



# Chronic Pain RESOURCE CENTER Of South Texas



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From the Editor, Salina Shelton, Executive Director

We have been blessed with growth and community this year. 2018 brought us a new board member, Mark Moran, M.D., M.S. and a new site for our support groups through hosting site Connect + Ability at Warm Springs. We are so glad to have them join us on this mission. Our Healing Together Support Group gained several new members, all who have brought wonderful support and hope to the group. The Chronic Pain Resource Center facilitated several art workshops for caregivers and group participants through Connect + Ability and Oasis this year. These workshops provided a space to recharge for caregivers and a place for community and self-expression for support group attendees.

The Center also hosted an information booth and art activity at AbilityFest. It was a great opportunity to share our mission and reach the community. What a great year!

We are not stopping in 2019! We look forward to the new opportunities and people that 2019 will bring. We are expanding our services, see page 2 for more information.

Please look for our quarterly newsletter in your email and on our website to stay current on events and opportunities to get involved. We welcome newsletter submissions and stories. Please forward your submissions to [info@cprcst.org](mailto:info@cprcst.org).

Best,  
Salina

# Our Services

## Support Groups

Where would we be without those who support us? This amazing group will continue to meet on the second and fourth Thursday of each month. The first group of the month allows for an opportunity to share your stories and give and receive support. The second group of the month provides education and discussion on a different aspect of chronic pain each month. Group members have learned so much from each other. We encourage you to attend both groups to share your experiences and what works for you.



## Teen Support Group

Being a teenager in today's culture is not easy. When the complexities of chronic pain enter the picture, it can be even more challenging, for the teen and their families. This year the Center will host our first Teen Support Group for Chronic Pain. June 26 Through August 7, Wednesdays 10-12 pm. Please stay tuned for more information and to sign up for this exciting group.



## Yoga for Chronic Pain

Pain interferes with how we move, causing many to limit physical activity. This pattern actually increases pain. Yoga is a gentle way to get in touch with the body and begin moving again. Rhonda Drummonds RYT-500, certified in Adaptive Therapeutic Yoga, will be teaching a monthly yoga class designed for participants with chronic pain. Our classes are donation based. You can donate in person or online at [www.cprcst.org](http://www.cprcst.org).

## Pain Awareness Month Events

The Chronic Pain Resource Center was founded to raise awareness of and access to the many integrative options for coping with and managing chronic pain. September 2019 we will host our first Pain Awareness Month events. We are looking for committee members, vendors, healers, speakers, and activity providers. If you are interested in getting involved in this exciting event, please contact us at [info@cprcst.org](mailto:info@cprcst.org)

## Newsletters

Making information accessible to the community is an important part of our mission. Our quarterly newsletter will provide an avenue for people to share their stories, learn about complimentary alternative medicine, and find local resources. Sign up for our newsletter at our website to stay up to date on our events. We welcome your contributions.



# Upcoming Events

## January

10

**Healing Together Support Group\* 6:30 pm - 8:00 pm**

**Topic: Tai Chi**

Alina Acebo Kulczycki, DPT, shares Tai Chi for arthritis and fall prevention.

18

**Yoga for Chronic Pain\* 12:00 - 1:00 pm**

Rhonda Drummonds, RYT-500

24

**Managing Chronic Pain: Speaker \* 6:30 pm - 8:00 pm**

**Topic: Chronic Pain, Ketamine Infusion Therapy, Genetics & Addiction**

Mark Moran, M.D., M.S. discusses these topics and answers your questions. Don't miss this popular event!

## February

7

**Healing Together Support Group\* 6:30 pm - 8:00 pm**

**Topic: Getting good sleep**

Salina Shelton will facilitate group discussion

15

**Yoga for Chronic Pain\* 12:00 - 1:00 pm**

Rhonda Drummonds, RYT-500

21

**Managing Chronic Pain: Speaker \* 6:30 pm - 8:00 pm**

**Topic: TBD**

Speaker: TBD

## March

14

**Healing Together Support Group\* 6:30 pm - 8:00 pm**

**Topic: CBD Oil**

Salina Shelton will facilitate group discussion

15

**Yoga for Chronic Pain\* 12:00 - 1:00 pm**

Rhonda Drummonds, RYT-500

28

**Managing Chronic Pain: Speaker \* 6:30 pm - 8:00 pm**

**Topic: TBD**

Speaker: TBD

\* These events meet at 5101 Medical Dr. at Connect + Ability at Warm Springs in the Post Acute medical Hospital.

If you or someone you know provides services to the chronic pain community and are interested in speaking at one of our groups, please contact Salina Shelton at [info@cprcst.org](mailto:info@cprcst.org)

# Get Involved

Our goal is to help individuals and their families understand the complex nature of pain, explore alternatives to narcotics, and develop healthy pain management skills. We do this through education, support and outreach.

**“Hearing other’s stories made me feel less alone with my illness.”**  
- Support Group Participant

## Donate

### Your Donation Changes Lives

Chronic pain affects every area of life, including family/social relationships, self worth, ability to earn an income, and so much more. Your donation helps provide a community of hope, opening the door for people to begin the healing process.

So often with chronic pain, people don't know where to go for help, contributing to feelings of helplessness and isolation. Your donation helps to increase awareness of and access to the many different forms of integrative health care available, including acupuncture, massage, nutrition education, and so much more. These options are often not covered by insurance. Medication is not always the answer. Help us spread the word.

### Women's Treatment Fund

A special client has joined us in our mission and has established a Women's Treatment Fund through the Chronic Pain Resource Center. Our mission to empower people with pain includes providing equal access to compassionate care. Through the generous support of one of our clients, a Fund has been established to help women access alternative treatments that are not normally covered by insurance. We encourage you to join us in improving the quality of life for women and families across the city of San Antonio. Donations can be made to this fund by mail to the address listed below.

Donations can be mailed to:  
Chronic Pain Resource Center of South Texas  
3463 Magic Dr. Ste T29  
San Antonio TX 78229



Please specify if your donation is to the Women's Treatment Fund.

Help us empower people with pain to take control of their health! All donations received by the Chronic Pain Resource Center go exclusively to support the needs of individuals and families living with chronic pain. The Chronic Pain Resource Center of South Texas is a nonprofit 501(c)3 organization and charitable gifts are tax deductible to the fullest extent of federal tax laws.

# Get Involved cont.

Other ways you can help



## Use AmazonSmile and designate CPRCST as your charity

AmazonSmile (<https://smile.amazon.com/>) is the same products, services, and prices as Amazon.com, with .05 of your purchase being donated a charity of your choice! There is no additional cost to you to support the Center in this way.

## Sponsor a support group or a yoga class (\$75 - \$100)

In an effort to remove obstacles to care, our support groups are free to people with pain and their families. Your donation, even a portion of the group costs, helps us to keep these groups free and provide an invaluable community of hope for people with pain.

## Volunteer for special events

Throughout the year the Center participates in special events such as health fairs to spread awareness of the complex needs of people with pain and their families. Please sign up for our email list to be alerted when we are seeking volunteers to help out.

## Serve as A Director on the Board or Comittee

Chronic Pain Resource Center of South Texas is looking for leaders in the community who are dedicated to our mission of providing education and support for the integrative care of chronic pain in South Texas. Your expertise, knowledge, and professional experience will provide direction for organizational growth. Please contact us at (210) 848-4959 or [info@cprcst.org](mailto:info@cprcst.org) if interested.

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The most helpful aspect of group has been...

**“...the sharing of our struggles and finding a community to cope with chronic pain.”**

- Support Group Participant

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Help us empower people with pain to take control of their health! All donations received by the Chronic Pain Resource Center go exclusively to support the needs of individuals and families living with chronic pain. The Chronic Pain Resource Center of South Texas is a nonprofit 501(c)3 organization and charitable gifts are tax deductible to the fullest extent of federal tax laws.

# About Us

## Board of Directors



### **Salina Shelton, MA, LPC, ATR-BC** President

Founder and Executive Director Salina Shelton is a Licensed Professional Counselor and Board Certified Art Therapist. Through her own journey with chronic pain, Salina identified gaps in service, awareness, and community. She founded the Chronic Pain Resource Center of South Texas to increase awareness of the complex ways that chronic pain impacts lives, to provide support to the chronic pain community and to empower and inspire others to recreate their lives around chronic pain. She is passionate about increasing awareness of and access to integrative healthcare. She enjoys spending time with her family, yoga, and creating art in her off time.

### **Mark A. Moran, M.D, M.S.** Director



Mark Moran failed to make his seventh-grade basketball team at Hobby Middle School. He will be the first to say this was a blessing in disguise. The valuable lesson he learned was perseverance. After working tirelessly over the next year, he earned his place as a starting basketball player at Hobby Middle School and then Clark High School for the rest of his basketball career. He even became the Clark High School team captain and was selected for All-District and All-City teams. He turned his failure into success and carried this perseverance through college, graduate school, and medical school.

Moran attended Adams Hill Elementary School for three years before moving to Locke Hill Elementary School. He then went to Hobby Middle School and finished his Northside education at Clark High School. In addition to basketball, he was Student Council Vice President, a member of both Mu Alpha Theta and National Honor Society and was voted Best All-Around Male and Homecoming King by his classmates.

Today, Dr. Moran practices Pain Management and is the acting President of Consultants in Pain Medicine, PA. He received his undergraduate degree from Southwestern University before obtaining his graduate degree in Biochemistry. He attended the University of Texas Health Science Center in San Antonio for his medical degree. He completed his residency in Anesthesiology and then was fellowship trained in Pain Management and Penn State. He believes in a multifactorial approach to treating his patients and encourages all of them to be "active participants, instead of passive recipients" in their health care.

He and his wife Melissa, whom he met in the fourth grade at Locke Hill, are proud parents of two children, Emily and Ethan. Both children attend Northside schools. Dr. Moran sits on the board of directors for Geneus Health and Kalypso Wellness, two national businesses for which he is also a founder. In his spare time, he enjoys basketball, tennis, coaching, and spending time with his children

## Board of Directors, continued

### Brooke Shelton

Director



Brooke Shelton is a General Manager. Brooke utilizes a growth oriented approach to management, focused on the upward mobility of his employees, he strongly believes in providing support, education, and tools to help his employees succeed. He is an advocate for the needs of caregivers and families living with chronic pain.

### E. Mary Ellis, G.R.I, B.A., A.A.

Director



Mary Ellis is a Licensed Real Estate Broker and Graduate, REALTOR® Institute, and property manager. In her real estate brokerage Mary provides support and education for both Realtors and clients. Mary is an advocate for individuals with special needs and caregivers. She enjoys spending time with her family, fishing and camping in her off time.

## Volunteers



Rhonda Drummonds received her RYT 200 teacher certification from Ester Vexler Yoga School in 2015 and her RYT 300 hour Adaptive Therapeutic Yoga certification from MelMarie Yoga Academy in 2017. She began her self studies of yoga in 2000 discovering the health benefits and the positive impact from Yoga while coping with a personal injury. Yoga has provided her the ability to minimize discomfort to continue joyously experiencing life with family and friends. Her recent certification confirms Yoga's therapeutic benefits to holistically manage the stress from an illness using breath, gentle movement, and meditation.