

## 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 96<sup>th</sup> 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](http://www.sclerodermatristate.org)



## CENTRAL NY SCLERODERMA FOUNDATION SUPPORT GROUP

Oneida Healthcare Center  
(1st Floor, Classroom A)  
321 Genesee St  
Oneida, NY 13421  
7:00 pm

Leader : Suzanne Craft  
(315) 953-4011  
[CentralNY@scleroderma.org](mailto:CentralNY@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.

# DEAR FRIENDS,

Each of our meetings will feature open discussion, a guest speaker or DVD presentation on topics that provide information and skills needed to help cope with chronic illness. We hope you will join us as we provide an atmosphere of camaraderie and mutual support.

Your Tri- State Volunteer,  
**Suzanne Craft**



## 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.

## TRI-STATE’S THREE-FOLD MISSION:

### Support

To provide education and emotional support to people with scleroderma and their families.

### Research

To stimulate and support research designed to identify the cause of and cure for scleroderma, as well as improve methods of treatment.

### Education

To enhance the public’s awareness of this disease.

## 2014 MEETING SCHEDULE

### March 20

Open Discussion & DVD Presentation  
Scleroderma and Getting the Proper Nutrition

### September 25

Open Discussion & DVD Presentation  
Massage Benefits for Auto-Immune Disease

### April 17

Open Discussion & DVD Presentation  
A Mindful Approach to Chronic Illness

### October 16

Open Discussion & DVD Presentation  
Pulmonary Hypertension in Scleroderma

### May 15

Open Discussion & DVD Presentation  
Understanding Pain

### November 20

Open Discussion & DVD Presentation  
Scleroderma & Your Skin

### June is Scleroderma Awareness Month

Find out how to get involved at [sclerodermatristate.org](http://sclerodermatristate.org)