

2014 EDUCATION FORUMS

April 12, 2014

Hospital for Special Surgery
535 E 70th St.
New York, NY 10021

May 4, 2014

Hofstra University
1000 Fulton Ave
Hempstead, New York 11550

June 6, 2014

Yale University
West Campus
141 Frontage Rd.
Orange, CT 06477

August 9, 2014

Niagara Falls Memorial Medical Center
621 10th St
Niagara Falls, NY 14301

September 13, 2014

Albany College of Pharmacy & Health Sciences
106 New Scotland Ave
Albany, NY 12208

September 27, 2014

Norwich, CT
Location TBD

October 11, 2014

African American Health Awareness Day
Rochester Airport Marriott
1890 Ridge Rd. W
Rochester, NY 14615

October 25, 2014

Rutger's University
56 College Ave
New Brunswick, New Jersey

November 23, 2014

HSS – Research Forum
Hospital for Special Surgery
535 E 70th St.
New York, NY 10021

2014 STEPPING OUT TO CURE SCLERODERMA WALKS

Binghamton, NY

June 1, 2014 | 9 a.m.
Otsiningo Park

Long Island, NY

June 1, 2014 | 9 a.m.
Wantagh Park

Albany, NY

June 1, 2014 | 6:30p.m.
Crossgates Mall

Rochester, NY

June 7, 2014 | 9 a.m.
Seneca Park

Plattsburgh, NY

June 8, 2014 | 9 a.m.
Beekmantown Town
Hall Park

Ridgefield Park, NJ

June 8, 2014 | 9 a.m.
Overpeck Park

Syracuse, NY

June 8, 2014 | 9 a.m.
Onondaga Lake Park

Hartford, CT

June 14, 2014 | 9 a.m.
Blue Back Square

Manhattan, NY

June 15, 2014 | 9 a.m.
Riverside Park 96th St.

Poughkeepsie, NY

June 21, 2014 | 9 a.m.
Vassar College

Buffalo, NY

June 21, 2014 | 10 a.m.
Eastern Hills Mall

Stamford, CT

June 22, 2014 | 9 a.m.
Westhill High School



59 Front St.
Binghamton, NY 13905
www.sclerodermatristate.org



BINGHAMTON, NY SCLERODERMA FOUNDATION SUPPORT GROUP

Lourdes Hospital
East- West Dining Room
169 Riverside Drive
Binghamton, NY 13905
6:30 pm

Leader: Bianca Podesta
(607) 723-1658
Assistant Leader: Rosemary Markoff
(607) 727-6280

Binghamton@scleroderma.org



WHAT IS SCLERODERMA

Literally, scleroderma means “hard skin”; however, the disease is better defined as being characterized by a hardening of the body’s connective tissue. Approximately 300,000 individuals in the United States are affected by the disease, African-Americans more frequently so and at an earlier age. Scleroderma is a chronic, autoimmune disease which, while currently having no cure, has several new treatment options that improve quality of life and life expectancy.

TRI-STATE SUPPORT GROUPS OFFER

- Mutual support to people with scleroderma.
- An opportunity to talk with others who have gone through similar health challenges.
- A chance to share experiences, practical suggestions, and ways of coping.
- A welcome place to get information and learn from others in a warm and caring atmosphere.
- Educational information provided by the Scleroderma Foundation.

June is Scleroderma Awareness Month

Find out how to get involved at sclerodermatristate.org

2014 MEETING SCHEDULE

February 6

Creative Ways to Stay Warm with Scleroderma (SSc)

Come and learn our best tips for staying warm in the cold, cold temperatures and share your own. One of the best aspects of support groups is learning for each other. So, come prepared to warm each other up! As an extra treat, we will have some door prizes in the “keeping warm” category.

April 3

Can Changing What You Eat Make You Feel Better? Guest Speaker: Dale Fluegel, FNP, DC

Dale spoke at our August 2012 meeting and is coming back ‘by popular demand’. Some conditions common to people with autoimmune diseases, including scleroderma, may be relieved and/or eliminated by changes in diet. Dale has been helping individuals toward greater health and well being for many years. He will lead the discussion and answer your questions about food and supplement choices.

TUESDAY - June 10

Pulmonary Arterial Hypertension (PAH) and Scleroderma Guest Speaker: TBD

Topic will be common problems shared by PAH and Scleroderma patients. You won’t want to miss this meeting where both the PAH and Scleroderma Support groups meet together.

Our presenter will be a health care professional that will address common problems among PAH and scleroderma patients. Join us for this unique learning forum.

August 7

Resources for Difficult Times Guest Speaker: Valerie Zehl, Journalist Central New York Group - Gannett

Valerie attended the Caring for the Caregivers Forum that the Tri-State Chapter sponsored in August last year. Afterward, she researched and wrote a four-day series of articles about the subject of caregiving.

Each of us, with or without the diagnosis of scleroderma will, at one point, realize the need for hands-on help—whether temporarily after surgery, during a brief illness, a prolonged recovery, or when facing the prospect of long-term care for ourselves or a loved one. What most people don’t realize is that there are many local resources that are available to them. What are they? How do you access them? Not an easy subject, but much easier when there is a plan in place.

October 2

The Range of Gastrointestinal Issues in Scleroderma Guest Speaker: Practitioner Lisa Hassig

This program will review the range of digestive issues that are found in 85% of scleroderma patients. Lisa will address treatment options as well as any recent findings new to the science and will focus on the GI issues which individuals in the group are most curious. Come and see how you might help yourself toward better digestive health.

December 4

Annual Holiday Celebration

Join us for our annual tradition of celebrating the holiday season together. The evening includes a great holiday meal and surprise entertainment. You are welcome to bring your family for this enjoyable evening.