



# Executive Committee



## **Mike Day, President**

[mike.day@ouch-us.org](mailto:mike.day@ouch-us.org)

Mike has served O.U.C.H. since 2005 as a Director, Vice President and is currently serving as President. He also performs duties as the organization's Public Affairs Representative, Webmaster and Media Committee Chair as well as working with the Newsletter Team and Oxygen User's Support Team.

Mike is a primary chronic cluster headache sufferer, since 2003, whose condition is refractory to preventative treatment. Since none of the standard or non-standard treatments have worked to prevent his attacks, he is left to abort them as they come. Fortunately, 100% oxygen works well to quickly abort most of his attacks. Mike is passionate about working with O.U.C.H. to improve the diagnosis and treatment of cluster headache and, hopefully one day, a cure.



## **Helen Williams, Vice President**

[helen.williams@ouch-us.org](mailto:helen.williams@ouch-us.org)

Helen has served O.U.C.H. since 2006 as a Director and as Vice President. She also serves as the Nominating Committee Chairperson, Newsletter Editor and Volunteer Coordinator. Living in Nottinghamshire in England, Helen helps O.U.C.H. with outreach to European-based headache organizations, such as AVCAVF (the French Cluster Headache Association) and the World Headache Alliance.

Helen is not only a chronic CH sufferer, but the mother of a sufferer as well. Her son, Jasper was diagnosed with CH at the tender age of three, by eminent neurologist Professor Peter Goadsby of Great Ormond Street Hospital in London. Jasper, an episodic sufferer, is the youngest person ever recorded as suffering from CH and is limited to use of O2 for relief, specifically due to the lack of information on the long-term effects of medications used for CH, on children. Jasper is the inspiration for Helen's passion for helping people with CH. Her goal is to ensure other parents do not have the difficulties she experienced in obtaining a diagnosis for her son.



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**Patrick Sanford, Secretary**

[secretary@ouch-us.org](mailto:secretary@ouch-us.org)

Patrick was elected to the O.U.C.H. Board of Directors in 2008 and serves as Secretary for the organization. Patrick also serves as the Committee Chair for the Audit Committee.

Patrick is a technology executive currently employed as the Chief Information Officer for an international member-based purchasing club based in Merrillville, Indiana. He has been an active adult volunteer for the Boy Scouts of America for over 10 years with his son. He is also an Account Director for the Taproot Foundation. Taproot is a nation-wide non-profit that provides pro-bono work to help a Chicago-based nonprofits increase their impact through strategic planning, marketing and branding, website redesign and donor database design and implementation.

Patrick has been an episodic cluster headache sufferer for over 30 years, with a brother and sister who are also cluster headache sufferers. Patrick currently resides in Chicago, IL with his wife of 30 years and 19 year-old son.



**Jim Welch, Treasurer**

[treasurer@ouch-us.org](mailto:treasurer@ouch-us.org)

Jim was elected to the O.U.C.H. Board of Directors in 2008 and serves as Treasurer. Jim also serves as Chairman of the Budget and Convention Committees. These new positions come following over three years serving as consultant to the Board of Directors.

Jim is a retired Red Cross executive and former business owner. He has served as a consultant and trainer to over 200 nonprofit organizations.

Jim is a supporter to his wife, Linda, a cluster headache sufferer for 20 years. They were married in 2004 and they reside in Northern California.