

THE CAROLINAS' MYOSITIS GROUP

Newsletter for January 2020

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/tma-
publications/](https://www.myositis.org/myositis-library/tma-publications/)

[https://
understandingmyositis.org/
events/](https://understandingmyositis.org/events/)

[https://www.mda.org/services
/
resources](https://www.mda.org/services/resources)

[https://www.facebook.com/
groups/inclusionbodymyositis/](https://www.facebook.com/groups/inclusionbodymyositis/)

[https://www.facebook.com/
groups/myositissupport/](https://www.facebook.com/groups/myositissupport/)

[https://www.facebook.com/
groups/1031853126906347/](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.”



18th JAN
JOIN US WITH VIDEO
@ 3pm ET
JOIN US FOR LIVE FACE-TO-FACE VIDEO SUPPORT

MYOSITIS PATIENT VIDEO SUPPORT

→ SATURDAY, JANUARY 18, 2020
AT 3 PM EASTERN TIME

 Myositis patients only please. See events at www.bit.ly/myo-events
Download the software at [Zoom.us/download](https://zoom.us/download)

Myositis Patient Video Support January 18, 2020 – 3 PM ET

January 18 @ 3:00 pm - 4:30 pm EST

Myositis patients, join us for real-time video support, the third Saturday of each month at 3 PM Eastern. Join us on Jan. 18, 2020, at 3 PM Eastern time.

IMNM Patient Video Support session, Jan. 25, 2020

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



25th JAN
JOIN US WITH VIDEO
@ 3pm ET
JOIN US FOR LIVE FACE-TO-FACE VIDEO SUPPORT

IMMUNE-MEDIATED NECROTIZING MYOPATHY PATIENT VIDEO SUPPORT SESSION

SEE EVENT DETAILS FOR INFORMATION TO JOIN THIS SESSION.
understanding@myositis.org/events


We request donors for those living with immune-mediated necrotizing myopathy (IMNM) who attend our meeting. Please donate to the IMNM Research Fund. See www.imnm.org for more information.



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

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

IBM PATIENT VIDEO SUPPORT, LAST FRIDAY OF EVERY MONTH AT 5 PM EASTERN



31st JAN
JOIN US WITH VIDEO
@ 5pm ET

INCLUSION BODY MYOSITIS PATIENT VIDEO SUPPORT

→ FRIDAY, JANUARY 31, 2020
AT 5 PM EASTERN TIME

 Inclusion body myositis patients only please.
Download the software at [Zoom.us/download](https://zoom.us/download)

sIBM Patient Video Support session, January 2020, 5 PM ET

January 31 @ 5:00 pm - 6:30 pm EST

Inclusion body myositis patients, join us for real-time video support, the last Friday of the month at 5 PM Eastern. Join us on Jan. 31, 2020, at 5 PM Eastern Time.