

## Lunch & Learn Recap: My Favorite Things

December 19, 2024

### Announcements

- Subscribe for Zoom recaps, updates, and invitations for future events.
  - <https://batemanhornecenter.org/outreach/newsletter/>
- BHC Research is recruiting for two Long Covid studies. Visit <https://batemanhornecenter.org/research/> to apply or for additional information.
- Lunch & Learn series is open for presenters. Email [outreach@batemanhornecenter.org](mailto:outreach@batemanhornecenter.org) if you are interested in presenting to the BHC community.

*Comments and questions from participants do not necessarily reflect BHC guidance or endorsement. Lunch & Learn topics are selected by the lived-experience presenter.*

Participants were divided into break-out rooms of four to five people where they shared their “favorite things.” The rooms were “shuffled” every 20 minutes, enabling conversation with new people. The following is a list of items shared by participants.

- [Magic Gel Migraine Ice Head Wrap](#)
- [Long COVID & ME/CFS healing through creativity Facebook group](#)
- The Visible app
- Ultima Replenisher Daily Electrolyte Drink Mix
- Countertop oven
- Painting
- Rollator
- [Russell & Hazel organization items](#)
- *The Five Love Languages* by Gary Chapman
- Favorite author is Meghan Quinn for light erotica
- *Through Fire and Grace* book
- Online shopping for groceries and everything else
- [Car door support handle](#)
- [Door ramp that lets me get on my patio safely](#)

- [A grabber in almost every room, plus this one for travel because it folds](#)
- [A dry-erase board calendar for planning pacing](#)
- Self-made ornament, star quilting pinned on a Styrofoam ball (Wish I knew the name of the technique. It has many fancy layers and pockets.)
- Genealogy, painting—can be done a few minutes at a time
- Puzzles and accessories—sorting trays that stack (as many as 18), puzzle pad (with 2-piece top) that can be stored under bed, easel for a picture of the complete puzzle, lamp
- Animals, including dogs and cats seen on screen in this Favorite Things session
- TV as a window to the outside world
- Temporary hair dye
- Ice pack that stays cold for 5-8 hours, [Cryomax](#)
- Electric blanket, heating pad, humor/jokes, particularly spoon jokes
- Scary movies, psychological thrillers
- Season 4 of All Creatures Great and Small for being the opposite of scary
- YouTube
- Direct sunshine seems to help with mitochondria and ATP production
- Sitting outside
- Sunsets and sunrises
- Migraine ice pack hats, at least 2, so there's always a replacement waiting in the freezer
- Drive-through events, like holiday lights in a park
- Driving to a park and watching birds
- Seeing holiday carolers
- Beading as art
- Bateman Horne Center
- Finally getting a diagnosis
- Support groups
- List of friends/family and providers who believe me and understand, at least a little, to look at when I feel like no one understands or cares
- Providers who understand
- A delightful low-maintenance windowsill garden, to replace gardening outside
- Biofeedback devices such as bands and watches for heart rate variability to use with apps like Visible and Welltory

- [Olive & June nail polish and hand care](#)
- [Ella & Mila nail polish, water based, good for those with MCAS-no histamines](#)
- [Loop earplugs](#)
- [Smasta standing pencil case/phone holder](#)
- Remote operated color changing lights
- Candles
- Tea
- Special blanket
- Homemade electrolytes: for 1 liter of water, add 1/4 tsp of salt or salt lite (potassium) and 3/4 tsp of baking soda
- [Life with a Low Battery: Living with ME/CFS YouTube video](#)

## General Resources

### Crisis Resources

- Dial 988
  - [What Happens When You Call 988?](#) (Article)
- Dial 911
- [Crisis Text Line](#)
- [Crisis resource page](#) (BHC)

## Support Groups (alphabetical order)

### Lived-Experience Support Groups

- BHC Support Group 2<sup>nd</sup> and 3<sup>rd</sup> Tuesday at 1 pm MST
  - <https://batemanhornecenter.org/events/>
- Black COVID-19 Survivors
  - <https://www.facebook.com/groups/bcsalliance/>
- CFS/ME Friends
  - <https://www.facebook.com/groups/CFSMEFRIENDS>
- Health Stories Collaborative Creative Meetups
  - <https://www.healthstorycollaborative.org/creativemeetups>
- International ME Support Chat

- 11am-1pm EST/ 5 -7pm GMT / 3-5am Melbourne time & 9-11pm EST/ 3-5am GMT/ 2-4pm Melbourne time
- <https://us06web.zoom.us/j/84362703704?pwd=bfKmegaCLNhS6KwOUve7fkcsQjs7sB.1>
- Invisible Youth Support Group
  - <https://www.facebook.com/groups/invisiblyyouthgroup>
- Long Hauler Advocacy Project
  - <https://www.longhauler-advocacy.org/support-us>
- Long COVID Families
  - <https://www.facebook.com/groups/4345929175466216>
- Massachusetts ME and FM Association Small Group Chats
  - <https://www.massmecfs.org/>
- #MEAction Living w/ME Support Group
  - <https://www.facebook.com/groups/211058135999671>
- #MEAction Long COVID Group
- <https://www.facebook.com/groups/205703087068863> #MEAction Seniors Connect
  - [https://www.facebook.com/groups/391269901334695/?ref=pages\\_profile\\_groups\\_tab&source\\_id=1408335399448862](https://www.facebook.com/groups/391269901334695/?ref=pages_profile_groups_tab&source_id=1408335399448862)
- #MEAction Pillow Crafters (Group Crafting Sessions)
  - <https://www.meaction.net/pillow-crafters/>
- #MEAction Additional Groups
  - <https://www.meaction.net/groups/>
- ME/CFS Social Group
  - <https://www.facebook.com/groups/1202428297198122>
- ME/CFS phone support group
  - Occurs on Saturday nights at 8pm, EST.
  - Call: 609-746-1155. Punch in: 915110#. Group is open to all.
- State Specific Long Hauler Facebook Groups
  - <https://docs.google.com/spreadsheets/d/1vMNCrONg1oTy5QPzajNUJffu0gk4eBR4o585NosVgsk/edit#gid=0>
- Surviving with ME
  - <https://www.facebook.com/groups/695317212152964>
- The Mighty Group Directory

- <https://themighty.com/groupdirectory/>
- The Yarrow Collective's Alternative to Suicide group is a weekly Zoom meeting. It's a free resource for folks who are struggling that is nonclinical peer support. They also have chronic illness and disability support groups.
  - <https://www.yarrowcollective.org/>

## Caregiver Support

- [Caregiver Wisdom](#) is an online venture to support chronic illness caregivers. [Current free offerings](#) include: a [monthly support group](#), a [free online community](#) that's off of social media, and [a blog](#) with helpful posts.
- A support group for partner caregivers (please note all caregivers are welcome) takes place the first Sunday of each month at **12 p.m. PT / 3 p.m. ET**. Focuses on monthly topics and has small breakout rooms for closer community connection. To be added to the email list, contact Kim at [kim.mecfs@gmail.com](mailto:kim.mecfs@gmail.com).
- #MEAction's support group for all family caregivers takes place the third Saturday of each month at 12:30 p.m. PT / 3:30 p.m. ET. To be added to the email list, contact Denise at [caregiver@meaction.net](mailto:caregiver@meaction.net).
- If you are on Facebook, [#MEAction has a Facebook group for caregivers](#)
- If you are on Discord, Nia has started a [channel for ME/Long COVID caregivers](#).