

December 2023 Vol. 13



# FIGHTING FLAMES

The Official Newsletter of Fight the Flame

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## *Did you know that Fight the Flame runs a monthly support group?*

We meet on the second Saturday of each month from 1-3 pm EST. Every month we discuss a different topic (topics are chosen by group members). In 2023, our meetings included wonderful information and had many guest speakers to educate and support us.

Take a look at the different topics that were discussed throughout the year:

- **January** – Discussed CRPS & the Weather
- **February** – Our loved ones were invited to learn more about Caregiving
- **March** – Guest speaker, Dr. Yohannes Woldeamanuel discussed CRPS & Headaches
- **April** – We held a wildly successful Pain Conference in place of our regularly scheduled meeting.
- **May** – Many of our questions about CRPS & the Law were answered by John Ayers, Esq, from Ayers, Whitlow & Dressler
- **June** – Taking Care of You
- **July** – Debbie Barrett advised us about Asking for Help; a topic many of us struggle with
- **August** – Guest Speaker, Jill Jones, LISW-CP explained the Polyvagal Theory
- **September** – We met to support, talk, and answer our CRPS Fighters questions.
- **October** – Molly Purvines educated the group on EFT - Emotionally Focused Therapy
- **November** – We gained tips on Getting Through the Holidays
- **December**– Aromatherapy

## *Miss a Meeting?*

We record and post on a private YouTube channel almost every support group meeting. Email Beth, [Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org) to gain access to any of these topics or have an idea for an upcoming meeting.

## 10th Annual Fight the Flame 5k and 1k Family Roll & Stroll Recap

### How did it all begin?

Ten years ago, a twelve-year-old boy wanted to find a way to raise money and awareness for Complex Regional Pain Syndrome (CRPS) – a disease his mother has had for over 20 years. With support from his family, that young boy founded Fight the Flame.

What started as a young boy with a dream of helping his mother has become a community for CRPS warriors and their loved ones to rally around one another. Thanks to the overwhelming support from our community, Fight the Flame is not just a race. We also offer support groups, scholarships, internships, and so much more. With your support, we hope to accomplish even more.

### What is FTF's Mission?

Fight The Flame's mission is to raise awareness and educate the public about CRPS while also providing support to the CRPS community. Every year, Fight the Flame hosts a 5k and 1k Family Roll & Stroll to help us achieve our objective. Participants have the option to run, walk, fundraise, cheer, and/or volunteer.



### About the Race

On September 24th, we hosted the 10th annual race at McAlpine Creek Park in Charlotte, North Carolina, and it was the biggest one yet! The race kicked off at 9:00 a.m. on a beautiful Sunday morning. We had the park decorated in bright orange, an abundance of prizes to be won, and a village of sponsor tables set up. With over 200 runners from all across the country, we were able to raise over \$33,000 for the cause. That money will go to providing the CRPS community with more resources as well as help fund CRPS research.

### 2023 Sponsors

**We would like to extend a huge thank you to our sponsors (Ayers, Whitlow, & Dressler; ARBY'S - Brumit Restaurant Group; Silver Investments Limited; Action Plus Ideas; Southeast Pain & Spine Care, and so many more) as well as everyone who came out to support on race day. We appreciate every one of you.**

## RACE DAY moments



# Fighter Spotlight

## My Story

Hi! I'm Kaylee, and I moved from Maryland to Charlotte in 2020. I moved here with my husband after he got contracted to work in the area, and last year we bought our first home here in East Charlotte.

We are soon-to-be foster parents, which we're very excited about! I love kids, crafts, and video games. Before CRPS, I was a teacher, now, I occasionally nanny part-time.

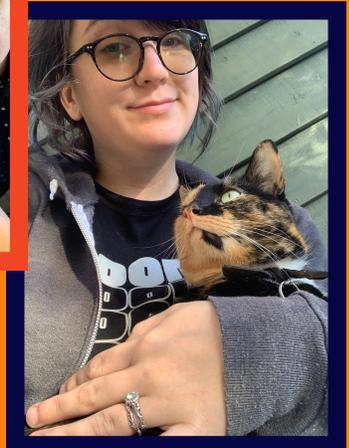
I was diagnosed with CRPS in 2020, with the symptoms starting in 2018. I shattered both of my heels and now am an ambulatory wheelchair user.

My favorite thing about being in Fight the Flame is knowing other people who understand. It can be exhausting feeling like I have to explain my condition so often, and Fight the Flame provides a space where I can just be, and not have to worry about others not understanding.

I love making new friends, so feel free to reach out

MEET

## Kaylee



**FTF Fighter:** Kaylee

**Location:** Charlotte, NC

**Current hobbies:** Crafts & Video games, also excited about becoming a new foster parent

# Looking to spread some holiday cheer?

## Winter Gift Exchange

Participate in our winter gift exchange and help spread some holiday cheer along with getting to know fellow Fighters.

- Sign up for our Winter Gift Exchange.

How it works:

- To sign up email [Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org) and let Beth know you are interested in participating.
- Beth will send you the name of your giftee.
- Reach out to your given Fighter and find out that person's likes/dislikes, favorite sport/hobby/food, color, etc, ask about their family, and such.
- Choose and send a gift of no more than \$10 (does not include shipping).
- Your name will be given to another fighter and that person will send you a gift as well.



**FIGHT THE FLAME**

**Winter Gift Exchange**

**Details:**

- Spending Limit is \$10 (does not include shipping)
- Only sign-up if you are able and willing to participate

**Would you like to participate?**  
**Please let me know by:**  
**Sunday, 12/10/23**  
**[Beth@FightTheFlame.org](mailto:Beth@FightTheFlame.org)**



# Stay Informed

Follow Fight the Flame on all your favorite social media sites:

- **Facebook:**  
<https://www.facebook.com/groups/FighttheFlameSupport>
- **X (formally Twitter):**  
@FightTheFlame5k
- **Instagram:** FightTheFlame5k
- **TikTok:** @fighttheflame.crps
- **LinkedIn:**  
<https://www.linkedin.com/company/fight-the-flame1>
- **Pinterest:**  
<https://www.pinterest.com/FightTheFlame/>



