

## 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 2014

New Haven, CT  
Location TBD

### August 9, 2014

Buffalo, NY  
Location TBD

### 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 29, 2014 | 9 a.m.  
Westhill High School



59 Front St.  
Binghamton, NY 13905  
[www.sclerodermatristate.org](http://www.sclerodermatristate.org)



## ALBANY CAPITAL DISTRICT SCLERODERMA FOUNDATION SUPPORT GROUP

In memory of our founders  
Lynn & Bob Rasmussen

Sunnyview Hospital  
1270 Belmont Ave.  
Schenectady, NY 12308  
2:00p.m.

Leader: Carla Gage  
(518) 557-3264  
[Albany@scleroderma.org](mailto:Albany@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.

## 2014 MEETING SCHEDULE

### **January 11** **Keeping Warm**

Please join us for our first meeting of 2014 as we explore ways to stay warm this winter. This is a “show and tell” so feel free to bring some of the items you use to stay warm.

### **February 8** **MELT Therapy**

Our guest speaker is Kristy Wanmer, PT from Clifton Park Physical Therapy. Kristy will present and demonstrate MELT, a breakthrough self-treatment system that restores the supportiveness of the body’s connective tissue to eliminate chronic pain, improve performance, and decrease the accumulated stress caused by repetitive postures and movements of everyday living.

This pro-active self treatment technique is backed by science and acclaimed by thousands of devoted MELTers. Currently used in treating Fibromyalgia, it also improves flexibility and mobility, range of motion, sleep, digestion and overall well-being.

### **March 8** **The Alpaca Story**

Come and learn about the camelid living in harmony with Mother Nature. Patrick Clear, owner of Clearview Farm in Fonda, will be our guide through this presentation. He will also be bringing some alpaca therapeutic socks and gloves for you to sample.

### **April 12** **The Importance of Sleep**

Our guest speaker will be Saeed Khan, MD, board certified in Sleep Medicine, Pulmonology and Critical Care. Getting a good night’s sleep is paramount to good health. Millions of Americans suffer from a variety of sleep disorders. There is help available and Dr. Khan will explain why people should be treated for these disorders.

### **May 10** **25th Anniversary Celebration**

Mark your calendar for this special event, as we celebrate the group, with our Medical Director of 25 years, Lee Shapiro, MD and representatives from the Tri-State Chapter of the Scleroderma Foundation. Bring an appetizer or dessert item. Our entree will be provided. More information will follow before this exciting event.

### **June 14** **Summer Picnic and Auction**

Come and Join in the fun! Sunnyview Hospital will be providing their beautiful enclosed dining room and patio for all our activities. So come rain or shine! Follow the signs just inside the main entrance. Bring a dish

(appetizer, salad, entrée or dessert) to share and donated items to be auctioned off (donation receipts will be available). Bid on gift certificates, Scleroderma Foundation items, and your donated items. Our auction raises funds towards our Scleroderma Walk. Call Carla with your covered dish information! Bring your family members and a friend or two!

### **October 11** **Scleroderma Research Update**

Join me in welcoming Aixa Toledo, MD, Board Certified Rheumatologist and Internist, who practices at the Center for Rheumatology in Albany. Dr. Toledo is also the Assistant Medical Director for the Steffens Scleroderma Center. She has a special interest in rare disease and is active in clinical research, the writing of medical publications, and volunteering in the provision of heal and education in the Capital District Community.

### **November 8** **Holiday Party with Lee Shapiro, MD**

Sunnyview Hospital will be providing their dining room for our festivities. Follow the signs just inside the main entrance. Bring a dish to share ( appetizer, entree or dessert). Following our meal, Dr. Shapiro will share information on research updates. In addition, he will also answer your questions on issues important to you!! Call Carla with your covered dish information and bring some guests to join in on the fun!

This is our LAST MEETING of 2014!

### **June is Scleroderma Awareness Month**

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