



Capital District (Albany, New York) 2011 Support Group Meetings

3rd Saturday of the Month, 2:00 – 4:00 PM
(No meetings July, August & December)

Sunnyview Hospital
1270 Belmont Ave, Schenectady, NY

Dear Friends,

It is our hope that you will consider attending our 2011 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 will share could improve your health and give you the leverage you need to deal 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 to learn about Scleroderma.

Sincerely,

*Your Tri-State Volunteers
June Bender, Leader
Maria Lawton, Asst Leader*

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.

2/19/2011

Overview of Scleroderma

You are invited to join us as we view one of the Tri-State Chapter's presentations from their 2009 Long Island Educational Forum. Speaker Howard Blumstein, MD is a Board Certified Rheumatologist at Rheumatology Associates of Long Island, LLP. Dr. Blumstein is a Clinical Associate Professor of Medicine at Stony Brook University Hospital and participates in their Rheumatology Fellowship Program. Dr. Blumstein has a wide clinical interest and cares for patients with scleroderma and other collagen vascular diseases. **Put this kick-off meeting date and time on your calendar!**

3/19/2011

A Delicate Balance

Be sure to join us on March 19th for a joint meeting with the local Sjogren's Syndrome Support Group Leader, Susan Milstrey Wells, author of *A Delicate Balance: Living Successfully with Chronic Illness*. Ms. Wells is an accomplished senior writer and editor with more than 30 years of experience. She writes about mental health and homelessness for the federal government and is principal speechwriter for the Director of the Federal Center for Mental Health Services. In personal appearances and in her writing, Ms. Wells draws on her own experience with Sjogren's Syndrome to highlight what it means to strike a delicate balance between the limitations that a chronic illness imposes and the knowledge of what truly matters in life. You will appreciate her hard-won wisdom! **What an opportunity for all of us!**

4/16/2011

Stress Management

We can't escape "Stress" in our lives but YOU can learn how to adjust your reaction to stress and strike a better balance between good and bad stress. Come and learn how stress can impact our health and our lives. Tina Eckenrode, RN, Clinical Advocacy Manager with Actelion Pharmaceuticals US, Inc. will be leading this presentation and interactive discussion. Tina has many years of experience working with chronically ill patients. Her passion and goal is to provide education that will help empower us all. **Please come ready to share your own stress management tips!**

Your Support Is Needed!

Sunday, June 12, 2011

6:30 PM - Registration

7:30 PM - Walk Begins

Crossgates Mall

Albany, New York

<http://walks.SclerodermaTriState.org>



May 21, 2011

What to Eat for What Ails You

Can the foods you eat make a difference in your health? It certainly can, says Winnie Yu, author of *What to Eat for What Ails You* (Adams Media, 2007). Ms. Yu, a freelance writer and scleroderma patient herself, has spent more than 12 years writing about health for national magazines and websites. Winnie Yu is also the author of seven books. She will be on hand to talk about the importance of good nutrition in managing your health. She will also have copies of her book available for purchase and signing. **Ms. Yu also plans on raffling off one of her books as a door prize!**

June 12, 2011

Stepping Out to Cure Scleroderma

Join us for this year's Albany NY Scleroderma Walkathon! This year's walk will once again take place at Crossgates Mall, starting at 6:30pm. In 2010 our very successful walk raised lots of awareness and over \$30,000! **THANK YOU** to ALL our Walkers, Sponsors, Donors, Health Professional Participants and to Crossgates Mall! A special thank you also to each of our great volunteers who helped in the planning and carrying out of our walk event! We couldn't have done it without each of you! **For more on the walk visit: <http://walks.SclerodermaTriState.org>. Also, be on the lookout for more information on this year's Sunday, June 12th 6:30pm Walk!**

June 18, 2011

Annual Picnic and Auction

Come and join in the fun! It's time for our **Annual Picnic and Auction!** Sunnyview Hospital will be providing their 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 do-nated items to be auctioned off** (donation receipts available). **Last year our auction raised \$450 towards our Albany Walk!** Call June Bender at (315) 942-5938 with your covered dish information! **Bring a friend also!**

September 17, 2011

Educational Forum in Albany

Exciting news! The Tri-State Chapter will be hosting an educational forum in Albany NY on September 17th. The location and speakers will be announced in a separate mailing closer to the event. **So save the date and watch your mail!**

October 15, 2011

Simplifying Oral Care

Please help us welcome Celeste Freeman OTR/L, CHT and Michael Freeman MA, CCC-SLP as this husband and wife team up to present helpful ideas on simplifying oral care when there's limited hand function. A healthy mouth benefits our nutritional intake and all around good health. This meeting is for all of us whether we have issues in this area or not. Good information brings about a healthier outlook and improved lifestyle! **You are invited to bring what works for you. We are our own best advocates after all!**

November 19, 2011

Practical Tips for Living with Scleroderma

Please join us as together we welcome Ann Lewis, RN. Ann has over thirty-five years of experience in patient care, continuing education and instructional training. Ann's mother had scleroderma and her sister also has it. Ann knows firsthand the challenges scleroderma survivors experience. She will share practical tips we can use while accomplishing everyday tasks. Ann will also provide helpful strategies for lots of the issues we face while living with scleroderma. **You won't to miss this meeting!**

For more information on meetings or to check on possible topic/speaker changes or cancellations due to inclement weather call
June Bender (315) 942-5938
albany@scleroderma.org
Maria Lawton (518) 283-0646

Support Group Meetings Are Free and Open to the Public



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www.SclerodermaTriState.org