

Scleroderma Foundation Michigan Chapter

Auburn Hills Support Group

Scleroderma is an autoimmune disease that's so rare, spell-check doesn't even recognize it. And because of a lack of awareness and the funds for research, sometimes doctors don't recognize it either.

The Scleroderma Foundation Michigan Chapter is on a mission to bring awareness to scleroderma and make a difference in the lives of patients and the community. Our chapter is among the nation's most aggressive and dynamic chapters, having recently been recognized regionally and nationally for our awareness efforts.

As part of our mission, we host monthly support groups around the state of Michigan. The groups are for scleroderma patients, friends and families, and cover a wide range of topics. We hope you'll join us at a support group near you.



DATE

- 3/7/19** [Medications: conversations with your doctor and knowing what you are taking and why you are taking them](#)
- 4/4/19** [Taking time for yourself](#)
- 5/2/19** [Importance of exercise](#)
- 6/6/19** [Fatigue: a normal side effect of scleroderma](#)
- 8/1/19** [The link between PTSD and autoimmune disease](#)
- 9/5/19** [Gut bacteria and autoimmune disease](#)
- 10/3/19** [Raynaud's phenomenon](#)
- 11/7/19** Group meeting and dinner



TIME

6:30-8:00 p.m.



LOCATION

Auburn Hills Community Center
1827 N Squirrel Rd
Auburn Hills, MI 48326



CONTACT

Glenda Coudret
coudretge@att.net
(248) 798-3267

Please contact Glenda if you are interested in attending a meeting.



2019 Support Group Agenda

*Medication: conversations with your doctor
and knowing what you are taking and why you
are taking them*

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (20 minutes)
 - Reflective question: "What medication side effect do you find to be the most challenging to manage and how do you overcome the effects of it?"

 - III. Education (20 minutes) **Medication: conversations with your doctor and knowing what you are taking and why you are taking them**

 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for scleroderma patients about how to travel with medication.

 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Taking time for yourself

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (20 minutes)
 - Reflective question: “When was the last time you did something special for yourself? What did you do?”

 - III. Education (20 minutes) **Taking time for yourself**

 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips you can incorporate into your life to make more fun/me time

 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Importance of exercise

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (20 minutes)
 - Reflective question: “What exercise(s) do you find help your hands stretch the most and manage pain?”

 - III. Education (20 minutes) **Importance of exercise**

 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for managing grocery shopping

 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Fatigue: a normal side effect of scleroderma

- I. Welcome remarks (5 minutes)
 - II. Opening ice breaker (20 minutes)
 - Reflective question: "What tasks in your life cause you the most fatigue?"
 - III. Education (20 minutes) **Fatigue: a normal side effect of scleroderma**
 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for managing grocery shopping
 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

The link between PTSD and autoimmune disease

- I. Welcome remarks (5 minutes)
 - II. Opening ice breaker (20 minutes)
 - Reflective question: “What stressors do you find in life the most challenging to face?”
 - III. Education (20 minutes) **The link between PTSD and autoimmune disease**
 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for managing days when you are feeling sad, depressed or challenged emotionally because of your scleroderma diagnosis
 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Gut bacteria and autoimmune disease

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (20 minutes)
 - Reflective question: “What change have you made to your diet that have helped you manage your GI symptoms?”

 - III. Education (20 minutes) **Gut bacteria and autoimmune disease**

 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for managing painful mornings

 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Raynaud's phenomenon

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- I. Welcome remarks (5 minutes)
 - II. Opening ice breaker (20 minutes)
 - Reflective question: "When was the first time you ever noticed a Raynaud's symptom?"
 - III. Education (20 minutes) **Raynaud's phenomenon**
 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for buying the right shoes and finding warm gloves
 - V. Mindful moment: A take away until we meet again (5 minutes)
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