

## Orange County 2010 Support Group Meetings

Usually 4th Saturday of the Month, 10:00 AM – NOON  
(No meetings November & December)

**St. Anthony Community Hospital**  
15 Maple Ave, Warwick, NY  
3rd Floor Conference Room

*Dear Friends,  
It is our hope that you will consider attending the 2010 orange County Support Group Meetings. We are 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,*

***Fran Batz***

***June Bisel***

*Orange County New York  
Scleroderma Foundation  
Support Group Leaders*

### **Special Attention**

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

**1/23/10**

### **Overview of Scleroderma**

Today's presentation by Howard Blumstein, MD was filmed in April 2009 at Tri-State's Long Island Ed Forum held at Huntington Hospital in Huntington, NY. Dr. Blumstein is a Board Certified Rheumatologist at Rheumatology Associates of Long Island, LLP. He is a Clinical Associate Professor of Medicine at Stony Brook University Hospital and participates in the Rheumatology Fellowship Program. He has also authored scientific papers published in peer-reviewed journals. Dr. Blumstein has a wide clinical interest and cares for patients with scleroderma and other collagen vascular diseases. **Please join us because this meeting is a must!**

**2/27/10**

### **Raynaud's Phenomenon**

Today's presentation by Ramzi Khairallah, M.D. was filmed at the Tri-State Chapter's 2009 Syracuse NY Ed Forum. Dr. Khairallah is a Rheumatologist at Arthritis Health Associates in Syracuse, NY. He completed his Internal Medicine residency at Staten Island University Hospital. His Rheumatology Fellowship was completed at University Hospital at SUNY Health Science Center in Syracuse, NY. Dr. Khairallah is well versed on all facets of scleroderma, including Raynaud's Phenomenon. **Come and learn as together we listen to Dr. Khairallah together!**

**3/27/10**

### **Self Care - Guest Speaker: Sharon Phillips**

We know the room will be full for this one! Published writer, Life Coach and Massage Therapist, Sharon Phillips, IACCC is a long-time favorite, providing us with tips and tactics for living life to the fullest. Ms. Phillips has touched the lives of numerous people through her life coaching programs. Her strengths include compassionate communication and belief in the power of potential and possibility. Ms. Phillips is an intuitive guide; gentle listener, insightful questioner, and a reflective practitioner. She is also a well known speaker and excellent communicator.

**4/24/10**

### **Scleroderma & Your Lungs**

This presentation by Richard Silver, M.D. was filmed at the Tri-State Chapter's 2008 Scleroderma Research Forum. Dr. Silver is a Professor of Medicine and Pediatrics at the Medical University of South Carolina. He has also served as Director of the Division of Rheumatology Immunology since 1995. His research interests center on scleroderma and in particular scleroderma lung disease. Dr. Silver also helped to initiate and develop the University's Pulmonary Hypertension Center. **Please join us as we learn more about this very important subject!**

5/22/10

## Scleroderma - Have We Made Progress?

This presentation by Professor Dame Carol Black was filmed at the Tri-State Chapter's 2009 Research Forum in NYC. Professor Black is internationally recognized as a leader in both clinical and basic research in scleroderma. The Scleroderma Unit she established at the Royal Free Hospital in London, England is the European center for patient care and for studies in both the management and the basic mechanisms of scleroderma. Professor Black is also an honored member of the Scleroderma Foundation's Medical Advisory Board. You won't want to miss this meeting. **Why don't you bring a friend!**

6/19/10

## Two Scleroderma Survivors Interviewed

Fran Batz and Joann Piscano have been living successfully with scleroderma for most of their lives. This session will give us the opportunity to ask them some questions regarding their life journey. How have they managed? What changes have they witnessed in the treatment of scleroderma? Then, we will take an in-depth look at the medical progress that has been made in effectively managing scleroderma. Their comments might even spark you to reflect on your own walk with scleroderma. **You won't want to miss this meeting!**

7/17/10

## Pulmonary Arterial Hypertension - Breathing Easier

This presentation by James White, III, MD, PhD was filmed at Tri-State Chapter's 2008 Rochester NY Ed Forum. Dr. White is Assistant Professor of Medicine in the Department of Medicine at the University of Rochester Medical Center. He is a graduate of the University of Pittsburgh School of Medicine with degrees in Medicine and a Doctorate of Philosophy in Neuroscience. He is Board Certified in Critical Care and Pulmonary Disease by the American Board of Internal Medicine. **We hope to see you at this meeting!**

8/28/10

## Oral Health & Scleroderma

Today's presentation by David Leader, DMD was filmed in April 2009 at the Tri-State Chapter's Spring Ed Forum. Dr. Leader is a family dentist and an Assistant Clinical Professor of General Dentistry at Tufts University School of Medicine in Boston, MA. He is the author of more than 100 dental articles, including several on scleroderma and dentistry. **You won't want to miss this meeting!**

9/25/10

## Annual Friends & Family Day

We know how beneficial our support group is to us. And just like we support each other, our loved ones can benefit by supporting and sharing with each other. This day is heart-warming and the room is filled with love and laughter. Please join us...and, if you can, bring those special people in your life who help you through the day.



10/23/10

## Beauty Make-Over Day

Be sure to make plans for later in the day, because when you leave this meeting you will be looking great! Our makeover day is a favorite for many. Lots of laughs and time for sharing. This year, we will combine the makeover with Skin Care tips from Carrie Graf and a hand-out for you to take home.

Raffle drawing for a Beauty Basket to be held after the makeover. Tickets are \$1 each or 6 for \$5. Bring a friend for a makeover and get 6 free tickets. Proceeds from ticket sales to be donated to the Scleroderma Foundation for research.

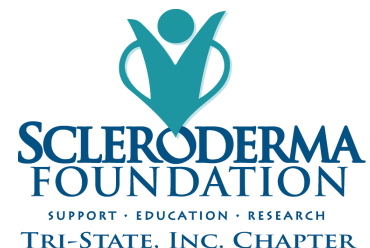
For information on meetings or to check on speaker changes or cancellations call

**Fran Batz 845-986-4451**

**June Bisel 845-294-3865**

Light Refreshments Shared

*Support group meetings are free and open to people with all autoimmune diseases*



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[www.scleroderma.org/chapter/tristate](http://www.scleroderma.org/chapter/tristate)