

# Scleroderma

## It's More Than Skin Deep

Scleroderma is a chronic, multi-systemic, autoimmune disease in which the body's immune system attacks its own tissues.

Scleroderma primarily strikes women in their childbearing years. While it occurs almost four times more often in women than in men, scleroderma also attacks children. The disease is not contagious, hereditary or cancerous, but its symptoms can vary from mild to life-threatening and from individual to individual.

The word scleroderma is derived from the Greek (sclero/hard, derma/skin). The disease can cause thickening or tightening of the skin, as well as serious damage to internal organs.

The Scleroderma Foundation New England (SFNE) helps individuals and their families cope with the disease. A major part of the Chapter's mission is to raise funds for scleroderma research, seeking the cause of and cure for this puzzling disease.

## Your Help Is Needed

SFNE is an IRS approved 501 (c)(3) non-profit organization, and, as such, all contributions are tax deductible to the fullest extent allowed by law. It receives no government funding and is entirely dependent upon the proceeds of events such as this Inaugural Walk, Talk & Rock, and contributions from the public to fund its mission.

For more information on scleroderma, and how you can support SFNE's efforts, please call toll free, **1-888-525-0658**.

**SCLERODERMA  
FOUNDATION**  
NEW ENGLAND  
SUPPORT \* EDUCATION \* RESEARCH  
462 Boston Street, 1-1  
Topsfield, MA 01983



**Inaugural**

**WALK, TALK & ROCK**

**In Memory Of  
Mary Van Neste**

**Sunday, June 28, 2009**

**Rain or Shine**

**Sign-in 10 AM - Walk at Noon**

**Nelson Street Beach  
Plymouth, MA**

**[www.scleroderma.org/chapter/newengland/  
2009PlymouthWalk.htm](http://www.scleroderma.org/chapter/newengland/2009PlymouthWalk.htm)**

**Proceeds from this 4K Walk-A-Thon will benefit  
scleroderma research and patient programs.**

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*JOIN IN THE FUN OF THE*

**INAUGURAL  
“WALK, TALK & ROCK”  
TO CURE SCLERODERMA**

***WALK...***  
to find a cure for scleroderma.

***TALK...***  
amongst friends and family to  
increase awareness.

***ROCK...***  
and roll to the music on the beach in  
the home town of Plymouth Rock!

Join us for a pleasant walk around historic Plymouth. This 4K Walk-A-Thon will take you through downtown, along the waterfront, past Plymouth Rock and the Mayflower replica and then back to Nelson Beach.

There will also be a Beach Yoga Session. Be sure to bring your bathing suits and beach towel. After the walk enjoy a light lunch, music and perhaps a dip in the ocean. Bring the kids for clowns and face-painting. Spend an enjoyable day with your family and friends while raising funds for a good cause.

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**TIPS FOR LOTS OF WALK FUN**

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**DECIDE TO WALK AND SPREAD THE WORD**

Be a walker - rain or shine - on Sunday, June 28, 2009, from Nelson Beach in Plymouth, MA. Tell your family and friends...invite them to participate and raise funds too. You may walk in honor or in memory of someone, or just to have fun raising awareness and money to find the cure for a serious disease.

**WALK AS PART OF A TEAM**

There is a contagious energy that comes from being on a team. When people join together for a worthy cause, they have a great time. Organize a team of friends, family, co-workers, classmates.

**ASK EVERYONE TO SPONSOR YOU**

If you don't ask, people won't give. Ask family and friends first; branching out is easy. Donations are based on the fact that you are walking and not on how far you are walking.

**COLLECT YOUR PLEDGES UP FRONT**

Collect as you go to cut down on the running around you would have to do after the walk. Cash is fine when collecting before the event, but, when handing in your sponsorship form, please convert the cash to a check or money order. All checks and money orders should be made payable to SFNE (Scleroderma Foundation New England).

**HAVE YOUR OWN WEB PAGE**

You can set up your own internet pledge page and register for the Walk through the Walk's website: [www.scleroderma.org/chapter/newengland/2009PlymouthWalk.htm](http://www.scleroderma.org/chapter/newengland/2009PlymouthWalk.htm). There you can link to Firstgiving, which partners with the Scleroderma Foundation, and set up your own pledge page to e-mail to your contacts around the world and to include it in your social networks like Facebook.

**REMIND SPONSORS ABOUT MATCHING GIFTS**

Many companies match their employees' contributions to non-profit organizations. Even if the company doesn't have a formal matching gifts program, they may consider matching the funds raised by individual employees and their family members with a grant from the company. Please provide SFNE with information and/or forms for follow-up.

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**Directions to Nelson Street Beach, Plymouth, MA - where the walk will begin**

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From RT-3 — (***Going South***) Take exit #6A/Plymouth Center; (***Going North***) Take exit #6; bear right onto Samoset St. (US-44). Continue straight. Road name changes to N. Park Ave. Keep going straight onto S. Park Ave. At roundabout, take 3rd exit onto Water St. At end of Water St. take a Right into the Nelson Street Playground and Beach.