

#### ADDITIONAL INFORMATION

*There are numerous websites dealing with ME/CFS and FM - simply google ME/CFS or FM. Here are a few popular ones.*

*ME/FM Action Network*

*A Canadian non-profit organization providing support, information, advocacy, and research.*

<https://www.mefmaction.com/>

The CFIDS and Fibromyalgia Self-Help Program is a non-profit organization offering a suite of low-cost and free online self-help courses, plus other resources

<http://www.cfidselfhelp.org/>

Phoenix Rising

<http://phoenixrising.me/about-phoenix-rising>

The Massachusetts CFIDS/ME & FM Association works to educate health-care providers and The general public and support patients and their families and advocate for more effective treatment and research .

<https://www.masscfids.org/>

#### MOVIES AND VIDEOS

##### UNREST

Filmmaker Jennifer Brea was a Harvard PhD student when she was struck down by a mysterious fever that left her bedridden. As her illness progressed she lost even the ability to sit in a wheelchair, yet doctors insisted it was "all in her head." Unable to convey the seriousness and depth of her symptoms to her doctor, Jennifer began a video diary that eventually became a powerful and intimate documentary, *Unrest*.

VOICES FROM THE SHADOWS (2011) Directed by Natalie Boulton & Josh Biggs

*Voices from the Shadows* tells the brave and sometimes heartrending stories of five ME (myalgic encephalomyelitis) patients and their caregivers.

#### CORPORATE SPONSORS

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Contact information for Dolores Griffin

If you have any questions or need more information, please feel free to contact me by calling 902-566-4856 or email [dgriffin@eastlink.ca](mailto:dgriffin@eastlink.ca)

# INTO THE LIGHT

*An Information Session  
May 16, 2018*

*on*

*Myalgic Encephalomyelitis (ME)  
Chronic Fatigue Syndrome (CFS)*

*& Fibromyalgia (FM)*

*At Government House*



## *Program*

1. Welcome by the Honourable Antoinette Perry,  
Lieutenant Governor of Prince Edward Island.
2. Introduction by Dolores Griffin
3. Guest speaker: Dr. Jonathan Fox, MD,  
Integrated Chronic Care Service, Fall River,  
N.S.
4. Faces to an illness
5. Poem "DO YOU SEE WHO I AM?" by Rita Stanley
6. Closing Remarks – Dolores Griffin

## Afternoon Tea



## *DO YOU SEE WHO I AM?*

Suddenly my life was changed  
Just as cloudy skies bring rain,  
Started with a drizzle at first  
And then the skies suddenly burst.

My energy and confidence slowly drained  
People around me felt my shame  
I looked healthy and seemed ok  
But inside it was a battle every day.

I couldn't understand who I was to be  
When my body had pain that nobody could see.  
People looked at me like it was all in my head  
I began to wonder would I be better off dead?

The eyes of the world – everyone you met  
Had never heard of this illness yet  
Their lack of understanding cut like a knife  
My new life now of pain and strife.

Their words and stares stung like a bee  
Yet answers evaded even doctors and me.  
I don't want to be this way you know  
With so few highs and so many lows.

Do you see who I am?  
Do you think this a sham?  
Then let me explain  
Who I really am.

A brother, a sister, a lover, a friend  
A person who prays that this illness soon end  
Spirits are smothered, hopes have been dashed  
Dreams are now altered, life's been recast.

A chronic condition cannot just be cured  
Science and research must somehow be lured.  
A surgical knife cannot bring us health  
Support and donations for a cure is wealth.

Lets help our brothers and sisters in pain  
So they can better endure and rise again  
Show your support and really listen too  
For work on a cure is long overdue.

Rita Stanley