

## Fall Newsletter



### Accepting and embracing this year's new normal

This year has been full of the unexpected, much like a scleroderma diagnosis. Although many individuals with scleroderma experience symptoms that point them to suspicions of the disease, receiving an official diagnosis is unexpected. Not to mention... unsettling.

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### 7 tips to be a better caregiver

Whether you're new to caregiving or just starting to care for a loved one, the Michigan Chapter and the larger caregiving community are here for you. Caregiving is a selfless gift that's full of ups and downs. To set yourself up for success, review these tips:

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