

MYOSITIS
Keep In Touch Support Group
Northern California
NEWSLETTER
December 1, 2013

New Newsletter: This newsletter will be content driven, not periodic driven. No news....No letter. So to keep the letter active, send in some news. What's news? Information about yourself such as housing discoveries, new doctors and why, local classes or programs. Information about resources in your area. Every member is a contributing reporter. Share your knowledge. "*It takes a village.*" The parameter is northern California, so it won't include topics of general disease or matters covered in the national venue.

Member News: New member – Janis Tjader, sIBM. Spouse Gary. Los Altos. Age 60. Diagnosed July 2013. Symptoms for five-plus years.

MDA, (Muscular Dystrophy Association): Family Holiday Potluck Party. Oakland, Saturday December 14th, 11:00 – 2:00. www.2.MDA.org/SFHoliday, SanFrancisco@MDAUSA.org, 415-673-7500. RSVP by December 11th.

Annual Conference in Reno: A thought about lodging – For those who prefer a different environment from Casino Reno, remember Lake Tahoe. Distance/time to Peppermill Reno: Truckee (Tahoe Donner): 35 miles, 41 minutes. Incline Village: 33 miles 47 minutes. Tahoe City: 49 miles, 59 minutes. There are infinite vacation homes for rent and with a little searching you can find level, single story properties. September is off-season and bargain rates can be found.

Travel: If anyone has experienced travel tours for disabled folks please send in a story about your trip and it will be included. This could be local day-trips, international tours, cruises.

Free Museums: Get out. It's good for your mental health. Many museums are disabled friendly. Many are free or offer regular free days. Visit <http://savvycities.com/san-francisco/museum-free-days> for ideas.

Durable Medical Equipment: Brannons Medical, San Jose, 408-448-3000, <http://www.BrannonsMedical.com>

Tips & Tricks: If you have discovered a technique, technology or device for improved living, what is it?

Quote: "*Illness gave him strength and courage he had not had before. He had to think out the fundamentals of living and learn the greatest of all lessons... Infinite patience and never-ending persistence.*" ...*Eleanor Roosevelt*

Nor Cal KIT Facebook page:
<https://www.facebook.com/pages/Myositis-Support-Group-Northern-California/193625110711011>

Got news? Send it via email to Gary below.

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