

# NEWSLETTER

Spotlight  
on 26th annual  
National

Some topics this year are

Myositis 101 (*for those who have not attended the conference before*)  
 Aquatic Therapy - *I love this.*  
 Diagnosing Myositis  
 Exercise is Medicine - *this has made a huge difference in my own life*  
 Learning how to craft your own advocacy story - *how to spread myositis awareness*  
 Fundraising Training - *I need this one*  
 Coping with Steroids  
 Focus on specific Diseases  
 New Research Developments  
 Exercise for All  
 Myositis doesn't stop my life  
 Accessible Travel  
 Focus on Women  
 Focus on Men  
 Focus on Care Partners  
 Advocacy Training  
 Adaptive Living through Technology  
 Are you interested in being a group leader? *Hey this would be great, I need the help.*  
 Accessing VA Benefits for veterans  
 Nutrition for Autoimmune Diseases  
 Make your life work for you: Sharing your favorite strategies and devices  
 Care for Caring Partners  
 Myositis and Heart Disease  
 When Myositis makes it hard to swallow  
 Find the doctor you can trust and trust the doctor you find  
 Gut microbiome and Autoimmune disease  
 Staying resilient as a care partner  
 Pain management for Patients with Myositis  
 Insurance denial doesn't mean defeat  
 Exercise for those that already exercise  
 Hand exercise for those with Myositis  
 Focus on Women of Color and Myositis  
 Focus on Amyopathic Myositis  
 Feel Good Friday - choose one  
     Mindful Meditation  
     Himalayan Singing Bowl Meditation  
     The Power of Positive Self Care  
     Service Animals  
 Myositis and Overlapping Diseases  
 Specialty Pharmacies and Accessing Medications  
 Q & A sessions for individual diseases  
 Practical guidance for care partners  
 What Rare disease patients need to know about clinical trials  
 Myositis Autoantibodies  
 Minding your mental health  
 Myositis Medications and Treatments  
 Focus on Adults with Juvenile Myositis  
 Myositis and Cancer  
 Where we stand in the search for the cure

I am excited about the convention in Minneapolis this year. It is close enough to drive. Also my husband will be attending for the first time. I am taking a bus early though because he will be coming in Thursday night after the convention starts. I encourage you to take advantage of the convention since it is so close. The camaraderie and learning at a convention is overwhelming at times, yet it is like being immersed in a world that understands you and where you are.

## Support Group Meetings (KIT)

I am setting a meeting for us Saturday, August 17th, 1-3 pm at Zion Lutheran Church 144th and Ida, Omaha, NE. This site is easy to get to. If you are taking interstate use 680 North to Fort Street and head west to 144th Street. Head one mile north to Ida and it is on the south east corner. It has a ramp to the door with many close parking places. The airy Lake View room has a good atmosphere for meetings with a full kitchen.

Doors will be open at 12:30 pm

Meeting Agenda.

1-115 Meet and greet

1:15 Sharing session

1:45 Talk about upcoming events

2:00 Speaker (to be announced)

2:30 Q and A with Speaker

2:45 Discuss future meetings, when, where, how often, topics

3:00 Meeting done

Drinks and healthy snacks provided

