### **Contact Us**

Leader: Letha Roome (860) 933-1344 EasternCT@scleroderma.org

### **2016 Meetings**

Day Kimball Hospital Conference Room 1 320 Pomfret St. Putnam, CT 06260 **7:00 p.m.** 





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



Visit SclerodermaVideo.com to access past educational events 24/7, free-of-charge! SCLERODERMA SUPPORT GROUP

EASTERN, CT

# YOU ARE NOT ALONE



May 17 June 21

July 19

August 16

September 20

October 18

November 15

December 20



### What is Scleroderma?

Literally, scleroderma means "hard skin": however, the disease is better defined as being characterized as the 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

## 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** 

**Overpeck Park Binghamton**, NY **Rochester**. NY June 5 | 9 am

Buffalo, NY June 4 | 10 am Eastern Hills Mall

Otsiningo Park

Hartford, CT June 11 | 9 am West Hartford Town Hall

Long Island, NY June 5 | 9 am Wantagh Park

Manhattan, NY June 12 | 9 am **Riverside Park 96 St** 

Poughkeepsie, NY June 25 | 9 am Vassar College

#### June 4 |9 am Seneca Park Stamford, CT

**Ridgefield Park, NJ** 

June 19 | 9 a.m.

June 19 | 9 am Westhill High School

Staten Island, NY June 26 | 9 am Franklin D. Roosevelt Boardwalk & Beach

> Syracuse, NY June 12 | 9 am Onondaga Lake Park

Westchester, NY

June 12 | 9 am Irving Union Free **High School** 

## 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

**Tri-State Chapter's Annual Research Forum** Saturday, November 20, 2016 Hospital for Special Surgery