



THE MYOSITIS ASSOCIATION

MYONews & Updates

December 2022 | Issue Twelve

Upcoming Events

Please note some groups will not be meeting in December due to the holidays. Please check our [calendar](#) for our regional support group offerings and more coming this month!


NEW EPISODE! TMA Myositis Family Podcast

[Dec. 3 - TMA Nationwide Support Group Meeting](#)


[Dec. 15 - Ask The Doc - Neurology](#)

[Dec. 20 - Empowerment Clinic - Musicians with Myositis](#)

[FUN FIT FLEX](#)



THE MYOSITIS ASSOCIATION'S
**ASK THE DOC
SERIES**

 **Thursday December 15, 2022
6:00 - 7:00 pm EST**

DR. MERRILEE NEEDHAM - NEUROLOGY

Professor Merrilee Needham is the current Foundation Chair in Neurology, a joint position between Fiona Stanley Hospital, Murdoch University and Notre Dame University Australia. She is a consultant neurologist at Fiona Stanley Hospital, the Director of Research for the South Metropolitan Health Service and the Group Leader, Myositis Discovery Program, Centre for Molecular Medicine & Innovative Therapeutics, Institute of Immunology and Infectious Diseases (IIID), Murdoch University.

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Please check out TMA's brand new Find A Doctor tool (through a new partnership with MediFind)! If you are looking for a clinician or specialist with documented experience treating the different types of myositis (or to add to your current care team), this could be a great place to start! We are working out some things in the partnership to better feature some of the docs known to TMA, but we are so excited about the availability of this new feature for our patients! If you have any trouble navigating, please reach out to us at tma@myositis.org.

[FIND A DOCTOR](#)

TMA Fundraising Corner



The Myositis Association depends on the generous support of people like you to continue its mission.

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

[Click Here to Create a Fundraising Campaign](#)

Community Tip

Make dining easier with adaptive silverware.
Shop around for what suits you best!

the MNDAWA Health Professional of the Year. IN 2019 she was presented with the Fiona Stanley Fremantle Hospitals Group (FSFHS) Consultant of the Year Award and in 2018 was the recipient of the Rare Disease Day Inaugural Award by the Genetic and Rare Disease Network/WAHTN.

[REGISTER FOR ASK THE DOC](#)

[SUBMIT GENERAL QUESTIONS](#)

MARILYN MCDONALD
Professor of Violin - Oberlin Conservatory
TMA Community Member

SUSAN MCCLAIN
Greensleeves Harp Music
TMA Community Member

EMPOWERMENT CLINIC

MUSICIANS WITH MYOSITIS

...for anyone with myositis who plays an instrument, whether professionally or as a hobby.

Tuesday December 20, 2022 6:00 - 7:00 pm EST

Marilyn McDonald, a violinist about whom the Houston Chronicle has said “sparkling with dazzling virtuosity” has toured worldwide as a member of the Castle Trio, The Smithsonian String Quartet, The Oberlin Baroque Ensemble and Ensemble Pierrot, a group specializing in contemporary music. She is currently a member of The Axelrod Quartet, performing on the Smithsonian’s Stradivarius instruments. Her appearances reflect her versatility: soloist with the Milwaukee Symphony, concerts at Caramoor Festival, Yale University, The Metropolitan Museum, Alice Tully Hall, Library of Congress, Mostly Mozart Festival, and the Utrecht Festival. Summer festivals include the Baroque Performance Institute, Colorado College Festival, Fairbanks, Alaska and Bowdoin Festivals. Professor of Violin at the Oberlin Conservatory; where she was presented with The Excellence in Teaching



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webinars? Click below to
view the recordings!**



[View Empowerment Clinic
Recording](#)



[View Dr. Alfano Recording](#)

award, she has an international reputation as a pedagogue of both baroque and modern violin. Her students are well represented in orchestras throughout the world and have been first prizewinners in the Naumberg, Locatelli, and Berkely Bach competitions. She has held visiting professorships at both Indiana University and the Eastman School of Music. Ms. McDonald has recorded for Sony, Vox, Smithsonian, Gasparo, Decca, Harmonia Mundi, Telarc, and Virgin Classics, on which label the Castle Trio's complete Beethoven Trios have received much critical acclaim. Ms. McDonald was diagnosed with polymyositis around 30 years ago.

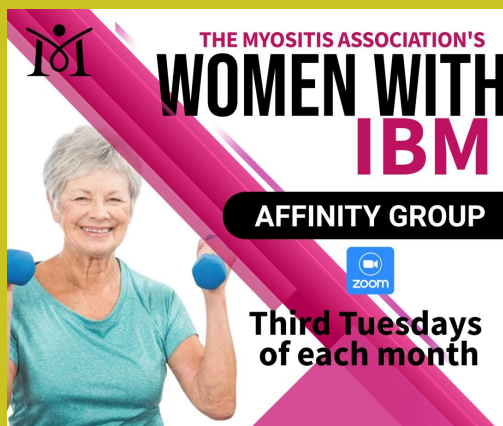
Susan McClain played in orchestras, ensembles and toured as a performer, and as recording artist after earning her music degree in Harp. She was a member of the Recording Music Academy (the hosts of the Grammy Awards). She also served on the Washington State Arts Commission and held the office of President of Seattle Musician' Union, Local 76-493, the oldest chartered union in the United States, for 7 years. She realized how special weddings were to her and started her wedding business in 1989. Since then she has performed at over 3000 ceremonies. Ms. McClain began having mobility problems in 2015 but was not diagnosed with Inclusion Body Myositis until early 2022. With Covid, all performing stopped. She has since enlarged her teaching studio solely using Zoom. While she is able to do some live performances, her abilities are affected by IBM.

[REGISTER FOR EMPOWERMENT CLINIC](#)

[SUBMIT GENERAL QUESTIONS](#)

2022 FUN FIT FLEX Recap

Affinity Group Meetings



The Myositis Association's
WOMEN WITH IBM
AFFINITY GROUP

Third Tuesdays
of each month

zoom

A poster for the Women with IBM Affinity Group. It features a woman with short grey hair, wearing a teal shirt, holding two blue dumbbells. The background is white with a large pink diagonal stripe. The Myositis Association logo is in the top left corner. A Zoom logo is in the bottom right corner.

REGISTER FOR WOMEN WITH
IBM AFFINITY GROUP



FOR
THOSE
WHO LIVE
ALONE

The Myositis Association's
FLYING SOLO
AFFINITY GROUP

First Wednesday of Each Month
5 PM PT | 6 PM MT | 7 PM CT | 8 PM ET

A poster for the Flying Solo Affinity Group. It features a woman with short white hair, wearing a white shirt, sitting on a couch and holding a smartphone. The background is white with a large purple diagonal stripe. The Myositis Association logo is in the bottom left corner. A purple circle with white text is in the top right corner.

REGISTER FOR FLYING SOLO
AFFINITY GROUP



The Myositis Association's
**MILITARY VETERANS
WITH MYOSITIS**
Affinity Group

Second Saturday
of Each Month

9 AM PT | 10 AM MT
11 AM CT | 12 PM ET

zoom

A poster for the Military Veterans with Myositis Affinity Group. It features a man in a military uniform, saluting. The background is white with a large red diagonal stripe. The Myositis Association logo is in the top left corner. A Zoom logo is in the bottom right corner.

REGISTER FOR MILITARY
VETERANS AFFINITY GROUP





REGISTER FOR WOMEN OF
COLOR AFFINITY GROUP



REGISTER FOR CAREGIVER
AFFINITY GROUP



REGISTER FOR MEN
MANAGING MYOSITIS
AFFINITY GROUP





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



**REGISTER FOR RAINBOW
WARRIORS AFFINITY GROUP**



"2022 FUN FIT FLEX" Recap Video

This year, we held FUN FIT FLEX events in Greater Philadelphia, DMV, Orlando, Chicago, Greater Houston, and Nashville. Our 2022 events were a huge success and we thank you so much for supporting these efforts. FUN FIT FLEX allowed the community to come together to celebrate and create awareness.

Thank you to all our participants for making this event memorable and fun. Haven't gotten involved yet? Your support in raising funds for the research to find a cure is essential.

Donations for our 2022 FUN FIT FLEX campaigns are still open through December 31st.

Join the #MYOMOVEMENT and make a donation before the end of the year.

[Click Here to Donate](#)

THANK YOU to our 2022 FUN FIT FLEX Sponsors



THANK YOU to our 2022 FUN FIT FLEX Fitness and Wellness Partners



Happy Holidays from The Myositis Association!



Happy Holidays