

MEET THE BOARD OF DIRECTORS

Meet two of our board members, Solomon Reed and Jennifer Loud! Next newsletter will feature our other two board members, Mary Beth Tourbin and Michael Senisi.



Solomon Reed became a member shortly after the chapter was founded in 1991. Since that time, Solomon has dedicated countless hours to helping the chapter grow to best serve its members.

He currently serves as the chapter's Treasurer and has held other officer positions during his time with the organization, including President and Vice President.

Solomon's involvement with the chapter began when he reached out for information because his wife was fighting scleroderma. She was diagnosed with the disease in 1986 and passed away from the complications of pulmonary hypertension in 1996. "I became indebted to the chapter because it gave us hope when we had none," says Solomon.

Solomon served in the Navy and lives in Virginia.

Jennifer E. Loud, is an attorney and the newest member of our board. She has owned and operated her own law practice in the District of Columbia for 15 years. Prior to starting her own firm, she worked as an attorney for 10 years with the District of Columbia law firm of Eaton & McClellan. She began her legal career as judicial law clerk to a District of Columbia trial court judge.

She was diagnosed with scleroderma in 2002. For the past 13 years, she has encountered many challenges with the disease (lungs, skin, joints, GI, musculoskeletal, joints, ENT, eyes, Raynaud's, dental). "As a result of my experience, I know the importance of early diagnosis and to identify a physician who is knowledgeable and experienced with managing the many potential challenging aspects of scleroderma," says Jennifer. She strongly identifies with the chapter's work and mission and welcomed the opportunity to be a part of the board.



Jennifer is married and the proud mother of twin teen sons.

OUR NEW "BEING ME..." PROFILES

We have added the **"Being Me" Profiles** to our e-newsletter to celebrate members of our community! We want to tell their stories and have them share their experiences and thoughts, as they live with scleroderma.

We would love to profile you, as well. Your story might help someone get through a bad day and not feel alone, or just simply make someone smile. **If you are interested in sharing your "Being Me" Profile, please contact our Executive Director Carole Bernard at cbernard@scleroderma.org.** It is my pleasure to introduce you to Susan and Kristen...



My name is **Susan Rae**. I am the one on the left in the photo. I am retired federal worker from the National Institutes of Health. I worked there for 40 years as a Program Assistant. My situation suddenly changed, and I had a mandatory step down from my position to retire. I was married, but was widowed after 21 years of being blessed with my husband. We loved traveling, cooking, the ocean, and theater and crafts, such as ceramics and

jewelry. We both loved to entertain and to encourage our friends and family members.

I have had scleroderma for over 23 years and I have survived. I have told my story on Capitol Hill to ask for increased funding for research. Now that I have time and the strength, I can bring fresh ideas to raise awareness and money for our chapter.

BEING ME MEANS: I'm a fighter and scleroderma survivor, just like you. I care and want to strengthen those who feel alone! I have an open ear. I also want to have fun!



My name is **Kristen Moe**, and I am a Registered Dietitian in the United States Public Health Service. I also am an avid cyclist.

I was diagnosed with scleroderma in 2010 at the age of 45. The disease has changed my life where I have to plan more, if that is even possible, for things like temperature, taking medications, and resting. I would say the greatest change the diagnosis provided me is an opportunity to have more compassion for all who have any type of chronic condition. I would tell someone newly diagnosed that at first the diagnosis is very overwhelming. Then, as you settle in, take one symptom at a time and come up with a plan of how to manage it.



Since keeping my hands warm is one of my biggest challenges dealing with scleroderma, I want to share information about the wonderful glove I have on in my photo. My sister tipped me off to these great liner gloves by Venture Heat. I found them on ventureheat.com or thewarmingstore.com. They are powered by rechargeable lithium batteries, and do wonders in warming my hands!

I recently attended my first local chapter support group meeting in Maryland. I want to become more involved in the chapter, and perhaps become a board member down the line.

BEING ME MEANS: I love laughing with my family!

NUTRITION PRESENTATION ENCOURAGES HEALTHY DIET



Dr. Kathleen Holton offered nutrition information that educated our Maryland Support Group meeting attendees on Saturday, November 14th.

The presentation, Dietary Considerations for Scleroderma and Sjogren's, covered various topics, from diets that can contribute to inflammation to macronutrients to gluten-free foods. **Dr. Holton has provided us with a PDF of her presentation that you can download [here](#).**

"Don't underestimate the power of nutritional change, because what we eat has the ability to help or to hurt our overall health," says Dr. Holton. "We need to give our bodies the best support we can by optimizing our nutritional intake." Thanks to **Sarena Welch**, our Maryland Support Group Leader and our new member **Katherine Kirlin** for inviting Dr. Holton and for organizing the meeting.

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