

# Mid-America Myositis Keep-In-Touch (KIT)

Serving Southern Kansas & Northern Oklahoma

## Welcome

As you may have learned from a TMA (The Myositis Association) mailing, there is a Myositis Keep-In-Touch group being formed to serve the Southern Kansas & Northern Oklahoma areas. You are invited to attend our quarterly meetings held in Wichita, Ks. Our inaugural meeting will be at 1:00 PM on January 19, 2013 at the Civitan Community Center located at 901 Porter St., Wichita, KS.

We would like to thank the Civitan Club of Wichita, for allowing us to use their very fine facility. For over 90 years, the Civitan Club of Wichita has devoted themselves to community service and fellowship.

## What is the purpose of a KIT group?

- There is a transfer of information between attendees.
- Members and families have a chance to share what is important to them.
- Members and their caregivers can receive practical tips for dealing with Myositis
- Attendees can raise awareness in their community about Myositis diseases
- Members can enjoy socializing and fellowship.
- Attendees provide emotional support to members and their families.
- The KIT provides for a uniting of the three Myositis disease groups.
- Meetings help us humanize our disease.
- Attendees can brainstorm ideas and activities.

- Participating in a KIT combats the feeling of aloneness.
- At a KIT meeting, our feelings can be validated.
- KIT meetings can be inspiring.
- Members can leave a meeting with a feeling of greater self-value and self-worth.
- KIT members can provide the view of the future of Myositis.
- KIT groups are a great source of education.
- Members can feel they are really 'understood'.
- New members appreciate experiences of other members.
- Caregivers get a chance to communicate with other caregivers.
- Members can learn how to plan for their future with Myositis.

Polymyositis (PM), Dermatomyositis (DM), and Inclusion-body myositis (IBM) are not easy and KIT meetings can benefit those who suffer from these diseases. It can be a great resource for caregivers, as well.

## First KIT group meeting expectations:

1. Greet and Meet
2. Group purpose
3. Discuss meeting times and dates
4. Guest speaker suggestions
5. Open discussion
6. Tools of the quarter
7. Resources
8. Spreading the word about our group.
9. Questions and answers



**Civitan Community Center**  
**901 Porter St.**  
**Wichita, KS 67203**  
(See map on page 3)

**Latitude 37°41'58.07"N**  
**Longitude 97°21'29.22"W**

### **What can you bring to the first meeting!**

- Bring your fresh attitude. You'll be surprised how quickly it will spread.
- Inform your group leaders of any special topics you would like covered during future meetings.
- Bring one of your "special tools" that you use on a daily basis that makes living with Myositis easier.
- Caregivers should present any questions they may have for other caregivers.
- Ideas for external sponsorship.... (to pay for water, postage, etc.) .....  
Adopt a Sponsor of the Quarter?
- Bring a list of internet sites that you find helpful.
- Bottled water will be provided. If you wish, bring a light snack to pass (peanuts, pretzels, etc.).
- Wheelchairs & scooters welcome!

**An E-vite notice and invitation  
will be sent out about 10 days  
before each meeting. Please  
respond to it.**

**SEE YOU JANUARY 19<sup>TH</sup>**  
**1 PM**

**MARK YOUR  
CALENDAR**

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**Mid-America Myositis KIT**

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Please contact a group leader with any questions or comments.

This Newsletter was developed using the  
Microsoft Voice Recognition Program.

(see next page)

# Directions to the Civitan Center in Wichita, KS

From Kellogg Avenue, take the Seneca Street exit.  
Turn north on Seneca and travel approximately 1.1 mile to McLean Blvd.  
Proceed north on Seneca another 0.1 mile, turning left on W. Museum Blvd.  
Turn a quick slight right onto Stackman Drive.  
Turn left onto West Pine St. Travel west two blocks.  
Turn north onto Porter St. Proceed north on Porter for two blocks.  
The Civitan Center (B) is located on the Corner of Porter and W. Franklin.

