



# TMA MYOSITIS SUPPORT GROUP

Maryland, Delaware,  
Washington DC, and  
Northern Virginia  
Connected by Myositis and  
the Chesapeake Bay!

## Support Group News

FYI

## HELLO THERE!

Happy Fall from  
Jenna and Bitsy!



My body deserves to be loved because it is who I am and it reflects my journey through life! While, I feel pain, I am more than my pain and I am at peace with my pain.

Dear Myositis Warriors,

Where did the time go. Here it is October, and we are squeaking out some wonderful fall days. I hope this finds everyone looking forward to putting into practice the many suggestions from the Annual Patience Conference. If you missed it, you could still gain some of the benefit by following the information below.

**FACEBOOK  
MYOSITIS SUPPORT GROUP  
- DC, MD, DE, & NO.VA  
GROUP**

**CLINICALTRIALS.GOV**

### YOU TUBE

- JERRY KING IBM'ERS
- CHECK OUT ALL THE MYOSITIS VIDEOS ON YOUTUBE

**DELTA AIRLINES IS  
ADAPTING SPACE FOR A  
POWER WHEEL CHAIR**





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## Support Group News

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### 2023 International Annual Patient Conference: Session Recordings

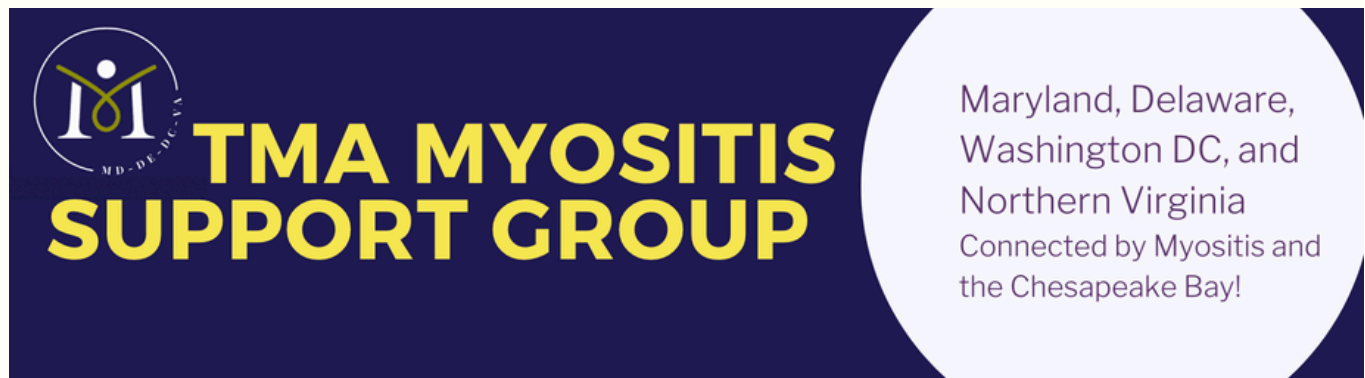
TMA's 2023 International Annual Patient Conference offered expert presentations on a great variety of topics of interest to those who live with myositis. If you couldn't attend this year, or if you want to revisit some of the sessions, we offer a complete package of recordings from nearly every session on the conference agenda. Go to [Myositis.org](https://Myositis.org) for more details.

FYI

ARTICLE BY MYOSITIS JOE (JOE SANCHEZ)



We now have 6 IBMers participating in KOURAGE HEALTH's in-person exercise program and a 7th possibility joining in two weeks. All of us are very happy with our exercise program right now. We also have 10+ Myositis patients from all over the USA that are participating in KOURAGE HEALTH's Daily ZOOM Exercise sessions, with positive feedback so far. KOURAGE HEALTH's Clinical Medical Exercise Program is FREE to all their members. You just must have a prescription from your doctor, stating that you need Exercise as a treatment for your disease. KOURAGE HEALTH is in the process of educating their clinical exercise team about our Myositis. All 3 fitness trainers at the UT-TYLER University KOURAGE HEALTH location have already read Bill Tiller's IBM Book. Visit [www.KOURAGEHEALTH.org](https://www.KOURAGEHEALTH.org) for more details.



## Support Group News

This month has ONE important day!

MD, DE, DC, N.VA Support Group Meeting!  
SUPPORT GROUP MEETING OCTOBER 21ST,  
1-2:30PM ON ZOOM!

OCTOBER 16-22 IS NATIONAL ESTATE PLANNING WEEK.



It is easy to defer estate planning because it can either feel intimidating or simply not that urgent. it doesn't have to be complex, and it doesn't have to wait. WE WILL HEAR WHY A PLAN IS IMPORTANT, WHAT IS A PLAN, AND WHAT TO INCLUDE IN YOUR PLAN.

Kathleen Riordan  
National Philanthropy Officer  
MUSCULAR DYSTROPHY ASSOCIATION  
MDA.org

Topic: Myositis Support Group Zoom Meeting  
Time: OCTOBER 21, 2023 1:00-2:30 PM EST  
Join Zoom Meeting  
<https://us02web.zoom.us/j/82543313341>

Meeting ID: 825 4331 3341





KATHLEEN RIORDAN HAS BEEN A DEDICATED PLANNED GIVING ADVISOR AT THE MUSCULAR DYSTROPHY ASSOCIATION (MDA) SINCE 2019. HOWEVER, SHE HAS BEEN AT MDA SINCE EARLY 2016 IN A VARIETY OF ROLES GIVING HER INSIGHT TO ALL ASPECTS OF MDA'S MISSION. SHE BRINGS A WEALTH OF EXPERIENCE IN NONPROFIT DEVELOPMENT AND FUNDRAISING. WITH A DYNAMIC SKILL SET, SHE EXCELS IN VARIOUS ROLES CRUCIAL TO THE SUCCESS OF ANY NONPROFIT ORGANIZATION.

AS A PLANNED GIVING OFFICER, KATHLEEN IS INSTRUMENTAL IN ACQUIRING NEW GIFTS, MANAGING GIFT PIPELINES, AND ENSURING THE SEAMLESS RECEIPT OF REALIZED GIFTS. HER STRONG BIOTECHNICAL BACKGROUND, INCLUDING A DEGREE IN BIOLOGY FROM ST. MARY'S COLLEGE, NOTRE DAME, AND GRADUATE TRAINING IN IMMUNOLOGY FROM RUSH UNIVERSITY, ALLOWS HER TO UNDERSTAND THE COMPLEXITIES OF THE VARIOUS NEUROMUSCULAR DISEASES, SO SHE CAN CONNECT WITH DONORS MEANINGFULLY AND REPRESENT MDA'S MISSION PASSIONATELY.

SHE DEVELOPS AND IMPLEMENTS COMPREHENSIVE STRATEGIES FOR IDENTIFYING, CULTIVATING, AND SOLICITING PLANNED GIFT PROSPECTS WHILE STAYING CURRENT IN EVOLVING TRENDS BY ACTIVELY PARTICIPATING IN CONTINUING EDUCATION, WEBINARS, EDUCATIONAL MEETINGS, AND CONFERENCES. IN HER ROLE, SHE COLLABORATES WITH ALL ASPECTS OF MDA'S MISSION TO ENSURE SHE CAN ALIGN PROGRAMS AND INITIATIVES WITH THE FUNDING INTERESTS OF PROSPECTIVE DONORS. KATHLEEN IS A DEDICATED STEWARD OF DONORS, MAINTAINING RELATIONSHIPS, RECOGNIZING THEIR CONTRIBUTIONS, AND REPORTING THE IMPACT OF THEIR GIFTS.

