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Party for Pain fundraiser to enhance HHS programs

Pain Awareness Week Nov. 4-8

BY GORD BOWES
NEWS STAFF

Some physical pain may never go away.

But with help, it can be managed, making life a lot easier, says Dale Hall.

Hall knows about pain, having dealt with a chronic knee problem in 1977. Even with various treatments, multiple surgeries and a knee replacement in 2007, he still had aches which kept him from living comfortably or getting a good night's sleep.

This year, the Niagara Falls resident found out about the Chronic Pain Management Unit at Hamilton Health Science's Chedoke Hospital.

From taking the four-week program, Hall said, he knows more about himself and the simple changes he could make in his life to ease his constant pain.

"It made me step back and look at how I was," he said. "You don't push your way through pain like I've always done and pay for it later on."

The Chedoke pain management program includes time with physi-

cians, physiotherapists, dieticians and other health professionals to help each patient individually.

Staff doesn't make any promises, says Hall, but what they teach you can help a person on a daily basis.

For himself, one thing he learned was not to let himself get upset and raise his voice. Before the program, he didn't understand that increased the pain he felt.

Hall said he recommends the pain management program for anyone who is suffering.

"If you have an open mind and are willing to learn, it can make your life easier," he said.

The week of Nov. 4-8 is Pain Awareness Week. The HHS is holding the inaugural Party for Pain fundraising dinner and silent auction on Nov. 6 at Michelangelo's banquet centre on Upper Ottawa Street.

Money will be used to enhance pain management services at the HHS, including investment in the most current equipment, something that is not covered under government health-care funding.

Tickets are \$150 each; see partyforpain.ca for more information.



PHOTO BY GORD BOWES

Dale Hall (left) praises the work of physiotherapist Adria Fransson and other staff in the Chronic Pain Management Unit at Chedoke Hospital.

Hamilton CAS receives \$1M more from province

BY KEVIN WERNER
NEWS STAFF

The Hamilton Children's Aid Society won't have to resort to unscheduled closures after receiving just over \$1 million from the provincial government.

Dominic Verticchio, executive director, said the Hamilton CAS was one of four agencies in the province to receive about \$4 million in transitional funding. He said the Hamilton CAS became eligible after balancing its books, including laying off about 70 people earlier this year.

"Our work is challenging enough," he said. "It was welcome news for the short term."

The funding announcement comes in the wake of the CAS closing its doors Oct. 11, one of five days the agency planned to close to save money.

Verticchio said the CAS will be using \$500,000 for severance packages for the laid off workers. He said the over 100 people who turned out for the protest earlier this month will be recoup their loss of pay by working an extra hour a week.

"This has been a tumultuous year to say the least," said Verticchio. "The staff has been professional, and very responsible to what has been a roller coaster."

Earlier this year the Ontario government eliminated \$4.7 million from the Hamilton CAS's budget over the next four years under a new formula established by the Liberals.

Premier Kathleen Wynne said in a recent interview the formula was agreed to by all stakeholders, including children's aid societies. This year, Hamilton CAS had \$2 million cut from its \$48-million budget. Next year another \$1 million will be taken away, followed by \$1 million in 2015 and a further \$700,000 in 2016. To balance its budget, Verticchio had to lay off 70 people from its 375-member staff last May.



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