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
- **3/2/20** CBD: benefits, use and side effects
- **4/6/20** Implementing team-based care: how to effectively engage your medical team
- **5/4/20** Understanding grief and loss and the role it can play in your health
- **6/1/20** Autoimmunity and inflammation
- **8/3/20** Immunology and the immune system
- **10/5/20** Intimacy and relationships: the issue no one likes to address

### TIME
7:00-8:30 p.m.

### LOCATION
Scio Farms Estates Clubhouse
6655 Jackson Rd
Ann Arbor, MI 48103

### CONTACT
Leslie Nardoni
lynardoni@aol.com
(734) 660-2600

Please contact Leslie if you are interested in attending a meeting.
2020 Support Group Agenda

CBD: Benefits, Use and Side Effects

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “What are your feelings about CBD and pain management for scleroderma patients?”

III. Education (20 minutes) CBD: Benefits, Use and Side Effects
   • 7 Common Misconceptions about CBD
   • Benefits of CBD
   • Side effects on CBD
   • Types of CBD
   • How to purchase CBD and where?

IV. Helpful tips (10 minutes)
   • Open discussion about holistic medical treatments

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Support Group Agenda

Implementing Team-Based Care: How to Effectively Engage Your Medical Team

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “Who would you identify as the members of your medical team?”

III. Education (20 minutes) Implementing Team-Based Care: How to Effectively Engage Your Medical Team
   • Defining team-based care
   • Why is team-based care beneficial and more patient-centered?
   • How to communicate to your medical team you are looking for a more team-based approach?

IV. Helpful tips (10 minutes)
   • Open discussion about ways to organize your medical records

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Support Group Agenda

Understanding Grief and Loss and The Role It Can Play In Your Health

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “What role do you think grief and loss has played in your scleroderma journey?”

III. Education (20 minutes) Understanding Grief and Loss and The Role It Can Play In Your Health
   • Stages of grief model
   • Types of grief reactions
   • Moving past the grief
   • How grief and loss affects us physically and mentally?

IV. Helpful tips (10 minutes)
   • Open discussion about ways to live a more mindful life starting today

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Support Group Agenda

Autoimmunity and Inflammation

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “How often does inflammation impact your daily life?”

III. Education (20 minutes) **Autoimmunity and Inflammation**
   • Different types of inflammation
   • Classic signs of inflammation
   • Stages of inflammation
   • Ways to reduce inflammation

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips for managing inflammation

V. Mindful moment: A take away until we meet again (5 minutes)
I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “What is one thing you do to keep your immune system strong?”

III. Education (20 minutes) Immunology and The Immune System
   • Autoimmune diseases and stress: The role stress plays on the immune system
   • Signs of a weak immune system
   • How to boost the immune system?
   • Foods that boost the immune system

IV. Helpful tips (10 minutes)
   • Open discussion about helpful tips for healthy cooking for the immune system

V. Mindful moment: A take away until we meet again (5 minutes)
2020 Support Group Agenda

Intimacy and Relationships: The Issue No One Likes to Address

I. Welcome remarks (5 minutes)

II. Opening ice breaker (20 minutes)
   • Reflective question: “How have your relationships with family, friends and co-workers changed since being diagnosed?”

III. Education (20 minutes) Intimacy and Relationships: The Issue No One Likes to Address
   • Common concerns about intimacy and chronic illness
   • Tips for when chronic illness gets in the way of intimacy
   • How to communicate grief and loss in relationships?

IV. Helpful tips (10 minutes)
   • Open discussion about ways to improve relationships with better open communication

V. Mindful moment: A take away until we meet again (5 minutes)