



*Dear Friends,
It is our hope that you will consider attending the 2011 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. 2011 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*

Orange County 2011 Support Group Meetings

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

Mt. Alverno

20 Grand St. Warwick, NY
(Greenbriar or Garden Room)

January 22, 2011

Guest Speaker: Tina Eckenrode

Speaker Tina Eckenrode, RN, BS, our new Actelion Clinical Advocacy Manager, will review the relationship between Scleroderma and Pulmonary Arterial Hypertension (PAH). **Come and Meet Tina while learning something new!**

February 26, 2011

DVD: Dr. David Leader: "Scleroderma and Oral Health"

Dr. Leader is an Assistant Clinical Professor at Tufts Dental School in Boston, and a family dentist in Malden, MA. Dr Leader is the Chairman of the Council on Dental Benefit Programs of the Massachusetts Dental Society. The Scleroderma Foundation named Dr Leader their 2008 Doctor of the Year. Dr Leader has a Master of Public Health degree with a concentration in Health Communication from Tufts University and Emerson College in Boston. Come and listen to the DVD of his highly informative talk on Xerostomia, Psychological effects, Oral effects of medication and patient difficulties with Scleroderma. **A very good speaker with great information!**

March 26, 2011

DVD: Dr. James V. Aquavella: "Autoimmune Disease and the Dry Eye"

Dr. Aquavella received his BA from Johns Hopkins University and his Medical Degree from the University of Naples. He has been a member of the health team at Kings County Medical Center, Brooklyn Eye and Ear Hospital, Massachusetts Eye and Ear Infirmary, Harvard University and the Schepens Institute in Boston. Come and hear the DVD from his excellent presentation from September 2010 filmed at the Patient Education Forum at the University of Rochester Medical Center on issues of the eye caused by Scleroderma and other autoimmune disease. **Great new information!**

Your Support Is Needed!

Sunday, June 5, 2011

*8:00 AM - Run Registration
8:45 - Run Begins*

9:00 AM - Walk Registration

*10:15 AM - Walk Begins
Overpeck Park*

Ridgefield Park, New Jersey



Saturday, June 18, 2011

9:00 AM - Registration

10:15 AM - Walk Begins

Vassar College

Poughkeepsie, NY

<http://walks.SclerodermaTriState.org>

April 23, 2011

DVD: Dr. Jessica Gordon
“Sexuality and Scleroderma”

Dr. Jessica Gordon is currently a clinical/translational researcher at the Hospital for Special Surgery where she serves as a co-investigator with Dr. Robert Spiera. This presentation is well done and was highly accepted and recommended by the participants. **A talk you won't want to miss!**

May 21, 2011

Speaker: Kristin Banse, PT, CSCS

Join us for a presentation on how physical therapy can improve your quality of life. Seek to help your body move toward being flexible, while reducing stress and strengthening your muscles. Give your body, mind and spirit a lift! Join us, and learn a new way toward health. **Join us and learn a new way toward health. You'll be glad you did!**

June 25, 2011

DVD: Dr James Siebold,
“Research Update”

James R. Siebold, M.D., is the Principal Member of Scleroderma Research Consultants, LLC of Avon, Connecticut which was founded in 2010 to foster advances in care, education and research for persons with scleroderma and related disorders. Dr. Siebold has a 32 year career in academics including UMDNJ-Robert Wood Johnson Medical School, the University of Michigan and most recently the University of Connecticut. The author of more than 300 scientific publications, Dr. Siebold's major research interests are systemic sclerosis, Raynaud's phenomenon, interstitial lung disease, pulmonary hypertension, clinical trial design, and drug development in rheumatology. Dr. Siebold has led or been a key participant in nearly every major interventional trial of scleroderma since 1980. More information is available at SclerodermaResearchConsultants.com. **You won't want to miss his latest research presentation!**

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

Fran Batz 845-986-4451

orangecounty@scleroderma.org

June Bisel 845-294-3865

Light Refreshments Shared

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

Special Attention

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.

July 16, 2011

DVD: Deborah McCloskey, RN, BSN,
“Self Management Strategies”

Deborah McCloskey, RN, BSN gave a well received presentation, which included strategies for patients, based on her experiences caring for scleroderma patients since 1988 at UMDNJ. Her focus is on quality health care and quality of life for the patient. **You will want to see this one!**

August 27, 2011

Speaker: Janine Killeen, RD
“A Balanced Difference”

Nutrition plays an important role in everyday health and overall well being. Come and hear how following sound nutritional advice could help the way you feel! **Everyone should have this information!**

September 24, 2011

Friends and Family Day!

We know how beneficial our support group is to us. Just like we support each other, our loved ones can benefit by supporting and sharing with each other. This day is heartwarming 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!**

October 22, 2011

Beauty Makeover Day!

When you leave this meeting, you will be looking and feeling great! Our makeover day is a favorite for many. We have lots of laughs and time for sharing. This year we will share makeover skin care tips with Theresa Paul from Avon. **Be sure to make plans for later in the day...you'll be looking great!**

November 5, 2011

Planning for 2012!

Help us to help you by bringing your suggestions, topics, list of potential speakers, ideas, etc. and meet us for **Lunch!**



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