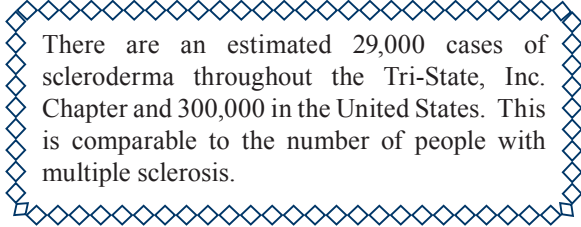


4/17/2010

Keeping Your Green Thumb Healthy

Let's welcome Maria Corridore, MS,OTR/L from the Hand Rehabilitation Center of Albany Memorial Hospital. Ms. Corridore will share how to enjoy gardening while avoiding hand injuries. She will also share how to choose the best gardening tools and gloves. **All of you looking forward to spring and spending time outdoors won't want to miss this meeting!**



5/15/2010

Blue Lotus Yoga

Join us as we welcome back Patricia Nolan, who currently teaches classes presented by the Arthritis Foundation, NENY Chapter. She will introduce us to her modified yoga program and the practice of gigong. Patricia herself has rheumatoid arthritis, and through the support and guidance of her rheumatologist and yoga instructor has developed postures to suit her needs. The combination of the gentle, flowing movements, attention to breathing, and mindfulness work on a deeper level for flexibility, strength, balance and relaxation. **You won't want to miss this meeting!**

6/??/2010

Stepping Out To Cure Scleroderma

Join us for this year's Albany New York Walk. The actual date will be announced in Spring 2010. In 2009 our evening walk at Crossgates Mall raised over \$40,000 and much scleroderma awareness. **THANK YOU** to **ALL** our Walkers, Sponsors, Donors, Health Professional Participants and to Crossgates Mall! A special thank you also to each of our volunteers who helped in the planning and carrying out of our 2009 event. We couldn't have done it without each of you. **Be on the lookout for our 2010 Walk date announcement!**

6/19/2010

Annual Picnic and Auction

Come and join in the fun! It's time for our Annual Picnic and Auction. Sunnyview Hospital will be providing its beautiful enclosed dining room and patio for all our activities. So come rain or shine. Follow the signs just inside the main entrance. Bring a covered dish to share and donated items for the auction (donation receipts available). **Call Maria Lawton at (518) 283-8940 with your covered dish information. Bring a friend!**

Scleroderma Foundation

Tri-State, Inc. Chapter

59 Front Street, Binghamton, New York 13905

800-867-0885 sdtristate@scleroderma.org

www.scleroderma.org/chapter/tristate



TRI-STATE, INC. CHAPTER

Capital District Scleroderma Foundation Support Group

*In Memory of our Founders
Lynn & Bob Rasmussen*

UPCOMING MEETINGS

9/09 - 6/10

3rd Saturday of the Month

2:00 - 4:00 PM

(Except July, August & December)

*Sunnyview Hospital
1270 Belmont Avenue
Schenectady, NY*

Contact Maria Lawton
(518) 283-8940
albany@scleroderma.org

Light Refreshments Shared

Support Group Meetings Are Free and Open to the Public

9/19/2009

Better Breathing

It is our pleasure to welcome Timothy Faxon, RRT, District Manager for Home Therapy Equipment with locations in Clifton Park, Glens Falls and Highland, New York. Mr. Faxon is also on the Advisory Board of Hudson Valley Community College's School of Health Sciences Cardiopulmonary Program. He's a popular speaker for the Better Breathers Club at St. Peter's Hospital in Albany, New York and surrounding areas. As an experienced Registered Respiratory Therapist, Mr. Faxon will share information on breathing techniques, exercises, the latest in oxygen equipment for home use, and what makes one system better than another. **This presentation should be attended by all scleroderma patients and their families whether breathing is a problem or not!**

Misdiagnosis is common. It can take one year or more for an individual to be diagnosed and receive appropriate treatment.

10/17/2009

Taking Good Care of Your Hands

Let's welcome back one of our favorite speakers Celeste Freeman, OTR/L, CHT from the Hand Rehabilitation Center of Albany Memorial Hospital. Celeste will be reviewing the principles of joint protection, maintaining optimal hand function, as well as ways to take care of your hands. We invite you to bring along any 'hand helps' that work for you...for ***a little show and tell***. **Please join us because this meeting is a must for all scleroderma patients!**

11/21/2009

Medications and Scleroderma

Please join us as together we welcome Jessica Farrell, Pharm.D, Assistant Professor of Pharmacy Practice, Ambulatory Care and Rheumatology at Albany College of Pharmacy and Health Sciences. Dr. Farrell will review common symptoms associated with scleroderma and medications that may improve or worsen those symptoms. She will review medications to use with caution in the presence of intestinal dysmotility or esophageal dysfunction. Also medications that might worsen bowel control or Raynaud's phenomenon and common side effects associated with medications used to treat Raynaud's. **You'll be glad you attended this meeting!**

1/16/2010

Skin & Body Care with Scleroderma

Now that winter is upon us...it is our pleasure to welcome Susanne Turner, a scleroderma patient who knows first hand how those northeast winds and icy cold days can damage already compromised scleroderma skin. Ms. Turner will be sharing from her years of experience as both a skin care consultant and a patient who has benefitted from all over good skin care. She will have special tips just for men and special tips just for women. Here is an opportunity to learn ways to improve compromised surface areas of your body that need attention. ***Susanne will even bring a door prize to give-a-way. You won't want to miss this meeting!***

2/20/2010

Communicating With Your Doctor

We invite you to join us as we welcome Heather Frenz a Standardized Patient Trainer in the Clinical Competency Center at Albany Medical College. Ms. Frenz works with medical students and Residents in doctor/patient role play scenarios, to teach effective doctor/patient communication. Heather herself has recently been diagnosed with scleroderma. Through her work at the Medical College and her experience working with health care providers over the past ten years, she has developed helpful skills on how to effectively communicate with doctors. Ms. Frenz will be offering tips on how to plan for upcoming doctor visits and how to effectively develop basic skills to communicate with your doctors as well. **Bring a friend as together we will learn how to develop skills that will make the most of doctor visits!**



3/20/2010

Laughter Is the Best Medicine

Hailing from the Adirondack Mountains, Carole Deyoe is a stand-up comic who has laughed her way through single motherhood, pharmacy school, breast cancer, and yes, even systemic scleroderma. She can find the funny in the mundane, the misfortunes and the malignancies of life. Carole's unique perspective as both a health care professional and a patient is proof that laughter truly is the best medicine. **This meeting is for medicinal purposes only!**