

# 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**.



462 Boston Street, 1-1  
Topsfield, MA 01983



## Second Annual

## WALK, TALK & ROCK

Sunday, June 27, 2010  
Rain or Shine

Sign-in 10 AM - Walk at Noon

## New Location

**Plymouth Memorial  
State Park  
Water Street  
Plymouth, MA**

*[www.scleroderma.org/chapter/  
newengland/2010PlymouthWalk.htm](http://www.scleroderma.org/chapter/newengland/2010PlymouthWalk.htm)*

RAIN  
SIGN-IN/PARKING  
Harborview Place  
225 Water Street - Plymouth

Proceeds from this 4K Walk-A-Thon will benefit the scleroderma research and patient programs of the Scleroderma Foundation New England.

*JOIN IN THE FUN OF THE*

## 2<sup>nd</sup> ANNUAL

# “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 in the home town of Plymouth Rock!

Join us for a pleasant walk around historic Plymouth. This 4K Walk-A-Thon will take place from Plymouth Memorial State Park in the area adjacent to Plymouth Rock Memorial, then through downtown, along the waterfront, and past the Mayflower replica and Plymouth Rock before ending back at the park.

There will also be a Yoga Session. After the walk enjoy a light lunch and music. Bring the kids for clowns and face-painting. Spend an enjoyable day with your family and friends while raising funds for a good cause.

## TIPS FOR LOTS OF WALK FUN

### DECIDE TO WALK AND SPREAD THE WORD

Be a walker - rain or shine - on Sunday, June 27, 2010, from Plymouth Memorial Park 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 SFNIE (Scleroderma Foundation New England).

### HAVE YOUR OWN WEB PAGE

You can set up your own internet pledge page and register for the Plymouth Walk through the Walk's website: [www.scleroderma.org/chapter/newengland/2010PlymouthWalk.htm](http://www.scleroderma.org/chapter/newengland/2010PlymouthWalk.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 include in your social networks like Facebook and Twitter.

### 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 SFNIE with information and/or forms for follow-up.

### **Directions to Plymouth Memorial State Park, Plymouth, MA (where the walk will begin)**

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, go right onto Water St. The park is just past the Plymouth Rock Memorial on the left.

### **Directions to Parking at Nathaniel Morton School**

From RT-3 — (*Going South*) Take exit #6A/Plymouth Center; (*Going North*) Take exit #6; bear right onto Samoset St. (US-44). Turn right onto Rt. 3A (Court Street). Then turn left onto Bradford Street. Parking lot on the right.