

Winter 2013



Autoimmune
Diseases
Association

22100 Gratiot Avenue
East Detroit, 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

New Jersey Autoimmune Walk tops \$10,000 in Donations

Teaneck, NJ — Naomi Kadish's reason for initiating an Autoimmune Walk was simple.

"I have an autoimmune disease and I feel that I have to obligation to speak up for the autoimmune community since I am in better health than most people who have similar diseases," she said.

What Kadish didn't foresee was the threat of Hurricane Sandy. Kadish faced the possibility of having to re-schedule the Walk. With the threat of Sandy

looming, Kadish and the Teaneck community gathered in Votee Park. As a result, the Teaneck Walk raised \$10,000!

"I felt that my accom-

plishment was great but that there is always more to do. I am thrilled with the way the event turned out and I do not believe this walk could have gone any better," Kadish said.



Triathlete Competes in Two Triathlons to Raise Money for a Cure

Jersey City, NJ — Jennifer Satten knew that something had to be done.

"Many of my friends and family have been afflicted with autoimmune diseases including Crohn's Disease, Grave's Disease, Celiac, Multiple Sclerosis and Temporal Arteritis; and I live with Rheumatoid Arthritis and Celiac disease everyday. None of these diseases have a cure, only treatments," Satten said.

To bring awareness to autoimmune disease, Satten completed her first triathlon, the Jersey Shore Kickoff, in Toms River, New Jersey. She also completed a second triathlon, the Philly Tri, the following month. Overall, she has raised over \$1,000 for AARDA!



Visit AutoimmuneWalk.org to learn how you can host an Autoimmune Walk in your city!

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! Do you like to bowl? Awesome! Gather your friends and host a bowling fundraiser at your local bowling alley.



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 commu-

nity involvement. If you have a fundraiser that you would like to host, please contact Sharon at SHarris@aarda.org.

All Team Leaders receive a cool Team Leader's hat as a thank you from the 50 million people that suffer from autoimmune disease.

Last year, AARDA hosted Walks in the Washington, DC and Chicago areas and in New York. For 2013 Walk information, visit www.autoimmunewalk.org.



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.

EVENTS

Spring into Action for AARDA

**Tuesday, March 12
6:00 PM**

Mad Rose Tavern
3100 Clarendon Blvd
Arlington, VA 22201

Join DC Healthy Bites and special guest Stacy of Paleo Parents at a fun and informative evening to benefit AARDA. There will be a DJ and dancing, complimentary appetizers and dinner specials, and amazing raffle and silent auction items. For more info: www.dchealthybites.eventbrite.com

Washington, D.C. Walk

Saturday, June 22, 2013
McLean Central Park
McLean, VA

**Tri-State Walk
Sunday, August 25, 2013**

Hudson River Park's Clinton Cove
Manhattan, NY

“Cara’s Fundraiser” Continues to Thrive in its Fourth Year

Pittsburgh, PA — Dominica Piscitelli has found the perfect formula for hosting a fundraiser.

“For the past 4 years, Archie’s bar has donated the space, a free buffet and free drink tickets. We charge \$10 at the door and that includes food and 2 draft beer tickets. Each bartender donates a portion of their tips also. I am so thankful to have Archie’s and all of the staff for supporting my event each year,” Piscitelli said.

This effort is close to her heart because after a 21 day hospitalization, her cousin, Cara, passed away from thrombotic thrombocytopenic purpura (TTP). Cara was 20 years old. To date the event has raised more than \$9,000.

