter, with helpful topics and hopefully much good news about our progress.

Even with all the ups and downs of my health I'm glad I volunteered. I have met many wonderful people and learned a lot.

I am especially grateful for those of you who have also become good friends, and for all the support I received. I miss you all but hope to see you on a return visit.

Carvi Shamsid-Deen

SUPPORT GROUP
INFORMATION LINE
(817) 886-9262
(214) 224-0447

Get information about our support group, including meeting updates!

CFIDS AWARENESS DAY IS MAY 12!

Help increase awareness of chronic fatigue syndrome and fibromyalgia. Educate others about the seriousness of these illnesses and ask your family and friends to join you. Call, write, email or visit your Congressional representatives...and don't forget the Presidential candidates, too!

DR LARRY SHARD & JENNIFER FOX
SATURDAY, APRIL 19TH!
SEE INSIDE FOR MORE INFO

RETURN SERVICE REQUESTED

13010 Booker T Washington Hwy #112
Hardy, Virginia 24101-3950

www.cfids.org
Fibromyalgia Support Group of Dallas-Fort Worth

The Newsletter of the Chronic Fatigue Syndrome & Fibromyalgia Support Group of Dallas-Fort Worth

LIGHTHOUSE

