



## **In Loving Memory of Van Desrocher**

# **2014 OLLI Health Series with Focus on Chronic Pain Sponsored by the Family & Friends of Van Desrocher**

Each Class Takes Place at: Landsbaum Classroom

1433 North 6 1/2 Street, Terre Haute, IN

Time: 1:30-3:00 pm

Van loved the outdoors, hiking, biking, and especially kayaking. By his mid 40's Van was struggling with severe chronic pain resulting from nerve damage. By age 49, the physical pain rendered Van incapable of continuing his profession as a Sales Rep. He struggled daily not only from the physical pain but also the psychological and emotional toll it took on himself and his family.

Van's kayak hung for years in the garage with Van dreaming of returning to the water. On summer day, he announced he wanted his kayak down, he thought he could go kayaking. With reservation, I got it down and placed it on the lawn for his inspection.

"How can you go kayaking when you can't even sit in your choir without severe pain?" I asked. Van replied "I think I can do it."

I watched him carefully guide his body inside the kayak. Van then looked up with a beaming smile, gave a thumbs up and said "Yea!"

There were two occasions when Van returned to the water. This picture depicts that spirit of perseverance. Keep fighting through the pain.... Dreams don't die unless you let them.

## **May 14, 2014**

**Physical Therapy: Building the Body's Ability to Overcome Chronic Pain**

**Donna Purviance, MSN**

**Carolina Valencia, Ph. D.**

**Jean Kristeller, Ph. D.**

Donna Purviance, a Nurse Practitioner with UAP Clinic., has had the privilege to have a full career as a nurse. She has worked in the following areas: ICU, ED, endoscopy, ambulatory surgery, pain management, PCU, Post-Anesthesia/ Recovery Room, and Medical-Surgical/Urology. She has also taught nursing in a LPN and BSN program. She has been a clinical instructor for BSN students in ISU and precepted BSN and NP students. She has been to provide didactic lectures to family practice residents and nurse practitioner students in pain management.

Carolina Valencia, an Assistant Professor in the Department of Applied Medicine and Rehabilitation at Indiana State University, received her degree in physical therapy from Univesadad Catolica de Valparaiso, Chile. After working as a physical therapist for several years, she graduated from the University of Florida with a PhD in Rehabilitation Science in 2011.

Jean Kristeller, a Professor of Psychology and the Director of the Center for the Study of Health, Religion, and Spirituality at Indiana State University, received her doctorate in clinical and health psychology from Yale University in 1983, her M.S. from the University of Wisconsin in 1978 in clinical psychology and human psychophysiology, and her undergraduate degree in psychology from Swarthmore College in 1974.

## June 11, 2014

**Dr. Steve Marlow, Psychologist**

**Wow, I Can Do This! Using Your Mind to Direct Your Body to Promote Healing & Reduce Your Pain**

The presentation will explore the mind and its interaction with the body to help the participants understand that the mind is a great friend to health. The mind directs the body, and the body will “try to” cooperate with the mind. Techniques such as stillness, guided imagery, biofeedback, hypnosis, and others will be discussed.

Participants will be encouraged to continue their healing process with increased awareness!

Dr. Steve Marlow is a psychologist in private practice in Terre Haute, IN. He worked for nearly 22 years as the director of the Behavioral Health Department at Union Hospital. He specializes in cognitive approaches to pain management and other paths to mind-body healing.

## August 13, 2014

**Dr. Kathleen Stienstra, MD**

**Julie Fine, PhD, FNP-BC**

**Karen Cunningham, PT**

**How Food Affects Inflammation and Pain**

A physician, nurse practitioner, and physical therapist will discuss ways that food can affect inflammation, musculoskeletal, neurologic, and gastrointestinal pain.

Dr. Kathleen Stienstra is Board Certified in Family Medicine and Integrative Holistic Medicine. She graduated from the University Of Iowa Roy J. And Lucille A Carver College Of Medicine.

Julie Fine is a Family Nurse Practitioner in the Department of Advanced Practice Nursing and an Associate Professor, Graduate Faculty at Indiana State University.