

2020 Meeting Schedule

May 2: Prep for Myositis Month in May July 11: TBA October 10: TBA

All meetings are on a Saturday from 12:00-2:00 at Pineville Methodist Church Fellowship Hall 110, Polk Street Pineville

Online Resources:

https://www.myositis.org/

https://www.myositis.org/ myositis-library/tmapublications/

https:// understandingmyositis.org/ events/

https://www.mda.org/services

resources

https://www.facebook.com/ groups/inclusionbodymyositis/

https://www.facebook.com/ groups/myositissupport/

https://www.facebook.com/ groups/1031853126906347/

January 11 Meeting

During our January 11th meeting we had a special presentation on Self-Defense by Adele Greenfield.

Adele, a longtime member and widow of a former member of our group, gave a presentation on self-defense for people with disabilities. She has given self-defense presentations to elementary schools and the fire department.

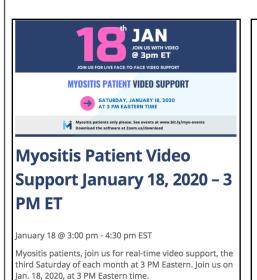
She taught us several techniques that were based on the "en guard" position. We practiced several quick release from holds. Although she is a petite woman, she demonstrated the effectiveness of these techniques by working with a caregiver that is much larger than herself. Following her instruction, every member was able to practice the techniques.

Our speaker brought inexpensive safety tools, like a purse backpack and showed us how to position them. She had a Guardian pendant that automatically dials 911 when a button is pushed, as well as a very loud panic button to make it clear that this is a crime fighter.

Our speaker recommends using "dummy" wallets and instructed the group to make them look real by putting a few dollars and some cut up credit cards inside. "If a thief wants your wallet, you can give them this," she said. She showed us hidden fanny packs, crossbody packs and key change purses with just one key in it that can be used as well.

Technological devices, like Jitterbug were discussed as well. Jitterbug is a device that allows AARP to locate you. Other tools discussed, were emergency apps on iPhone and Android. The app is called Health on Apple and ICE (In Case of Emergency) for Android. You can complete helpful information that can be accessed by first responders in case of emergency.

"Whatever you do," Adele said, "it is important to act quickly. If you say something, say it like you mean it. If you are approached, it's because the perpetrator has decided you won't cause a problem. Make them reconsider that decision."



IMNM Patient Video Support session, Jan. 25, 2020

January 25 @ 3:00 pm - 4:30 pm EST



Immune-mediated necrotizing myopathy patients, join us for realtime video support, the last Saturday of the month at 3 PM Eastern.

Join us on Jan. 25, 2020, at 3 PM Eastern Time.



video support, the last Friday of the month at 5 PM Eastern. Join us on Jan. 31, 2020, at 5 PM Eastern Time.