

## **Outreach continues with chapter presence at annual Portland Women's Show, Oct. 30-Nov. 1**

Among the organic products, natural makeup, hair stylists, and massage therapists, be sure to check out the newest awareness booth for the Oregon Chapter of the Scleroderma Foundation at the weekend long 17th Annual Portland Women's Show, Friday, October 30 through Sunday, November 1, 2009, at the Oregon Convention Center.

"It's our fourth year at the event," Chapter Outreach Advocate Denise Bates explained. "I had previously attended the

Women's Show and saw it had so many people in one location. I felt it would be a great place for



**Denise & Richard Bates say "Look for the awareness booth at Portland Women's Show!"**  
**Volunteer opportunities still available for chapter's booth on Saturday, Oct. 31. Please call Denise at 503-846-1130.**

people to learn more about

scleroderma." Bates is the chapter's main organizer for its Show participation, along with husband and Chapter Vice President Richard Bates.

The three-day event regularly draws more than 15,000 attendees. Complete information about the 17th Annual Portland Women's Show is available at [http://](http://www.portlandwomenshow.co)

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## **Board members reflect and plan at October retreat**

Every October, chapter board members spend a day together to discuss much more than the group's latest news, events

and finances. The October board meeting is run as a daylong brainstorming retreat to reflect on past activities, and especially to plan for the medium and long-term future.

"We are gathering the board members to determine what they would really like to see happen for the remainder of (continued on page 2)

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## Time for board members to reflect and plan at October retreat

the year, into 2010, and beyond,” Chapter President Liz Orem-Bedel said.

Of immediate concern is a requirement to create a 2010 work plan for the national Scleroderma Foundation office.

“So naturally we think about what we do presently and what more we can accomplish in the next year,” Orem-Bedel explained.

“However, I’ve

asked the attending board members to think even further out, such as what we might accomplish in two and three years, and of course how to implement those plans.”

And while the word *retreat* may conjure up notions of rest and relaxation at an exotic beach locale or pampering health spa, the reality is a bit more down to earth.

“We hold the so-called retreat at the normal board meeting room at Legacy Good Samaritan Hos-

pital,” Board Secretary and Communications Director Lawrence Maushard noted. “We might get a free lunch out of the deal, but we’re expected to stay from 9am

ence,” according to Orem-Bedel. “It’s an idea we tried before that may be worth trying again. Along those lines, we may also be sending the new support group leader in Bend to the national conference.”

The chapter president added, “We’ve solicited new marketing and promotion



### Reaching for Continued Success !

The annual retreat of the chapter’s board is a time for members to plan for ever-improved activities, like the *Stepping Out to Scleroderma* walk.

to 4pm on that Saturday (this year on Oct. 17).

“Seriously, as volunteer board members, we’re all happy to contribute the necessary time and efforts to continually improve the chapter’s activities and services for its membership. That’s what we’re all here for.”

To date, more than a few ideas already are pending on the retreat agenda.

“We may be sending a new member to the annual national confer-

ideas for the chapter from the board members, as well as a one- and three-year plan to extend our awareness campaigns.

“Volunteer appreciation month in March is on our radar screen, along with new activities for Scleroderma Awareness Month in June.

“Plus, we’re exploring the possibility of adding another fundraising event in the metro area, as well as a fundraiser in Bend.”

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## Outreach continues with chapter awareness booth at Portland Women's Show, Oct. 30-Nov. 1, set for the Oregon Convention Center

find at the booth is up-to-date information about scleroderma," Richard Bates, who lives with the disease, noted.

"This includes the Karen Gottesman book, *The First Year: Scleroderma: An Essential Guide For The Newly Diagnosed*, which we have never had before."

Denise added, "Our volunteer booth staffers will include people willing to share their journey through the scleroderma experience. Plus we'll have an illustrative board about the symptoms of the disease."

The Bates have insured the chapter's participation in the Show from the onset. Every year, they're present to set up the booth on Thursday evening prior to the opening, and then they're back again late Sunday afternoon to help pack it all

away. In between, Richard and Denise are in the Convention Center so

*"We also had people (come by the booth) who were sick and had some symptoms of scleroderma. They had been looking for answers for years."*

much that they get to know some of the other exhibitors by name.

From the start, the chapter's experi-

ence has been positive. "Our first year went great," Denise recalled. "We had a lot of people dropping by and asking lots of questions.

"We also had people who were sick and had some symptoms of scleroderma. They had been looking for answers for years."

The efforts to use the Portland Women's Show to help spread local scleroderma awareness continue.

"I honestly believe we are still getting the word out and edu-

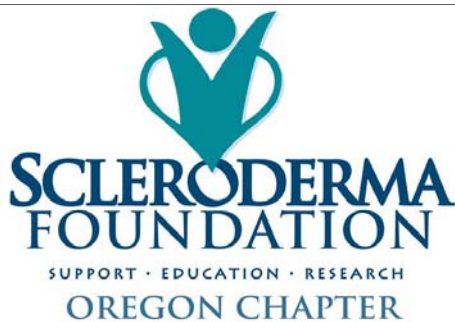
cating people about scleroderma," Denise said.

"The more people who know who we are, the better chance they will get treatment sooner for themselves and others.

"Of course, it also helps to generate more donations in order that we might get to find the cure!"



Look for the Oregon Chapter booth at the **Portland Women's Show in the Oregon Convention Center the weekend of Oct. 30 through Nov. 1, 2009.** Maria Rivelli (left), Liz Orem-Bedel, and Donna Stone are shown at last year's event.



P.O. Box 19296  
Portland, Oregon 97280-0296  
503-245-4588  
orchapter@scleroderma.org  
  
www.scleroderma.org/  
chapter/oregon



## New support group off to great start in Bend, Oregon

The new support group in Bend is off to a great start under the direction and inspiration of Ann Havelock.

A recent diagnosis of scleroderma has motivated her to learn more about the disease and raise awareness for everyone in central Oregon.

In fact, the *Bend Bulletin* newspaper has already printed a great feature article on Ann's journey at [http://www.bendbulletin.com/apps/pbcs.dll/article?AID=/20090924/NEWS0107/909240313/1041&nav\\_category=](http://www.bendbulletin.com/apps/pbcs.dll/article?AID=/20090924/NEWS0107/909240313/1041&nav_category=)

Please read on right here for all the incredible news out of Bend:

"On Thursday, September 10, 2009, seven new people living with scleroderma attended the second Bend meeting along with three spouses, Oregon Chapter President Liz Orem-Bedel, and special guest speaker Trish Dyer of Cascade Hand Therapy," Havelock re-

marked.

"Trish presented ideas on ways to make everyday chores easier to manage, and asked for input from group members about

***"On Thursday, September 10, 2009, seven new people living with scleroderma attended the second Bend meeting along with three spouses."***

how they do things differently now.

"She also asked Liz's husband about how his life changed, and how he helps more with daily chores that his wife normally used to do herself.

"Trish also brought samples and demonstrated how to use them to open jars, fix your hair with a long-handled comb, and several other items to make life easier for those who have limited range of motion or severely de-

formed hands.

The last 15 to 20 minutes the group broke down into several conversations with each other. They all agreed on the request to have a doctor as the next support group guest speaker.

"I have made a request to Dr. Greg Borstad, Bend Memorial Clinic's new rheumatologist from Travis Air Force Base in California. Dr. Borstad works closely with Dr. Daniel Furst and the National Scleroderma Foundation."

Dr. Borstad is expected to visit the national foundation later this month and possibly communicate some of the concerns shared with him from central Oregon.

"It is very exciting," Ann added, "to have a physician of Dr. Borstad's caliber potentially working with us and helping to educate our doctors about scleroderma here in central Oregon." []