



THE MYOSITIS ASSOCIATION
KEEP IN TOUCH

CENTRAL FLORIDA MYOSITIS KIT NEWSLETTER

January 2015 ISSUE



WE HAD 31 IN ATTENDANCE. OUR SPEAKER FOR THIS MEETING WAS EILEEN FLEMMING RN AND CERTIFIED INSTRUCTOR IN THE TECHNIQUES AND BENEFITS OF YOGA NIDRA.

We were especially pleased to welcome new people with DM and PM to our meeting. Our KIT is growing which allows us to expand our network of patient fellowship and will allow us to be more creative and versatile when looking for speakers for future meetings.

As usual our meetings provided a bit of early morning fellowship with coffee, juice and sweet rolls, starting at nine AM for early risers.

Our speaker Eileen Fleming spent the first part of her presentation instructing us in “Yoga Nidra,” a technique of relaxation, pain management, and body control. This guided meditation, which can be practiced while sitting in a chair, uses controlled breathing as a means to regulate brain waves, allowing a transition from an awake (“alpha”) state toward a more sleep-like (“beta”) state. Yoga Nidra promotes the release of brain chemicals that decrease anxiety and stress, and increase sleep. Similar to sleep, the practice leads to reinvigoration of the brain and increased mental clarity. In the second part of her presentation, Eileen discussed how the regular practice of Yoga Nidra produces increased relaxation, health, and pain control.



During the afternoon session, one of the things discussed was the importance of developing a list of good doctors in the area who are well informed about the diagnosis and

treatment of these difficult diseases. To this end, we are going to send out an email for you to list the doctors you suggest, along with their contact information. They will be put on the TMA doctors list and will be invited to attend a private symposium conducted by members of the TMA medical advisory board at the National Patients Conference in Orlando this fall.



Registration for the 2015 Annual Patient Conference is now open.

The Caribe Royale is accepting room reservations at the group rate.



Caribe Royale
September 10-13, 2015
8101 World Center Drive
Orlando, FL 32831
Phone: 1-888-258-1501
www.thecaribeorlando.com
Book your room NOW!

According to Bob Goldberg this is going to be a fun and information packed meeting for all, with some new avenues and approaches for our diseases. For those of you who have not attended in the past, please consider joining us this year.

NEXT MEETING

The next meeting will be Saturday, April 25th 2015

Change what you can, forget what you can't.
Dennis Platt
dennis32162@gmail.com

The following has been taken from the SW Florida KIT Newsletter that is of interest to all:

TMA News - Member Survey

TMA has recently posted on their website the results of the member survey conducted last fall. Here is the link:

<http://www.myositis.org/about-tma/2014-member-survey> (copy & paste)

As a result of this survey, TMA's board is working to improve the services and information provided to members. Watch for more news about this initiative!

Planned Giving to TMA - FAQs

What is the Legacy Society? It is a way for you to plan to give a portion of your estate to TMA upon your death.

Do I need a lawyer to change my will? No. Unless you want to...

Is there an EASIER way to do this? Go online to your life insurance policy beneficiary info. Where it says "change beneficiary" change the percentages from (for example) 100% to your kid(s) to 90% to your kid(s) and 10% to TMA. Any percentage split is okay.

Are there other ways? Do the same online change procedure with your IRA or other savings vehicle. Any percentage will help.

Can I leave stock to TMA? Yes. The advantage to you is if the stock (or other equity) has appreciated since you bought it, you don't have to pay capital gains tax and it will be out of your estate. You donate the equity and take a charitable deduction for its current value.

What if I need to hold onto my savings for my long term needs? Continue spending as you currently do and make this change anyway. If you spend every cent, that's fine. If there is money left over, TMA and future myositis patients will be grateful for your gift.

What if my circumstances change? You can make changes to these percentages, accounts or policies any time; changes cost you nothing.

Are there tax consequences? Yes; good ones. If your heirs inherit your IRA, they have to pay taxes on it but since TMA is a 501c3, IRA money transfers to TMA with no tax consequence to anyone!

Do I have to tell TMA of my plans? No. You may wish to go to the Legacy link on TMA's website and register with other members who have done so but it is not necessary. If you do, you do not have to provide specific amounts, account numbers or other private info.

Can I designate how my money will be used? Yes. If you want your money to go toward research (either general or to a specific myositis disease), you may indicate that by notifying TMA.

When can I do this? Anytime.

Where can I get more information? Visit TMA website www.myositis.org or call 800-821-7356.