

## Contact Us

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## 2016 Meetings

Jackie's Restaurant  
3688 NY-28, Milford, NY 13807  
**9:00 am**



- January 9
- February 13
- March 12
- April 9
- May 14
- June 11
- July 9
- August 13
- September 10
- October 8
- November 12
- December 10



**SCLERODERMA  
FOUNDATION**  
SUPPORT · EDUCATION · RESEARCH  
TRI-STATE CHAPTER



59 Front St.  
Binghamton, NY 13905  
www.sclerodermatristate.org  
800-867-0885



Visit [SclerodermaVideo.com](http://SclerodermaVideo.com) to access  
past educational events 24/7,  
free-of-charge!

# SCLERODERMA SUPPORT GROUP

COOPERSTOWN, NY

## YOU ARE NOT ALONE





## 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.

## June is Scleroderma Awareness Month

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

## Support Groups Offer

- 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.

Each of our meetings will feature an open discussion and 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.

## Tri-State’s 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.

## 2016 Stepping Out to Cure Scleroderma Walks

Albany, NY June 5   6:30 pm Crossgates Mall	Ridgefield Park, NJ June 19   9 a.m. Overpeck Park
Binghamton, NY June 5   9 am Otsiningo Park	Rochester, NY June 4   9 am Seneca Park
Buffalo, NY June 4   10 am Eastern Hills Mall	Stamford, CT June 26   9 am TBD
Hartford, CT June 11   9 am West Hartford Town Hall	Staten Island, NY June 18   9 am TBD
Long Island, NY June 5   9 am Wantagh Park	Syracuse, NY June 12   9 am Onondaga Lake Park
Manhattan, NY June 12   9 am Riverside Park 96 St	Westchester, NY June 12   9 am Irving Union Free High School
Poughkeepsie, NY June 25   9 am Vassar College	

## Save the Date

### Scleroderma Foundation’s Annual Patient Education Conference

New Orleans, LA  
July 29-31, 2016

For more information about scholarships, registration and agenda, visit: [scleroderma.org](http://scleroderma.org)

### Tri-State Chapter’s Annual Research Forum

Saturday, November 20, 2016  
Hospital for Special Surgery