

Lessons in pain management from Bonaventure Health Fair

By ERIC A. HOWALD
Of the Keizertimes

Shelly Carlson never envisioned herself as a director at a pain clinic.

Carlson's background is in psychology and executive coaching, but experiences in her immediate family provided insight into how managing pain (or not) can affect someone's entire life.

"When we end up in new normal, we have to learn how to live our lives in new circumstances," Carlson told attendees in a meeting room at Bonaventure at Keizer Station Tuesday, May 8. Bonaventure hosted several guest lecturers as part of a free Health & Wellness Fair covering topics such as managing pain, foot care, therapeutic stretching and more.

There are two types of pain, Carlson said, acute pain, which lasts as long it takes for the body to heal, and chronic, which seems never-ending at times and has the potential to transform someone into a person even they don't recognize.

As an example, Carlson referenced a family member who, at age 61, was laid off from a job that made him feel valued and worthwhile, and granted him space and capacity to pursue the other values he cherished, like justice, athletics, and being an engaged part of his family.

"When he was younger he would get cluster headaches,



ABOVE: Shelly Carlson delivers a presentation on pain management. RIGHT: Erica Kreily demonstrates fascial stretching techniques. KEIZERTIMES/ Eric A. Howald



but he found a way to move toward the things he valued in spite of the pain," Carlson said. "When he felt he couldn't move toward his other values, his headaches got worse, he got angry, resentful, his confidence decreased, he felt isolated and became unforgiving."

He also began frequenting casinos, Carlson said.

"When you are dealing with chronic pain, you want to look for ways to correct one negative habit each day, like be

engaged instead of isolated," Carlson said. "It's looking at the steps you are willing to take everyday, and being willing to pursue a new outlook."

She said when visits to a primary care physician stop yielding results, that is when a pain clinic, like Mid-Valley Pain Clinic, might provide new perspectives.

"It's about working with your pain and creating expansive environment for talking about pain," Carlson said.

Keizer Fire celebrates 70th



A: Past volunteers and employees of the Keizer Fire District muster for a photo. Back row: Larry Jackson, Randy Jackson, Dan Webber, Garry Whalen, Daren Beede, Bob Busch, Dan Woolley, Tom Berklund, Shane Travis, Scott Halvorsen, Scott Wildfang and Mike Bauer. Front row: Ron Raleigh, Dave Bauer, Jim Jobes, Dick Riemer, Louie Priest, Bill Carlin, Howard Wood, Dale Slatter, Les Chapman, Jesse Villareal, Rich Palmer and David Lapof. B: Current Keizer Fire Chief Jeff Cowan in front of KFD's antique fire engine. C: Retired volunteer Dave Bauer with his grandchildren Quinn and Jade.

KEIZERTIMES/Lyndon A. Zaitz

Current and former volunteers, employees, staff and supporters celebrated Keizer Fire District's 70th anniversary at a reception held at the fire station Monday, May 14.

Attendees shared stories and reminisced about the good old days.

Book sale, KAA tea support Keizer institutions

The Keizer Community Library's Spring Book Sale is scheduled for Friday, May 18, from 8 a.m. to 5 p.m., and Saturday, May 19, from 9 a.m. to 5 p.m. at Keizer City Hall, 930 Chemawa Rd. NE.

Items include overstock books, books on tape and CD, movies on videotape and DVD,

and puzzles. Prices are 50 cents for paperback books, \$1.00 for hardcover books, \$1.00 or less for most other items, and special pricing on a few items.

The semi-annual book sales raise funds to help keep the library doors open.

The annual Keizer Art Association tea, is scheduled for

Saturday, May 19 at 1 p.m. in the Keizer Community Center, 930 Chemawa Rd. NE.

Thirteen students from Classical Conversations, a local homeschool group, will serve the food. McNary High School's culinary program is making more than 300 sandwiches. Star Dance Studio in Salem will provide the entertainment. Poetry will also be read. The theme is Tea by the Sea. Cost is \$20 per person.

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