

Scleroderma Foundation Michigan Chapter

St. Joseph 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

2/28/19 [Yoga for those with scleroderma](#)

5/30/19 [Scleroderma lungs: how to manage and maintain healthy lungs](#)

[Dr. Michael Burton](#)

[Lakeland Pulmonology](#)

8/29/19 [The hands of a scleroderma patient: options and solutions](#)

[Dr. Michael Berry](#)

[Orthopedic Surgeon](#)

9/26/19 [Updates in scleroderma management](#)

[Dr. Nina Ramessar](#)

[Lakeland Rheumatology](#)



TIME

6:30-8:00 p.m.



LOCATION

Marie Yeager Cancer Center, Door D, Second Floor*

3900 Hollywood Rd

St. Joseph, MI 49085



CONTACT

Stacey Kinchen

Stace98smith@gmail.com

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



2019 Support Group Agenda

Yoga for those with scleroderma

- I. Welcome remarks (5 minutes)
 - II. Opening ice breaker (10 minutes)
 - Reflective question: "How do you incorporate exercise into your daily routine?"
 - III. Education (30 minutes) **Yoga for those with scleroderma**
 - IV. Helpful tips (10 minutes)
 - Open discussion about ways to creatively keep moving every day without adding to your fatigue
 - V. Mindful moment: A take away until we meet again (5 minutes)
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2019 Support Group Agenda

Scleroderma lungs: how to manage and maintain healthy lungs

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (10 minutes)
 - Reflective question: “What exercises do you find help you with increasing your lung capacity?”

 - III. Education (30 minutes) **Scleroderma lungs: how to manage and maintain healthy lungs with Dr. Michael Burton, *Lakeland Pulmonology***

 - IV. Helpful tips (10 minutes)
 - Open discussion about helpful tips for learning to ask for help

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

The hands of a scleroderma patient: options and solutions

- I. Welcome remarks (5 minutes)

 - II. Opening ice breaker (10 minutes)
 - Reflective question: "What household chores challenge your hands the most and what types of accommodations have you come up with to manage your scleroderma related hand pain when doing household chores?"

 - III. Education (30 minutes) **The hands of a scleroderma patient: options and solutions with Dr. Michael Berry, *Orthopedic Surgeon***

 - IV. Helpful tips (10 minutes)
 - Open discussion about tips for managing the household with scleroderma

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

Updates in scleroderma management

- I. Welcome remarks (5 minutes)
 - II. Opening ice breaker (10 minutes)
 - Reflective question: “What have you found to be the most challenging aspect of managing your scleroderma related symptoms?”
 - III. Education (30 minutes) **Updates in scleroderma management with Dr. Nina Ramessar, *Lakeland Rheumatology***
 - IV. Helpful tips (10 minutes)
 - Open discussion about tips for talking to others about scleroderma
 - V. Mindful moment: A take away until we meet again (5 minutes)
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