

Spring 2016



Autoimmune Diseases Association

22100 Gratiot Avenue
Eastpointe, MI 48021
(586) 776-3900
www.aarda.org

Twitter: @aardatweets

Facebook:
www.facebook.com/
autoimmunity

Youtube:
www.youtube.com/
aardatube

AARDA, Inc is a 501 (c)(3) tax exempt non-profit charitable organization. Administrative expenses are less than 10% of all contributions.

Grassroots Newsletter



Greek Organizations Ham It Up For AD Awareness



California State University's Kappa Kappa Gamma chapter in Northridge donated more than \$2,000 to AARDA! The organization hosts a

yearly "KKGlee" event where sororities and fraternities compete against each other in a lip sync and dance competition. The

chapter decided to donate to AARDA because some of its members suffer from autoimmune disease.

B - I - N - G - O Is a Winner for Autoimmunity

A Longaberger Basket Bingo organized by Pat Jones, Leigh-Anne Sheppard and Nancy Sheppard was held at the Gordonsville, VA Fire Hall. All Longaberger baskets, egg raffle, auction and concessions were donated by the community, friends and family. It was an awesome fundraiser that netted \$3,379.00 for AARDA! Many thanks to AARDA Board Member Michelle Ouellet for assisting with this event.



#25For25 for AARDA’s 25th Anniversary

25 years ago, Virginia T. Ladd created the American Autoimmune Related Diseases Association (AARDA). Since then, because of awesome individuals like you, the organization has grown leaps and bounds. Your donations have turned into research dollars that have contributed to finding cures for the 100 plus disease that plague autoimmune disease patients. During AARDA’s 25th anniversary, we are challenging 25 of our supporters to complete at



least one Grassroots Fundraiser. The fundraiser can be as big or as small as you envision it to be. Do you like to draw? Create cards to sell throughout the year. Do you like to walk? Awesome!

Gather your friends and host an Autoimmune Walk around your neighborhood.

We recommend that AARDA supporters organize fundraisers around what they love to do. Please contact Sharon at SHarris@aarda.org

when you want to get started. The 50 Million with autoimmune disease thank you!

#25For25



Tips For Planning a Grassroots Fundraiser:

- Be creative. People may grow tired of participating in the same types of activities so be sure to think outside of the box.
- Use your networks to recruit allies.
- Use Social Media (Facebook, Twitter, etc.) to bolster your project.
- Be prepared for questions.
- Be sure to say “thank you”.

ADAM “Out the Box” Fundraiser Raises Cash For AARDA



What do video games and autoimmune disease have to do with each other? A fundraiser that brought in \$200, that’s what! In honor of Autoimmune Disease Awareness Month (ADAM) and a friend that is battling Grave’s disease, Nahum Luna completed an “out of the box” fundraiser. On two consecutive Friday evenings in March, she and her

co-host Nathaniel Bandy, broadcast a live feed of themselves and some friends playing video games while talking and interacting with their audience and “overall just having a good time”. The event took place on Twitch.tv using her personal channel, Charrii5. It should be noted that Nahum resides in Mexico but her love for her friend battling Grave’s disease made the decision to donate to AARDA a very easy one.