



INAUGURAL EVENT

SEPTEMBER 6, 2025

*Empowering People
to Conquer Pain*

MT. CARMEL BAPTIST CHURCH

2505 NE 8th Avenue
Gainesville, FL 32641

Agenda

September 6, 2025

08:45 am - Registration/Check-In &
10:00 am Morning Refreshments

10:00 am - 10:15 am Welcome, Opening Prayer,
Introductions, & Pain Call and Response

Special Guests

Dr. Cheryse A. Sankar, PhD, NIH/NINDS Program Director
Dr. Dorothea "Dotty" Atkins, Th.D, RN, LMT, Founder
& CEO of Holos Touch, LLC

Keynote Speaker

10:15 am - 10:40 am **Jagruti Chaudhary,
APRN-BC**
UF Health Pain Medicine

10:40 am - 11:00 am Panel Discussion 1 -
**Clinical & Spiritual
Care**

11:00 am - 11:20 am Research Showcase
& Break

11:20 am - 12:10 pm Breakout Sessions
attend assigned session

12:10 pm - 12:20 pm Break

12:20 pm - 12:40 pm Panel Discussion 2 -
**Research & Resources:
The Lived Experience**

12:40 pm - 12:55pm Panel Q & A

12:55 pm - 01:15 pm Awards, Raffles, &
Closing Remarks

01:15 pm - 01:30 pm Pick up Lunch &
Swag Bag
in the Gym

Breakout Sessions

11:20 am - 12:10 pm

Group 1: YELLOW

Treatment Advocacy Training
& Support Group

Facilitators

► Dr. Joanna Hobson
► Marian Griffey & Team

Group 2: PINK

Medication Management

Facilitators

► Dr. Wandynenid Moyeno
► Dr. Andre Felder, PharmD

Group 3: GREEN

Pain Sensory Experience

Facilitators

► Terry Weber
► Carson Gordon
► Laurel Deaton
► Dr. Selenia Rubio

Group 4: RED

Pain Coping Strategies

Facilitators

► Dr. Victoria Menzies
► Dr. Dotty Atkins

Group 5: BLUE

Chair Exercise &
Anti-inflammatory Nutrition

Facilitators

► Romona Jackson
► Dr. Larissa Strath

EVENT HOST



Dr. Staja "Star" Booker, PhD, RN, FAAN is an accomplished nurse scientist who conducts community-engaged research and passionately studies ways to understand and reduce chronic pain in older adults. She is an Associate Professor at the University of Florida where she teaches and mentors undergraduate and graduate nursing students. Dr. Booker conducts pain research studies through her lab, MY Pain Matters.

EVENT CO-HOST



Dr. Candace McMillon-Dantley, DC is an author, licensed chiropractor, and CEO of WellPower, a wellness consulting company who partners with community organizations to bring health and wellness programs and resources to underserved communities.

KEYNOTE SPEAKER



Jagruti Chaudhary, APRN-BC is a nurse practitioner in the UF Health Pain Medicine Clinic where she manages patients with various pain conditions using interventional treatments.

SPECIAL GUESTS



Dr. Cheryse A. Sankar, PhD is a Program Director with a research portfolio focused on neurological health disparities at the National Institute of Neurological Disorders and Stroke (NINDS). Prior to joining OGHHD, she served as a science policy analyst in the NINDS Office of Pain Policy and Planning.



Dr. Dorothea Atkins, Th.D, MA, BSN, LMT For over two decades, Dr. Atkins has employed an effective, interactive method that emphasizes self-massage of painful joints to manage chronic musculoskeletal pain. She is well known for this technique and has presented it at both regional and national professional conferences. Additionally, she maintains a private practice.

PANELISTS

PANEL 1 - CLINICAL AND SPIRITUAL CARE

To discuss and share insights about holistic care, integrating clinical treatments and spiritual care for pain management.

Moderator: Simone Jackson, BSN, RN - PhD Candidate at UF

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|  Carolyn M. Tucker, PhD
UF Research Professor
Director of UFHCC Community-Partnered Cancer Disparities Research Collaborative (CDRC)
UF Florida Blue Endowed Chair in Health Disparities Research
<i>Clinical Psychologist</i> |  Charmaine Carpiz Turkdogan, APRN
UF Health Pain Medicine
<i>Nurse Practitioner</i> | |
|  Dorothea Atkins, Th.D., RN, LMT
Licensed Minister,
Licensed Massage Therapist,
Registered Nurse |  Javier A. Tamargo, PhD
UF Postdoctoral Fellow
<i>Registered Dietician</i> |  Candace McMillon-Dantley, DC
WellPower, LLC
<i>CEO, Chiropractor</i> |
|  Rhonda Robinson, BS, MBA
Licensed Minister
<i>Retired Accounting Supervisor</i> |  Jagruti Chaudhary, APRN-BC
UF Health Pain Medicine
<i>Nurse Practitioner</i> | |

PANEL 2 - ACCESS TO RESEARCH AND RESOURCES: THE LIVED EXPERIENCE

To understand the importance of research, ways to get involved, and how to tap into community resources from the perspectives of people living with chronic pain, community advocates, and researchers.

Moderator: Joanna Hobson, PhD - UF Postdoctoral Fellow

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|  Terence Pollard
UF CDRC Community Scientist
UFHCC Community Advisory Board
<i>Cancer Survivor & Advocate</i> |  Pamela Hawkins CDM, CFPP
Grace To Overcome, Inc.
CEO
<i>Holistic Health Facilitator & Wellness Advocate</i> |
|  Lestine Ford
UF CDRC Community Scientist
<i>Person with Lived Pain Experience</i> |  Roger Fillingim, PhD
UF Professor
Director of PRICE
<i>Researcher</i> |
|  Angela Howard, AS
UF Community Scientist
<i>Community Advocate</i>
<i>Person with Lived Pain Experience</i> |  Cheryse Sankar, PhD
NIH Program Director
<i>Researcher</i> |



MY Pain Matters Lab

The mission of the **MY Pain Matters Lab** is to elevate the voices and experiences of pain in the underserved, empower older adults to manage pain, and serve the community through pain education and research. We aim to improve the health of older Black individuals and families managing chronic pain by leveraging health solutions, cultural and spiritual assets and eradicating sociopolitical and structural barriers. **MY Pain Matters Lab** conducts studies to help older adults improve their joint pain. To learn more about our research opportunities, visit mypainmatters.ufl.edu.

UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaborative (CDRC)

The UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaborative (CDRC) is directed by Dr. Carolyn Tucker and is a partnership with 10 Black churches and their pastors, culturally sensitive community and faculty researchers, cancer survivors, undergraduate students in a health disparities and health promotion research internship, and a health disparities research support staff. The group works together to conduct community-based participatory research that will lead to interventions and large grants, with the aim of promoting cancer prevention, treatment, and survivorship.

UF | Pain Research and Intervention Center of Excellence

CLINICAL AND TRANSLATIONAL SCIENCE INSTITUTE

The Pain Research and Intervention Center of Excellence (PRICE) at UF is a multi-college center bringing together scientists, clinicians, and trainees to advance the understanding and treatment of pain. The PRICE mission is to reduce pain-related suffering throughout Florida and the nation through excellence in pain research, treatment, and education. PRICE supports the professional growth of the UF pain research community through NIH-funded training programs (T32, T90/R90), monthly journal clubs, and seminars. As a central hub, PRICE fosters innovation, education, and interdisciplinary collaboration to advance clinical and translational pain research at UF.

UF College of Nursing UNIVERSITY OF FLORIDA

CARE LEAD INSPIRE

The University of Florida College of Nursing is committed to delivering exceptional, personalized nursing care, advancing research and scholarship, shaping clinical practice, expanding access to health care, and preparing graduates who care, lead and inspire boldly. The college is consistently ranked in the top ten percent of all graduate degree-awarding nursing schools in the nation, and is currently ranked in the top 4% of all baccalaureate-degree awarding nursing schools in the nation. Visit nursing.ufl.edu to learn more about our programs.

PAIN STUDY & COMMUNITY PROGRAM OPPORTUNITIES



MY Pain Matters Lab

The **MY Pain Matters Lab** conducts studies to help older adults improve their joint pain. We believe everybody deserves access to science-driven solutions for equitable pain care.

➤ Current Studies

The **PROACTIVE** (Pain Relief of musculoskeletal conditions and Arthritis using Culturally Tailored Interventions for Black Elders) study is a clinical trial that tests the impact of education, resources, active prayer and financial counseling on bone, joint, and muscle pain.

Upcoming Programs

The **PROSPER** (Pain Relief for Osteoarthritis through Self-management emPowerment) Program is an innovative community- and faith- based program that will deliver education and provide resources to people living with pain and their caregivers.



To get involved with pain research today, scan this code to complete a screening survey for the **PROACTIVE Study**

➤ **MY Pain Matters Lab** mypainmatters.ufl.edu

➤ **UF Health Cancer Center Community-Partnered Cancer Disparities Research Collaboratives (CDRC)** cancer.ufl.edu/research/centers-and-research-initiatives/community-partnered-cancer-disparities-research-collaborative-cdrc

➤ **UF College of Nursing** nursing.ufl.edu

➤ **UF Pain Research and Intervention Center of Excellence (PRICE)** price.ctsi.ufl.edu

➤ **UF Health Pain Medicine Clinic** ufhealth.org/specialties/pain-medicine

PAIN EMPOWERMENT CALL AND RESPONSE

 Lead: I have pain, but pain doesn't have me.

 Audience: *I have power over pain.*

► **Lead:** Being pain free may not be possible, but suffering is optional.

► **Audience:** *I am grateful to be alive and to live free from suffering despite the pain.*

 **Lead:** I can do all things through the one who strengthens me.

- **Audience:** I'm empowered to find ways to manage pain with the help of others.

► **Lead:** Keep the faith and hold on because one day they'll be no more pain or sorrow.

● **Audience:** I will not give up, give in, or give out because I have pain. I will keep the faith and conquer pain everyday.

NOTES

Thank You

To **Pastor Destin Williams** and
Mount Carmel Baptist Church:

Serving our communities requires compassion, commitment, and collaboration. I whole-heartedly thank you for generously providing your church's facilities to support the collaborative efforts of delivering the inaugural Power Over Pain Empowerment Jubilee Event to Gainesville communities.



To Our **Sponsors, Panelists, Keynote Speaker, CDRC Pastors, Community Members, CON Staff and Faculty, Student Volunteers:**

Thank you for supporting the vision of empowering Gainesville communities with the knowledge, tools, resources, and opportunities to manage and overcome chronic pain. Your collaborative and supportive efforts has made the inaugural Power Over Pain Empowerment Jubilee a great success.



This event was supported by the
University of Florida, Faculty Enhancement Opportunity Award (Office of the Provost).
Thank you!

