

FALL 2012



Autoimmune  
Diseases  
Association

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# Grassroots Newsletter

## Ultramarathoner runs 400 miles for Autoimmune Disease Awareness

**Fargo, ND** — North Dakota State University student, Ben Clark, trekked 400 miles in an effort to raise \$10,000 for AARDA. With much focus and determination, he has raised \$3,700 to date.

This mission was deeply personal to him as both of his parents suffer from autoimmune diseases, his mother was diagnosed with multiple sclerosis and his dad is battling a damaging disorder that continues to disrupt his peripheral nerves.

"This cause means so much

to me. I will run for a week to raise money. And, yes, I will put myself through a living hell but I just want donations. I want to do something. I want to



help somehow. I want to give back," Clark said in a video interview.

Clark is no stranger to running long distances. In a previous race, he ran 54 hours without stopping.

To donate to Clark's campaign, please visit: [www.firstgiving.com/fundraiser/benclark/runaroundcampus](http://www.firstgiving.com/fundraiser/benclark/runaroundcampus)

A video profiling Clark's plight: <http://vimeo.com/47366035>

Visit Clark's webpage: [www.benclarkruns.com](http://www.benclarkruns.com)

## California Family Linked For a Cure



**Turlock, CA** — It only took a hug for Sarah Mascorro to figure out something was wrong with her little boy.

"I noticed his heartbeat was pumping really fast," she said. Her son, Andrew, went through a series of tests that eventually found his thyroid was extremely overactive.

That was 14 years ago, and Andrew subsequently has been diagnosed with a series of afflictions that affect his autoimmune system: Graves', Hashimoto's and, most recently, Addison's disease, which attacks the adrenal gland.

Through all his tests and diagnosis, Andrew has maintained a positive outlook.

"He's got a great attitude," Sarah said. "He always says, 'It could be worse.' "

In an effort to raise awareness of autoimmune diseases — and money for the organization that helps with research and patient services — Sarah organized an Autoimmune Disease Walk in Turlock on Saturday, April 28th. To date the Walk has raised almost \$4,000.

Read more at <http://www.modbee.com/2012/04/23/2170743/turlock-families-hopes-to-walk.html>

## How You Can Be a Leader in the Fight Against Autoimmune Disease

Whatever your talent is, you can turn it into a fundraiser for AARDA! Our goal for Grassroots Fundraising for 2013 is \$100,000! We can do it!

Every little bit helps.

Enjoy crocheting? Create some of your finest pieces, sell them at your local Marketplace and donate the funds to AARDA.

Are you a future newlywed? Contact our office for place cards to be used

as wedding favors. With the placards, wedding guests are able to make donations directly to AARDA.

Autoimmune Walks are always awesome. Not only do the Walks help you move at your pace but they also offer the opportunity for community involvement.

This year, AARDA hosted Walks in the Washington, DC and Chicago areas

and in New York. The Walks have raised more than \$60,000 towards our \$120,000 goal. For Walk information, visit [www.autoimmunewalk.org](http://www.autoimmunewalk.org).

Team Leaders that raise \$500 or more will receive a cool Team Leader's hat as a thank you from the 50 million people that suffer from autoimmune disease.

Please contact Sharon at SHarris (at) aarda.org to host a fundraiser.



Tips For Planning a Grassroots Fundraiser:

- Be creative.
- Use your database to recruit allies.
- Set a target goal.
- Use Social Media to bolster your project.
- Be prepared for questions.

## Teed Off Golfers Raise \$25,000 for Autoimmune Research

Golfers gathered on Monday, September 24 for the Linked Fore A Cure event at Water's Edge Golf Club in Worth, Illinois to raise funds for research.

AARDA board member, John Kaiser initiated the fundraiser.

"This event was a spin-off of the autoimmune walks,"

said Kaiser. "I heard people were interested in helping with fundraising for AARDA so because of my experience with putting together golf outings I decided to give this a try. After that I started reaching out to other co-workers and clients to see if they had an interest in participating and we got a

lot of great feedback so we've decided to pursue this."

And pursue it they did, raising upwards of \$25,000. Many thanks to Kaiser's wife, Heather, and the employees of McGladrey, LLC in Chicago.

## Fifty/50 Club

In August, Kaiser also hosted a fundraiser at Chicago's Fifty/50 Club. The evening was complete with laughter, awareness and raffle items. The event raised \$700 and counting. Special thanks to Stacie M. Kim for her support!

## Sights from the Linked for A Cure Golf Event and the Fifty/50 Club Outing

