

Capital District (Albany, New York) 2010 Support Group Meetings

3rd Saturday of the Month, 2:00 – 4:00 PM
(No meetings July, August & December)

Sunnyview Hospital
1270 Belmont Ave, Schenectady, NY

Dear Friends,

It is my hope that you will consider attending the 2010 Capital District Support Group Meetings. I am very excited about each one because...they have been planned especially for you. Each meeting covers a specific topic relevant to today's scleroderma patient. The information we'll share could improve your health and give you the leverage you need, while dealing with scleroderma. You will also have an opportunity to share your health experiences, triumphs and concerns. 2010 will be a year of moving forward and meeting new friends. You don't have to be alone. Please join us as together we continue the fight against scleroderma.

Sincerely,

María Lawton
*Capital District
Albany, New York
Scleroderma Foundation
Support Group Leader*

1/16/2010

Skin & Body Care with Scleroderma

Now that winter is upon us...it is our pleasure to welcome Susanne Turner, a scleroderma patient who knows first hand how those northeast winds and icy cold days can damage already compromised scleroderma skin. Ms. Turner will be sharing from her years of experience as both a skin care consultant and a patient who has benefitted from all over good skin care. She will have special tips just for men and special tips just for women. Here is an opportunity to learn ways to improve compromised surface areas of your body that need attention. ***Susanne will even bring a door prize to give-a-way. You won't want to miss this meeting!***

2/20/2010

Communicating With Your Doctor

We invite you to join us as we welcome Heather Frenz a Standardized Patient Trainer in the Clinical Competency Center at Albany Medical College. Ms. Frenz works with medical students and Residents in doctor/patient role play scenarios, to teach effective doctor/patient communication. Heather herself has recently been diagnosed with scleroderma. Through her work at the Medical College and her experience working with health care providers over the past ten years, she has developed helpful skills on how to effectively communicate with doctors. Ms. Frenz will be offering tips on how to plan for upcoming doctor visits and how to effectively develop basic skills to communicate with your doctors as well. **Bring a friend as together we will learn how to develop skills that will make the most of doctor visits!**

3/20/2010

Laughter Is the Best Medicine

Hailing from the Adirondack Mountains, Carole Deyoe is a stand-up comic who has laughed her way through single motherhood, pharmacy school, breast cancer, and yes, even systemic scleroderma. She can find the funny in the mundane, the misfortunes and the malignancies of life. Carole's unique perspective as both a health care professional and a patient is proof that laughter truly is the best medicine. **This meeting is for medicinal purposes only!**

***** Special Attention *****

If you would like to receive a postcard reminder before each support group meeting please call 800-867-0885 and let us know so we can put you on the list.

**** OR ****

To help save money and time, and keep us green, send an email to sdtristate@scleroderma.org (with your email address) so we can put you on our email reminder list.

4/17/2010

Keeping Your Green Thumb Healthy

Let's welcome Maria Corridore, MS,OTR/L from the Hand Rehabilitation Center of Albany Memorial Hospital. Ms. Corridore will share how to enjoy gardening while avoiding hand injuries. She will also share how to choose the best gardening tools and gloves. **All of you looking forward to spring and spending time outdoors won't want to miss this meeting!**

5/15/2010

Blue Lotus Yoga

Join us as we welcome back Patricia Nolan, who currently teaches classes presented by the Arthritis Foundation, NENY Chapter. She will introduce us to her modified yoga program and the practice of gigong. Patricia herself has rheumatoid arthritis, and through the support and guidance of her rheumatologist and yoga instructor has developed postures to suit her needs. The combination of the gentle, flowing movements, attention to breathing, and mindfulness work on a deeper level for flexibility, strength, balance and relaxation. **You won't want to miss this meeting!**

6/06/2010

Stepping Out To Cure Scleroderma

Join us for this year's Albany New York Walk. In 2009 our evening walk at Crossgates Mall raised over \$40,000 and much scleroderma awareness. **THANK YOU** to **ALL** our Walkers, Sponsors, Donors, Health Professional Participants and to Crossgates Mall. A special thank you also to each of our volunteers who helped in the planning and carrying out of our 2009 event. We couldn't have done it without each of you. **Be on the lookout for our 2010 Walk date announcement!**

6/19/2010

Annual Picnic and Auction

Come and join in the fun! It's time for our Annual Picnic and Auction. Sunnyview Hospital will be providing its beautiful enclosed dining room and patio for all our activities. So come rain or shine. Follow the signs just inside the main entrance. Bring a covered dish to share and donated items for the auction (donation receipts available). **Call Maria Lawton at (518) 283-8940 with your covered dish information. Bring a friend!**

9/18 ~ 10/16 ~ 11/20

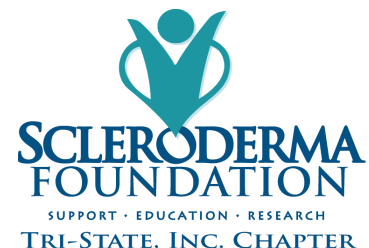
Topics To Be Determined

Quick Facts About Scleroderma

- There are an estimated 29,000 cases of scleroderma throughout the Tri-State Chapter and 300,000 in the United States. This is comparable to the number of people with multiple sclerosis.
- Complications of scleroderma typically include some or all of the following: extreme sensitivity to the cold in extremities (Raynaud's Phenomenon), difficulty swallowing and digesting food, facial changes, profound fatigue, pain and hand deformity, amputations of fingers and toes due to vascular damage, pulmonary fibrosis, pulmonary arterial hypertension, renal crisis, and renal failure.
- Misdiagnosis is common. It can take one year or more for an individual to be diagnosed and receive appropriate treatment.

For more information on meetings or to check on possible topic/speaker changes or cancellations due to inclement weather call
Maria Lawton (518) 283-8940

**Support Group Meetings Are
Free and Open to the Public**



59 Front Street, Binghamton, New York 13905
800-867-0885 sdtristate@scleroderma.org
www.scleroderma.org/chapter/tristate