



THE MYOSITIS ASSOCIATION

MYONews & Updates

February 2022 | Issue One

Upcoming Events

See what's happening this [month](#)

[February Ask the Doc Series](#)

[February Empowerment Clinic: The Rewards of Respite](#)

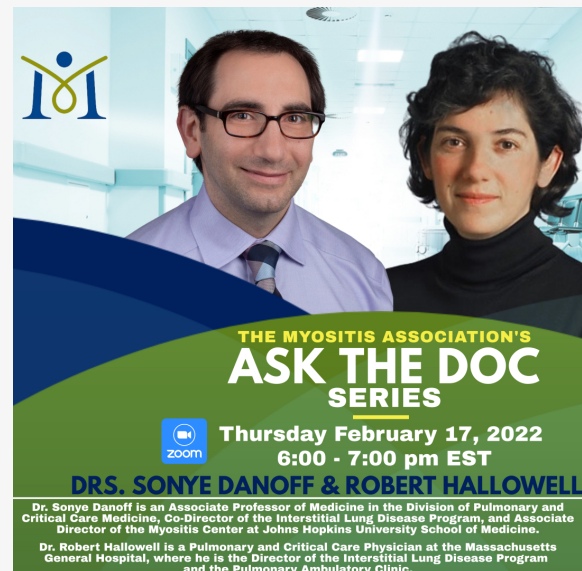
[Myositis Awareness Month Virtual Summit](#)

[International Annual Patient Conference](#)

TMA Fundraising Corner

The Power of Together

Fundraising teams are groups of people working together to raise funds for a cause or mission. Teams create strong community spirit and can increase the overall success of your campaign. Team fundraising is beneficial because it increases your fundraiser's reach by using each individual's personal network, allows you to delegate tasks to decrease burnout, and creates a support system to cheer you along the way. Team fundraising allows you to build relationships and create impact



Dr. Sonye Danoff is an Associate Professor of Medicine in the Division of Pulmonary and Critical Care Medicine, Co-Director of the Interstitial Lung Disease Program, and Associate Director of the Myositis Center at Johns Hopkins University School of Medicine, Baltimore, USA. Her research involves clinical and translational studies of lung fibrosis and autoimmunity.

Dr. Robert Hallowell is a Pulmonary and Critical Care Physician at the Massachusetts General Hospital, where he is the Director of the Interstitial Lung Disease Program and the Pulmonary Ambulatory Clinic. His research focuses on factors that influence outcomes in patients with various types of interstitial lung disease (ILD), particularly those associated with autoantibodies and rheumatologic disorders.

while raising money for the cause or mission.

Community Hints & Hacks

Take time to look outside or be outside in nature. Be with people who can hold space for you without fixing or advising, but just listen and allow you to be heard deeply. Spend time with your pets. Do something that brings you joy. Say no to things that do not nourish or support you. Practice self-compassion and compassion for others.

Affinity Group Meetings



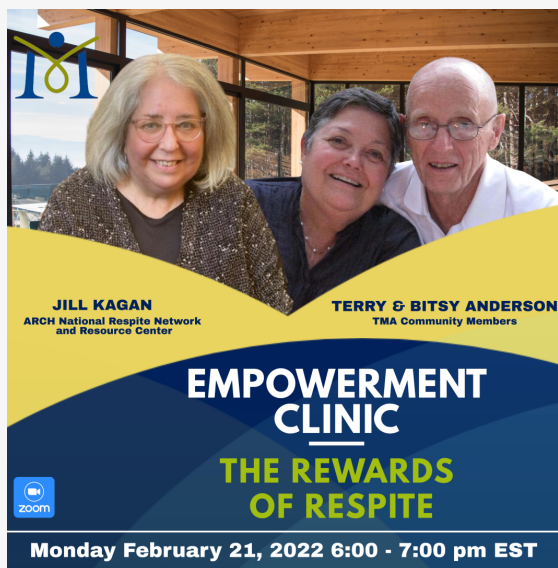
REGISTER FOR MILITARY VETERANS AFFINITY GROUP



REGISTER FOR CAREGIVER AFFINITY GROUP

REGISTER FOR FEBRUARY ASK THE DOC

SUBMIT GENERAL QUESTIONS



Jill Kagan is Program Director for the ARCH National Respite Network and Resource Center. The Resource Center houses the Lifespan Respite Technical Assistance Center funded by the U.S. Administration for Community Living and the National Respite Coalition, ARCH's policy division.

Prior to this, Ms. Kagan served as deputy staff director and as professional staff for ten years to the Select Committee on Children, Youth, and Families in the U.S. House of Representatives. She also worked as a policy consultant to national disability, aging, child health and child abuse prevention organizations for more than 15 years. Ms. Kagan received her masters in public health in maternal and child health from the University of North Carolina at Chapel Hill, and her bachelor's degree from Brandeis University, Waltham, Massachusetts.

Terry and Bitsy have been married 55 years, parents of 3 kids and grandparents of 5. Bitsy is a retired elementary school teacher and Reading Specialist. Bitsy presently serves on the Patient Family Advisory Council for Johns Hopkins Bayview Department of Neurosciences. Terry is a 20-year military



**REGISTER FOR OUR NEW
VIRTUAL SUPPORT GROUP
IN SPANISH - ADELANTE!**



**REGISTER FOR WOMEN OF
COLOR AFFINITY GROUP**



**REGISTER FOR WOMEN
WITH IBM AFFINITY GROUP**

veteran and retired program manager. Bitsy is a North Carolina native, Terry from South Dakota. They settled in Maryland upon Terry's retirement from the military.

Since Bitsy's diagnosis with IBM in 2008 they have both been involved with the Myositis Community. Bitsy has led the TMA Maryland, Delaware, No. Virginia, and DC Myositis Support Group for about 12 years and continues to do so. Terry has been a member of the TMA Board of Directors for a total of eight years including a two-year period as Chairman. Prior to the Covid "shut down" they attended all the annual Patient Conferences and were presenters and panel participants. For 11 years Terry and Bitsy coordinated a 5K Run, Walk, n' Roll to raise funds for research to find a cure for Myositis.

**REGISTER FOR FEBRUARY
EMPOWERMENT CLINIC**

**SUBMIT GENERAL
QUESTIONS**



**STAY TUNED FOR OUR 2022
FUN FIT FLEX EVENTS!**

From The Myositis Association



Happy New Year! So many possibilities await throughout this new calendar year at The Myositis Association. While individuals focus on New Year's resolutions, many of which will center on ways to become healthier – whether through increased physical activity, better nutrition, improved mental health, or stronger boundary setting, TMA as an organization will be focusing on growing stronger as well!

February is an exciting month with our new affinity group offerings for Caregivers and Veterans, our Ask the Doc webinar with Rheumatologists Dr. Sonye Danoff and Dr. Robert Hallowell, our Empowerment Clinic on The Rewards of Respite with Jill Kagan, Director of ARCH National Respite Network and Resource Center and TMA Power Couple Terry and Bitsy Anderson. To see a full listing of events, visit our calendar at:

<https://www.myositis.org/calendar/>

For more information about TMA programs and services, [click here](#).

For help finding a doctor, [click here](#).

To connect with a support group, email supportgroups@myositis.org.

To learn about TMA's newest signature awareness and fundraising event FUN FIT FLEX, [click here](#).

For information pertaining to TMA Fundraising and Development, Events, Corporate Partnerships, or FUN FIT FLEX, please contact **Shevelle Montgomery** at shevelle@myositis.org.

For information about TMA Support or Affinity Groups, or patient education, support, and advocacy, please contact **Rachel Bromley** at rachel@myositis.org.

For general inquiries, please contact tma@myositis.org.

Here's to a great 2022! Thanks for your involvement with TMA!

