



THE MYOSITIS ASSOCIATION

# MYONews & Updates

March 2022 | Issue Two

## Upcoming Events

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

[TMA Nationwide Myositis Support Group Meeting](#)

[TMA Podcast Interest Session](#)

[March Ask the Doc Series](#)

[March Empowerment Clinic: Relationships and Chronic Illness](#)

[Myositis Awareness Month Virtual Summit](#)

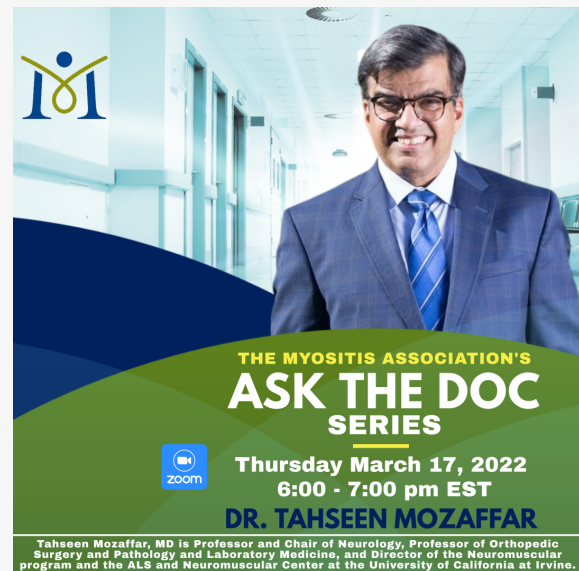
[International Annual Patient Conference](#)

## TMA Fundraising Corner

### Fundraising Campaigns

The Myositis Association depends on the generous support of caring individuals to continue its mission. A great way to help support TMA and to build awareness is by creating your own Personal Fundraising Campaign.

Donations from personal fundraising



Dr. Tahseen Mozaffar is a Professor of Neurology and Pathology and Laboratory Medicine and the Vice Chair for Research in the Department of Neurology at University of California, Irvine. He is the Director of the UC Irvine-MDA ALS and Neuromuscular Center and the Director of the UC Irvine Neuromuscular Program.

He is a member of the Medical Advisory Board for the Myositis Association and serves as the MAB Liaison to the Board at TMA.

Dr. Mozaffar's immunological research interests include characterization of the myopathology in various forms of immune myopathies, including the first description of myopathology in Jo-1 antibody associated myositis. Based on his seminal work, this form of immune myopathy has now been given a separate classification of anti-synthetase syndrome. His most recent work has been in

campaigns allow us to continue expanding and improving the programs and services we offer those battling myositis.

**GET STARTED ON YOUR  
PERSONAL FUNDRAISING  
PAGE**

## Community Hints & Hacks

Remember gratitude and self-care. The Action for Happiness app has daily reminders as well as the Page-A-Day Gratitude Calendar. Accept the disease and challenge yourself. **Focus on what you CAN do.**

<https://actionforhappiness.org/app>

## Rare Disease Day 2022

Yesterday, The Myositis Association observed RARE DISEASE DAY by SHOWING OUR STRIPES!

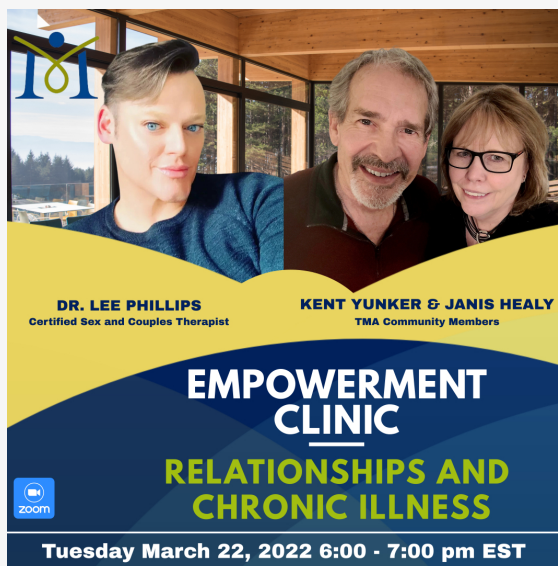


## Affinity Group Meetings

various subtypes of dermatomyositis, immune mediated necrotizing myopathy and in collaboration with Professor S. Armando Villalta, a deep phenotyping of the immune infiltrates in sporadic inclusion body myositis. His other area of interest is myasthenia gravis, an autoimmune disease of the muscle.

**REGISTER FOR MARCH ASK THE  
DOC**

**SUBMIT GENERAL  
QUESTIONS**



Dr. Lee Phillips is an award-winning psychotherapist with over 13 years of experience. He is a Licensed Clinical Social Worker (LCSW) and a Certified Substance Abuse Counselor (CSAC) in the state of Virginia. He is a Licensed Independent Clinical Social Worker (LICSW) in Washington, DC, and a Licensed Certified Social Worker at the clinical level (LCSW-C) in the state of Maryland. In addition, he is a Licensed Clinical Social Worker (LCSW) in the state of New York.

He is a Certified Sex Therapist (CST) by the American Association of Sexuality Educators, Counselors, and Therapists (AASECT). In addition, he is certified by the Integrative Sex Therapy Institute as a Certified Sex and Couples Therapist (CSCT).

He completed his sex therapy training at the Integrative Sex Therapy Institute in



**REGISTER FOR MILITARY  
VETERANS AFFINITY GROUP**



**REGISTER FOR CAREGIVER  
AFFINITY GROUP**



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

Washington, DC. He has worked in several mental health and substance use treatment settings including outpatient community mental health, inpatient psychiatric settings, and private practice. Dr. Phillips holds a Doctor of Education (Ed.D.) degree in Organizational Leadership with an Emphasis in Behavioral Health from Grand Canyon University in Phoenix, AZ. In addition, he holds a Master of Social Work (MSW) degree from Norfolk State University and a Bachelor of Arts (BA) degree in Communication with a minor in Theatre Arts from Old Dominion University in Norfolk, VA. Dr. Phillips writes for Psychology Today, YourTango, Psych Central, and PsychAlive. He is adjunct faculty with the Integrative Sex Therapy Institute and with Modern Sex Therapy Institutes.

**Guests: Kent Yunker and Janis Healy**

Kent Yunker and Janis Healy currently live in Lake Geneva, WI (about an hour north of Chicago). They have been married for 16 years and friends for over 20 years. They have 4 children from Kent's previous marriage as well as 7 grandchildren and 5 grand dogs. Their passions and hobbies include traveling, cooking, art, entertaining, loving on their 4-legged children and enjoying their new home, outdoor living space and hot tub! For the past 46 years, Kent has been employed at the family business (which designs, creates and installs retail graphics for national clients). Janis is a former retail executive and former client of Kent's. She is currently consulting for the industry. Kent was diagnosed with IBM in June of 2018 (although he likely had it as early as 2016). The progression has been significant these past 2 years. Not only is he a TMA member, but he also serves on the TMA Patient and Family Advisory Council.

**REGISTER FOR MARCH  
EMPOWERMENT CLINIC**

**SUBMIT GENERAL  
QUESTIONS**

The Myositis Association's

# Women of Color

Affinity Group



REGISTER FOR WOMEN OF  
COLOR AFFINITY GROUP



## THE MYOSITIS ASSOCIATION'S WOMEN WITH IBM

AFFINITY GROUP



Third Tuesdays  
of each month

REGISTER FOR WOMEN  
WITH IBM AFFINITY GROUP

WE WANT  
TO CURE  
MYOSITIS.  
WE NEED  
YOUR HELP.

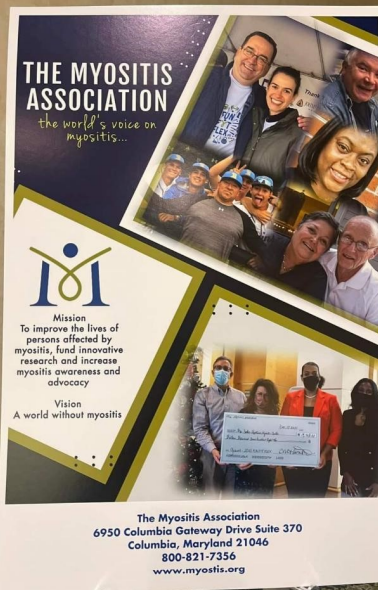
Join the #MYOMOVEMENT

Support patient programs, enhance professional education efforts,  
and propel critical research for cures.

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

STAY TUNED FOR OUR 2022  
FUN FIT FLEX EVENTS!

## The Myositis Association



Welcome to March! TMA is happy to announce we just wrapped up a successful board retreat where the board of directors and staff met to strategize for the year of 2022. Speaking of the experience, Board member Laurie Boyer shared:

“It fuels my soul to be surrounded by amazing individuals who so selflessly give their time, ideas and efforts to help the **#Myositis** community living throughout the world. It’s hard to believe I just started my 5th year on the Board for TMA. I will always give it my all in honor of my brother **Tommy Worthington**, who lost his battle with Dermatomyositis at the young age of 39. Thanks for an amazing weekend of collaboration. I can’t wait to help make a difference in 2022!”



If you are interested in making a difference as well, please consider sharing your story by being part of TMA’s newest production, the TMA Myositis Family Podcast. Many thanks to TMA volunteer Kim Gray for her hard work producing the podcast! If you wish to participate but privacy is a concern, you can choose to participate anonymously. To find out more, our next podcast interest session will be held March 11<sup>th</sup> at 11:00 am EST. Please enjoy the first two episodes by listening here:

**[The Myositis Family Podcast • A podcast on Anchor](#)**

**[Click Here to Signup for TMA Podcast Interest Session](#)**