



Rising Above the Pain

ABOUT RISING ABOVE THE PAIN

Rising Above the Pain (RATP) is a California non-profit benefit corporation and a federally tax exempt 501(c)(3) organization that is part of the new business model that provides mobile health services. This gives RATP the ability to serve not only our local metropolitan area, but also rural and long distance clients that previously we would not be able to reach.

Help Line (833) 4HOPE88
Office: (909) 854-8888
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RisingAboveThePain2017@gmail.com
RisingAboveThePain.com

15218 Summit Ave., Suite 300-628
Fontana, CA 92336

Help Line(833) 4HOPE88

ABOUT THE FOUNDER

Virginia Lowe founded Rising Above the Pain after suffering for over 40 years with Chronic Pain. She was diagnosed with herniated discs, spinal stenosis, osteoarthritis and scoliosis. Virginia suffered a heart attack at only 32. She also had 3 surgeries for ulcers, 7 spine surgeries, hip surgery, rotator cuff surgery and carpal tunnel surgery. Her pain level far exceeded the typical scale of 1 to 10. She couldn't sleep, gained 60 pounds and even considered suicide.

Fortunately, in 1997 she found a neurosurgeon who provided her with a pain pump. After 3 years and lots of physical therapy, she gradually improved. Virginia was finally able to tie her shoes, lift and turn her head and get in and out of bed without help.

Virginia still can not stand independently, but the pain pump has relieved the majority of her pain. She would not have reached this milestone without the help and love provided by her husband, Sidney.

Virginia's goal is now to help others find the support and outreach services they need to gain back control of their lives.

RATP is all about Hope, Healing & Helping

Virginia would like to hear from anyone living with the challenges of chronic pain and willing to share your story. After doing outreach for over 7 years, Virginia has found that sharing experiences with others is both therapeutic and rewarding. She has developed some fantastic friendships through these chats. Please share your story at:
www.risingabovethepain.com



SERVICES PROVIDED BY RAISE ABOVE the PAIN

- Scheduled one-on-one phone calls
- Weekly phone support
- On-line small groups 3-5 members
- On-line large groups 6-20 members
- Outreach services
- Education - newsletters, CDs, videos

VOLUNTEERS ARE ALWAYS WELCOME TO ASSIST WITH:

- Membership Drive
- Fund Raising & Event Planning
- Graphic Design & Newsletter Preparation
- IT Services
- Social Media Services
- Calendar Preparation
- Support Center Operation
- RATP Voice For Pain Awareness

Membership and Services are Free

Donations are Appreciated on our website:

www.RisingAboveThePain.com

Become a Donor for as little as \$5

Become a Sponsor for \$100 or more and be listed on our website.

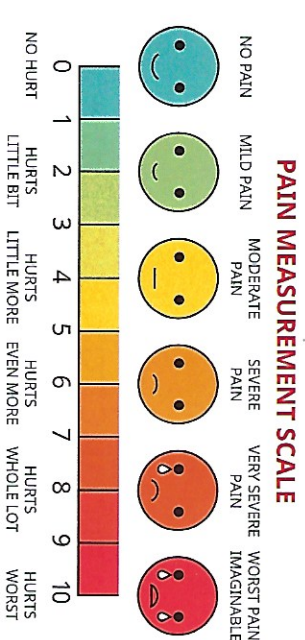
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Ask for Virginia, Linda or Greg

ABOUT CHRONIC PAIN

Chronic pain is often defined as any pain lasting more than 12 weeks. Whereas acute pain is a normal sensation that alerts us to possible injury. Chronic pain is different because it persists - often for months or years causing a huge decline in the quality of life. This is why Rising Above the Pain is here to help.



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MISSION STATEMENT

Rising Above the Pain (RATP) fills a critical "pain services gap" and is dedicated to providing outreach and emotional support on a nationwide 24/7 basis to everyone affected by chronic pain who have limited social interactions and/or relationships. We strive to provide outreach services to encourage, empower, educate and motivate our participants to re-focus their energies and help them regain their dignity and quality of life.

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HOW WE HELP

We LISTEN - Through our toll free help line we respond personally to requests providing information and conversational support. This service is a needed lifeline for people suffering chronic pain, providing reassurance that they are not alone.

We ENCOURAGE, EMPOWER AND EDUCATE - RATP works to teach those with chronic pain how to be hopeful enough to re-establish meaning, purpose and involvement in social relationships. They become more motivated to refocus their energies on function rather than on limitations, thereby improving their quality of life.

We ADVOCATE - RATP helps people understand how devastating chronic pain is for their family and friends, not only for those living with the pain. Currently, trained pain psychologists work in a climate where psychology and medicine use a combination of behavioral therapy and relaxation strategies to empower patients to manage their pain. There is still a huge "pain gap" in the services provided and RATP strives to help pain sufferers learn to deal with self-management of their condition. This allows them to learn how to regain their dignity and improve quality of life.

We PROMOTE PERSONAL PARTICIPATION - Conversations provide a forum where every member can connect, interact and share their experiences, feelings and thoughts with others who understand what they are going through. This helps establish new friendships with people they trust because of their common bond.

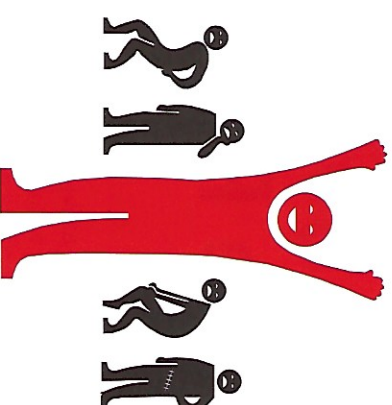
We SUPPORT - People are devastated, disabled and disadvantaged by chronic pain. It is important to emphasize that our service is a lifeline to those who have become isolated and depressed with very limited social interaction and/or relationships.

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**CHRONIC PAIN
24/7 NATIONAL SUPPORT
PHONE & EMOTIONAL SUPPORT**

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