

**Fall 2019**



THE MYOSITIS ASSOCIATION

OFFICIAL NEWSLETTER OF THE

# Myositis Support Group of North Texas

**Our Next Meeting**  
**SATURDAY,**  
**November 9th**

## Next Meeting November 9th

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- **Details of the next group meeting November 9.**
- **Highlights from the 2019 National Patient Conference in Minneapolis.**
- **Why does the SUPPORT GROUP OF NORTH TEXAS exist?**
- **Humor Corner**
- **A note from volunteer leaders, Don and Sandi Parks.**
- **"Myositis Joe" Sanchez wins BIG at the State Table Tennis Championship. Hear Joe tell his story at our meeting on November 9th.**

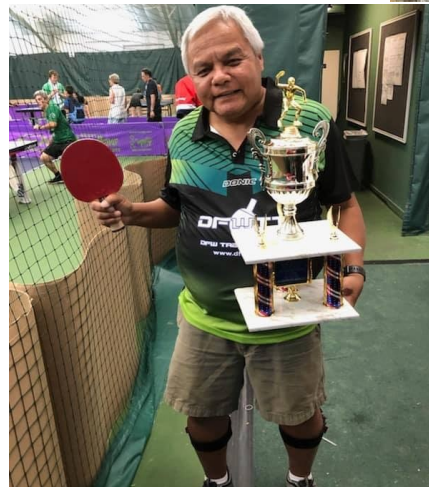
The next meeting of the North Texas Myositis Support group, will be November 9th, 10:00 a.m. until 2:00 p.m. Our special guest will be Jim Mathews, who is the vice-chairman of the board of The Myositis Association. Jim, who is a pharmacist by training, will be here to bring us up-to-date on the latest from TMA. You'll enjoy Jim's style as well as his passion for finding a cure for Myositis. Jim has dealt with IBM for a number of years. Our meeting, sponsored by CSI Pharmaceuticals AND The Summit at Grand Prairie, is such an excellent opportunity for us to hear each person's Myositis journey, but also to lend help to those in their own journeys. Don't miss it! **DP**



**ABOVE: Great time at a previous North Texas Support Group Meeting!**



**LEFT: Jim Mathews and Don Parks. Jim is our special guest on November 9.**



**LEFT: Our own "Myositis Joe" Sanchez, after winning second place in the Texas State Table Tennis Championship, in the category of his age group. Joe continues to push forward with daily routines of exercise while dealing with Inclusion Body Myositis (IBM). We are proud of Joe on so many levels!**



**BELOW: Sandi Parks representing us well at National Patient's Conference in Minneapolis.**



**FROM MINNEAPOLIS AND THE NATIONAL MYOSITIS PATIENTS CONFERENCE**—First time conference attendees made up four of the five from our group attending the Myositis National Patients Conference, held this year in Minneapolis, MN, September 5-8. Sandi Parks reports that this conference was so outstanding, with many more sessions to attend than there was time, but also that getting those of our group together for a “group photo” was like herding feral cats! (Photo of Mrs. Parks is elsewhere in the newsletter with our group’s booth on Thursday evening!) Plans for next year’s conference are well underway, and we know that it will be somewhere on the west coast, and that location and the dates will be announced soon. Make your plans for September 2020 now, and a wonderful time.



JOEL and AMY



JAY and ESTHER RAE



**WHAT’S YOUR MYOSITIS STORY?** Share your thoughts on paper for the next edition of the newsletter. Don’t worry about grammar, style, etc. We’ll have our editorial department do that for you! We **NEED** to hear from you!! DP

The North Texas Myositis Support Group exists for the exchange of ideas and resources to help you deal with your continuing and future fight with Myositis. Come and be a part of this investment. You’ll be glad you did. We have a wonderful time. If you need any assistance in getting to our meetings, please advise us. For some it is a challenge to be present, and if we can help, let us know.

*From Don and Sandi Parks*

Dear Ones,  
 As we are now in our eighth year as your volunteer coordinators, and after our move to Arkansas in the spring of this year and now five hours from the DFW Metroplex, we are finding challenges along the way as your leaders, mainly with the distance factor. Our great thanks to Joe Sanchez for his role as our liaison with our hosts at THE SUMMIT. There are other roles, publicity, planning, logistics, recruitment, and the like which perhaps some of you could lend your assistance. We are so hopeful to continue in our role with you. Can you assist? Let us know.  
 D & S



# NORTH TEXAS MYOSITIS SUPPORT GROUP

## Fall Gathering at The Summit in Grand Prairie

**SATURDAY, NOVEMBER 9, 2019**

**10:00am until 2:00pm**

At **THE SUMMIT**, Grand Prairie's wonderful multi- million dollar senior center. If you'd like a tour, or to make use of the pool or other of the facility, simply be in touch with Joe Sanchez, and plan to pay the \$5 guest fee to the facility.



THE SUMMIT in GRAND PRAIRIE

**FIND HELP FROM PEERS - GIVE HELP TO YOUR PEERS WITH MYOSITIS**

**SPECIAL GUESTS FOR THIS MEETING INCLUDE JIM MATHEWS OF THE TMA BOARD**

**GOOD FOOD! GOOD FELLOWSHIP! DOOR PRIZES! HELPFUL ADVICE!**

**And the OPPORTUNITY TO BE AN ENCOURAGER TO OTHERS WHO STRUGGLE!**

**email Don Parks with YOUR reservation/and special needs**

**singintune55@gmail.com (note new email address)**

**(wanna help? Bring a door prize!)**

**COST PER PERSON OF THE MEETING: \$5 OR what you wish to help defray the cost of administrative costs, postage, honoraria for our guest speakers, etc.**

## HUMOR CORNER

### **An Industrious Turkey Farmer and Genetic Engineering!**

An industrious turkey farmer was always experimenting with breeding to perfect a better turkey. His family was fond of the leg portion for dinner and there were never enough legs for everyone. Undaunted, he tried for more than ten years!

After many frustrating attempts, the farmer was relating the results of his efforts to his friends at the general store get together. **"Well I finally did it! I have created a turkey that has 6 legs!"**

They all asked the farmer the BIG question of how it tasted.

"I don't know", said the farmer. **"I've chased it for weeks and can't catch it!"**



# NEWSLETTER OF THE MYOSITIS SUPPORT GROUP OF NORTH TEXAS

Don and Sandi Parks, editors

Myositis Support Group KIT (Keep In Touch)  
Don and Sandi Parks, volunteer coordinators

**phone 903-926-4284**  
**NEW EMAIL ADDRESS**  
**singintune55@gmail.com**

**The Meal:** A choice of salads/sandwiches/ and a light dessert. Water, tea, and coffee are provided. **Anyone with special dietary needs should advise Don or Sandi by Thursday, two days prior to the meeting.** ALL should make reservations, and anyone wishing to assist by preparing cookies, or a light dessert would be welcomed.

Call us at (903) 926-4284 mobile.



## NEED INFO?

[www.myositis.org](http://www.myositis.org)

### *How Your Support Group Can Help YOU*



We are so grateful for each person who plays a part in the Myositis Support Group of North Texas. For us, it is a great time of getting to know folks who share similar struggles and to “talk shop” as well as be inspired by the stories of each of the participants. It is also such a great way for each of us to learn more about the disease, learn the latest in therapies, and to hear of research into finding the cause and cure of that which each of us deal with on a daily basis.

Please remember that this is YOUR group, not “that” group. YOU belong. By virtue of this common disease and daily challenges, you are the reason we travel alongside each other sharing in these ways. **We hope you will make every effort to attend the meetings** and to stay in touch via email, phone, or snail-mail, keeping us up to date on yourself. We not only desire to be a major help to you, but also to those who assist you as caregivers and supporters. We know firsthand that our caregivers are our lifeline. We hope that you find the meetings helpful as well as the newsletters and other support material. We encourage you to visit [www.myositis.org](http://www.myositis.org) often, the official website of The Myositis Association, for information, tips, and links that will hopefully make dealing with the disease an easier thing to do. Please send us suggestions, information, personal helps to share, or anything that might be good to include in the newsletter. This group exists to serve you. So, come and be a part! **It will help you!**

**Don and Sandi Parks**  
**(903) 926-4284 mobile**  
**singintune55@gmail.com**