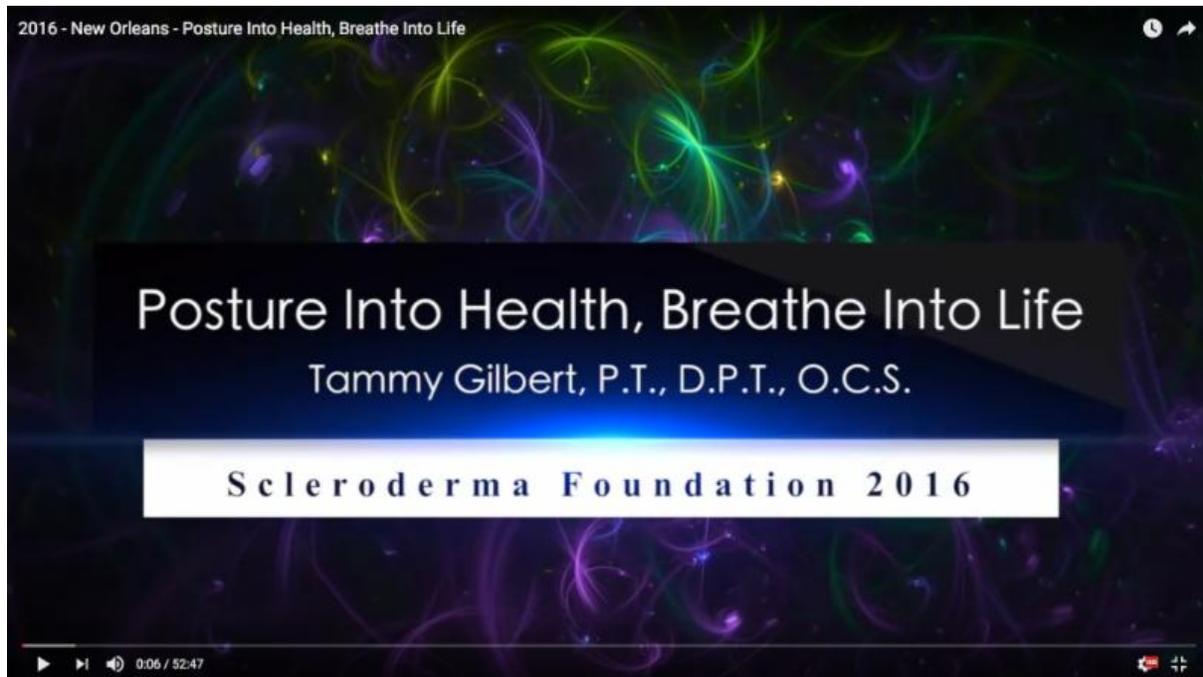




****REMINDER****

NEW Virtual Support Group Meeting on January 28



The SFGWDC Chapter is pleased to launch its *NEW* Virtual Support Group meeting on **Saturday, January 28, from 11am-1pm.**

We will watch one of the presentations from the National Scleroderma Foundation's July 2016 Patient Education Conference: ***Posture Into Health, Breathe Into Life***, presented by Tammy Gilbert, P.T., D.P.T., O.C.S. The video is 54 minutes. After viewing the video, we will open up the meeting for a discussion about the video, issues related to scleroderma, and address questions from attendees.

To access the January 28th meeting, click on the link below from GoToMeeting:
<https://global.gotomeeting.com/join/811391901>

You can also dial in using your phone.

United States: +1 (646) 749-3122; Access Code: 811-391-901

We initiated Virtual Support Group meetings to better meet the needs of our members who are unable to attend our in-person Support Group Meetings during the winter months.

We look forward to you joining us!

Ask Questions to our Medical and Scientific Advisory Board Members

As part of our profile series on our Medical and Scientific Advisory Board members, we are also launching "Ask our MSAB Members a Question."

This is an opportunity for you to ask questions that we can present anonymously to our medical experts for an answer that can help you in addressing some of the challenges associated with scleroderma.

We are excited to kick-off this new initiative with Janet Poole, who is a Professor in the Occupational Therapy Graduate Program at the University of New Mexico. She has worked with people with scleroderma for over 20 years and specializes in the effects of scleroderma on tasks of daily living including self-care, parenting and employment. Janet has developed hand exercise programs and a self-management program for persons with scleroderma.



As a member of the Greater Washington, DC Chapter's MSAB, Janet says, "I can provide tips on how to manage daily tasks, manage fatigue, and instructions in hand and face exercises. I am available to answer phone calls and emails from persons with scleroderma and health professionals and I try to incorporate all that I learn from people living with scleroderma into my talks to other people with scleroderma, health professionals and occupational therapy students."

Just send an email to **Executive Director Carole Bernard** at cbernard@scleroderma.org, and all questions will be gathered and sent to Janet anonymously for her responses. In our next newsletter, we will reprint the questions and the answers. **Please send your questions by February 3rd.**

Remember, there are no silly questions, so ask away!

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Scleroderma Foundation Greater Washington, DC Chapter

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