



THE MYOSITIS ASSOCIATION

MYONews & Updates

May 2022 | Issue Five

Upcoming Events

See our regional support group offerings plus more this [month](#)

[May 1 - Myositis Awareness Month Virtual Kickoff Webinar](#)

[May 4 - Choose to Move Webinar](#)

[May 7 - TMA Nationwide Myositis Support Group Meeting](#)

[May 10 - Empowerment Clinic: Self-Hypnosis for Pain Management](#)

[May 19 - Ask the Doc Series](#)

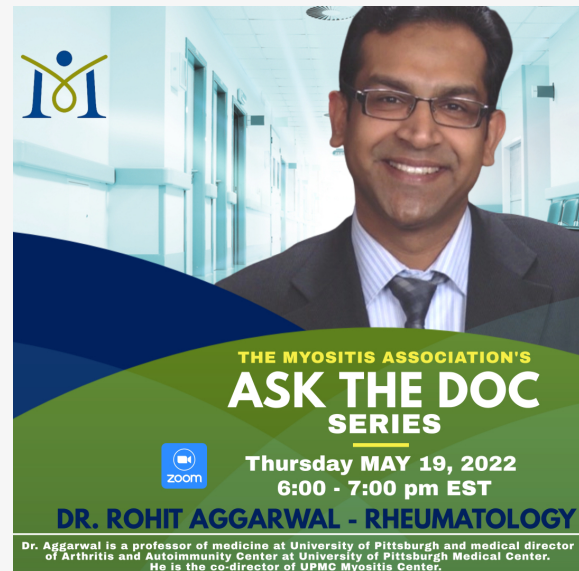
[May 21 - Myositis Awareness Month Virtual Summit](#)

[May 23 - Clinical Study in Dermatomyositis](#)

[May 24 - NEW AFFINITY GROUP MEETING - Men Managing Myositis](#)

[May 25 - Virtual Family Trivia Night](#)

[May 28 - Day of Giving](#)



Dr. Aggarwal is a professor of medicine at University of Pittsburgh and medical director of Arthritis and Autoimmunity Center at University of Pittsburgh Medical Center. He is the co-director of UPMC Myositis Center. His research and clinical areas of interest are clinical and translational research in inflammatory muscle diseases (myositis) and associated interstitial lung disease. He is the immediate past chair of the medical advisory board of The Myositis Association (TMA) as well as past-chair of the scientific committee of IMACS, which are the largest patient and physician groups working in the field of myositis, respectively.

He is an established independent clinical investigator with significant funding from NIH, foundations and industry and currently leading several collaborations internationally with other key leaders in the world. He has maintained an extremely high publication

[NEW EPISODE! TMA Myositis Family Podcast](#)

[FUN FIT FLEX](#)

[International Annual Patient Conference](#)

TMA Fundraising Corner



Fundraising Campaign - Myositis First Pitch

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.

Vance's First Pitch Campaign has combined his love of baseball and desire to raise awareness about myositis. The campaign started in 2018 and has raised OVER \$7,000 to date!

CLICK HERE TO LEARN MORE ABOUT "MYOSITIS FIRST PITCH"

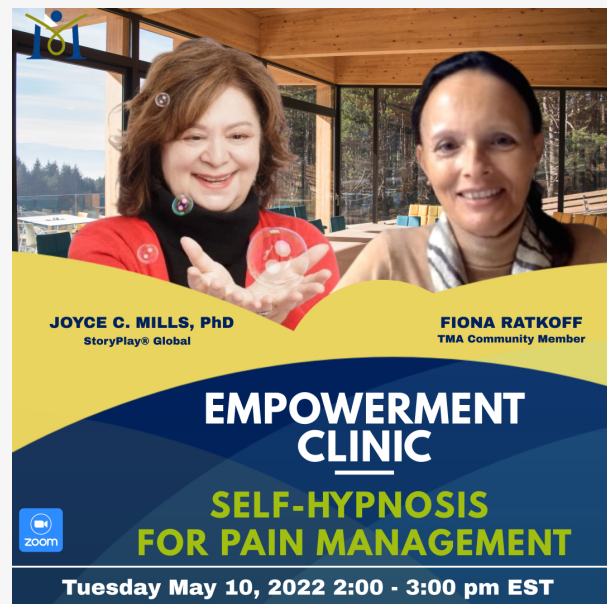
Community Hints & Hacks

Use the claw end of a light hammer to open the refrigerator, washer,

record and received national and international recognition of his work. He continues to be a leader in disease criteria and outcomes measures in myositis as well as in clinical trials of novel therapeutic agents for myositis. He is currently the principal investigator or member of the steering committee for several international phase 2/3 clinical trials in the area of myositis and associated ILD. Dr. Aggarwal is also mentoring future generations of rheumatologists with great success and attracting younger rheumatologists toward myositis research for the advancement of the field. Dr. Aggarwal lectures at various international conferences and promotes patient education through his YouTube channel.

REGISTER FOR MAY ASK THE DOC

SUBMIT GENERAL QUESTIONS



Joyce C. Mills, Ph.D.

Founder of StoryPlay® Global, award-winning Play Therapist, author of eight books, and considered an expert in metaphorical interventions, Dr. Joyce Mills is an internationally recognized storyteller, consultant, workshop leader, program development specialist, and keynote speaker to medical, psychological, and educational organizations. With “resiliency” and “creativity” at its heart, Dr. Mills developed

dryer and more. Shop for what suits you best, but here is an option with 5 stars.



[CLICK HERE FOR MORE PRODUCT INFORMATION](#)

Affinity Group Meetings



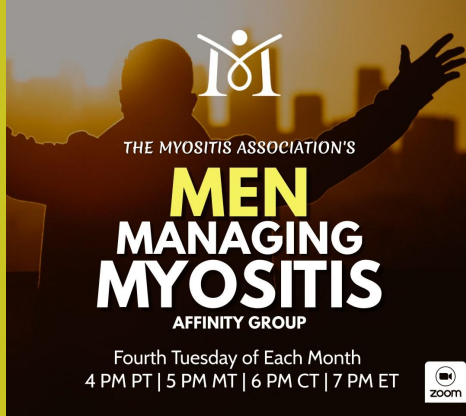
[REGISTER FOR FLYING SOLO AFFINITY GROUP](#)

StoryPlay®, a new Ericksonian *Indirective* model of Play Therapy helping children, adults, families, and communities heal from trauma and disaster. In addition to her training programs, Dr. Mills is a Co-Director of the Phoenix Institute of Ericksonian Therapy, a licensed Marriage and Family Therapist, and a registered Play Therapy Supervisor. Her books include: *Therapeutic Metaphors for Children and the Child Within (Second Edition)*; *Reconnecting to the Magic of Life*; *Butterfly Wisdom*; *Little Tree, Gentle Willow*; and *Sammy the Elephant and Mr. Camel*.

- Award-winning Co-Author of *Therapeutic Metaphors for Children and the Child Within*
- 2014 – AZ Association for Play Therapy for “Distinguished Service” award during their 19th Annual State Conference in Phoenix Arizona.
- 2014 – Paris France – “Lifelong work and contributions to the field of multicultural hypnotherapy.”
- Recipient of the 1997 Annual Play Therapy International Award for an “Outstanding career contribution to the field of child psychology & play therapy.”

Fiona Ratkoff

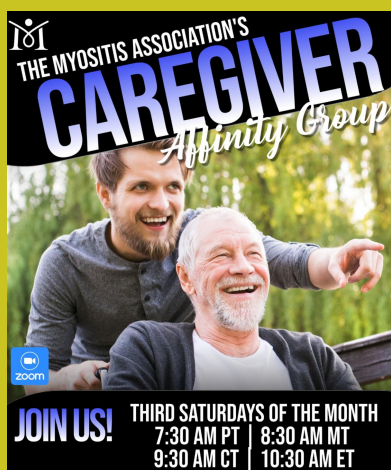
Fiona Ratkoff is French and American and has been living in France since the age of 16. She has dedicated her professional life to the French national education system. She developed DM with MDA5 antibody in 2014, at the age of 48. Her first symptoms appeared very quickly, in a matter of weeks, and were linked to muscle weakness and swollen joints. ILD set in a year later. As the pain clinic had a one year waiting list, she decided to look into the functioning of pain and alternative ways of dealing with it. She turned to self-hypnosis because it was positive, efficient, depended on no one, could be done anytime and anywhere, and was free. She also did not want to take more drugs than the ones she was already dealing with. Self-hypnosis has no side effects. Among the books that helped her were two of the books written by Dr Joyce Mills, *Therapeutic Metaphors for Children and the Child Within*, as well as *Reconnecting to the Magic of Life*.



REGISTER FOR MEN
MANAGING MYOSITIS
AFFINITY GROUP



REGISTER FOR MILITARY
VETERANS AFFINITY GROUP



REGISTER FOR CAREGIVER
AFFINITY GROUP

REGISTER FOR MAY EMPOWERMENT
CLINIC

SUBMIT GENERAL QUESTIONS



FUN FIT FLEX IS BACK!



Welcome from your
FUN FIT FLEX Event Manager

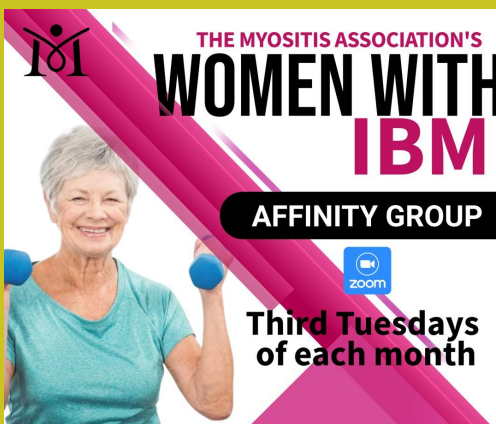
My name is Shevelle Montgomery, and I am your national FUN FIT FLEX Fundraising and Development Manager. This is my second-year hosting FUN FIT FLEX, and I am so excited to work with each of you and your fundraising teams! FUN FIT FLEX was so successful in 2021 that not only are we bringing it back for 2022 but we are expanding to three new cities -



**REGISTER FOR AFFINITY
GROUP IN SPANISH -
ADELANTE!**



**REGISTER FOR WOMEN OF
COLOR AFFINITY GROUP**



**REGISTER FOR WOMEN WITH
IBM AFFINITY GROUP**

Greater Philadelphia, Orlando, and Greater Houston.

As your event manager, I am here to serve as a resource for you and your team and to help you achieve your goals. My job is to partner with you and your team to come up with a fun and attainable plan toward fundraising victory! That can mean a lot of different things - from helping you personalize your FUN FIT FLEX fundraising page, to assisting you with fundraising, or advertising your team's activities on our social media platforms. I believe that this process should be fun, interactive, and rewarding and my goal is to help you to see it that way too! Building awareness is certainly critical to our mission, but fundraising is what is going to lead to a CURE. Thank you again for joining us on this journey. I am thrilled to officially kickoff FUN FIT FLEX with you and make 2022 a year for cures.

[Click Here](#) to learn about each of our 2022 FUN FIT FLEX events and to register for a city or virtual event near you!



Encouraged. Engaged. Empowered

THE MYOSITIS ASSOCIATION PRESENTS

MYOSITIS AWARENESS MONTH

Encouraged, Engaged, Empowered



MAY 2022



VIRTUAL SUMMIT - SATURDAY MAY 21, 2022

WWW.MYOSITIS.ORG

The Myositis Association continues our quest to support our patients and care partners in being “Encouraged, Engaged, & Empowered” as we work all month long to create broader community awareness, direct our members to TMA offerings and resources, educate around patient and disease advocacy, share clinical insights, and build a stronger and more connected myositis community.

[CLICK HERE TO REGISTER](#)

[CLICK HERE TO ACCESS VIRTUAL SUMMIT AGENDA](#)

Myositis Awareness Month: Calendar of Events



THE MYOSITIS ASSOCIATION

MYOSITIS AWARENESS MONTH

2022

MAY 1

KICK OFF CELEBRATION

MYOSITIS FAMILY DAY - CELEBRATING COMMUNITY

MAY 4

CHOOSE TO MOVE

HEALTHY HABITS WEBINAR WITH BRETT BURTON

MAY 10

SELF HYPNOSIS

EMPOWERMENT CLINIC ON PAIN MANAGEMENT

MAY 19

ASK THE DOC

FEATURING DR. ROHIT AGGARWAL, RHEUMATOLOGIST

MAY 21

MAM VIRTUAL SUMMIT

ENCOURAGED, ENGAGED, EMPOWERED

MAY 23

CLINICAL STUDY IN DM

FLEX STUDY HIGHLIGHT BY ALEXION ASTRAZENECA

MAY 25

FAMILY TRIVIA NIGHT

VIRTUAL FUNDRAISING EVENT WITH PRIZES

MAY 28

DAY OF GIVING

GIVING CAMPAIGN FOR MYOSITIS AWARENESS MONTH

AND ADDITIONAL HIGHLIGHTS...

FOR MORE INFORMATION VISIT
WWW.MYOSITIS.ORG

Visit the TMA Myositis Awareness Month Page

The Myositis Association

Myositis Awareness Month is easily TMA's favorite time of the year! National awareness observances are an important time to raise awareness, help amplify patient and care partner stories, and rally support for the people who need it most. Myositis Awareness Month is a chance to bring a greater understanding to the disease and the issues affecting patients and their loved ones. It is the perfect time for us to spread the word, fundraise, or reach out to our support network to give thanks and appreciation. Please review TMA's offerings above and get involved where you can! We appreciate you!