

Good morning and Happy Mothers Day to all the moms in our group!

Our Spring KIT meeting held on April 18th at Eden Medical Center was bursting at the seams with new attendees and lots of energy! We had a record turnout of 38 people! I want to thank all who attended as I know many of you traveled a great distance to do so! I promise, next time we won't run out of water!

We had a wonderful presentation by Kathleen Wasowski, a physical therapist from the Stanford Ortho/Sports Physical Therapy Clinic in Redwood City. One of the themes of her talk was grouping exercises into ones that can be done when we're having a "good day" and ones for when we're having a "bad day". This is a great way to avoid both overuse and underuse of our muscles. She also helped us to understand that several small workouts daily can be just as effective as one longer workout. There were too many great take-home points from her talk to summarize here, and we're hoping to have her slides to share with everyone soon.

As is usual, we broke into three interest groups after lunch (IBM; PM/ DM and other immune muscle diseases; care partners) so that everyone could share their story, listen to others and exchange ideas. We had new members for every group!

Myositis Awareness Day is going to remain on September 21 this year. It would be great to share some ideas on how our group could contribute to the effort! Please share if you have a brainstorm!

One idea is to take advantage of the SF Giants event happening on September 20 at their ballpark. Most of you are aware that one of their announcers and former star pitchers, Mike Krukow, has IBM, diagnosed a number of years ago. They will hold a small ceremony to honor him and to help raise awareness of Myositis. If you can't attend the game (we've been advised that some comp tickets will be made available, no details as yet), consider holding a "virtual tailgate" party at your house or at the home of a baseball-loving friend. You could serve snacks, baseball park foods, and have the game on either radio or TV. Everyone could be invited to make a donation of whatever amount they can afford when they attend. Some sports bars, pizza parlors and restaurants will also let you hold events at their venues, so that a portion of the proceeds of their sales goes to TMA.

Not to overcrowd your mind with the month of September, but don't forget that the annual TMA conference will be held September 10-13 in Orlando, FL! Please visit www.myositis.org for online registration and hotel information.

Our next meeting will be in the Fall, most likely in October but possibly in November. I will know as soon as I consult availability of Eden Medical MOB during those times. We are VERY grateful to them for allowing us to use their facility!

Thank you all for being there for one another!

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