A message from Kellie Martin...

Over the past 13 years, I have been privileged to serve as AARDA’s National Spokesperson. During that time, I have represented AARDA at a variety of functions and media events. I have spoken at fund raisers, public forums, and scientific symposia. I have visited congressional representatives and staff members on Capitol Hill. I have been interviewed on national television and have appeared in autoimmune disease PSAs. All of these appearances are a far cry from my parts in such TV shows as “Life Goes On,” “Christy,” “ER,” and “Mystery Woman,” but I have approached each AARDA assignment with a depth of feeling that only personal tragedy can engender.

My wake-up call came with the serious, mysterious illness of my 19-year-old sister Heather. Too late diagnosed with an autoimmune disease, Heather succumbed to a disease that very likely could have been halted if she had received knowledgeable medical care. She was a young, vibrant college student surrounded by loving family—but she lost the battle of her life because “autoimmunity” wasn’t even considered by those to whom she went for help.

Mourning Heather and determined to do something positive in honor of her, my search for action led to the American Autoimmune Related Diseases Association. What could I do? Usually shying away from the “public eye” status afforded by my profession, I saw that it could open doors on behalf of autoimmune disease research, advocacy, awareness, and education. For Heather and autoimmune patients everywhere—at least 50 million Americans—I am proud to make appearances and lend my voice. Lives are saved through awareness.

Someone you know has an autoimmune disease—maybe you, a business associate, or a dear friend. Are you part of the fight? If “yes,” THANK YOU. If “no,” why wait? Perhaps you, too, have a role to play. It’s a thought!

Kellie Martin
AARDA National Spokesperson and dedicated AARDA Volunteer

Chairman of the Board Stanley M. Finger, Ph.D.
President and Executive Director Virginia T. Ladd

What if...you had aches, pains, elusive symptoms of something and had consulted three different physicians? What if...not one of the three physicians could find anything physically wrong? What if...you were referred to a psychiatrist because “it’s all in your head”? But...what if you saw a fourth physician who put the pieces of the puzzle together and recognized the real culprit—an autoimmune disease? This is not a “once upon a time” tale. It’s the real-life story of 40 percent of the respondents on an AARDA survey who received the implied suggestion of hypochondria. And it’s one of the reasons for AARDA’s existence.

In pursuing AARDA’s Mission from 1991 to the present, we have seen “autoimmunity” and “autoimmune disease” achieve public and increased professional awareness, truly first steps to diagnosis. Lives are being saved.

However, this is no time for relaxing. Of great significance is the fact that the growing fight for research dollars, given the current economy, is threatening to reduce funds designated for autoimmune research. This, in turn, means that researchers are turning to areas other than autoimmune disease research. Also, advocacy efforts for autoimmune disease, a category which includes more than 100 known diseases, have not reached some major health groups, including a few women’s advocacy groups even though 75 percent of autoimmune sufferers are women. Congressional support for autoimmune disease research funding lags behind support for other causes despite the fact that a huge number of constituents—50 million Americans—suffer from autoimmune diseases.

With the financial, in-kind, and volunteer support of autoimmune disease patients and others, and with coordination within the National Coalition of Autoimmune Patient Groups (NCAPG), the AARDA message is gaining strength on local, national, and international levels.

You, a reader of this Annual Report, can have a quick review of AARDA’s outreach through the “Major Accomplishments” section. You will see that advocacy efforts continue as we sponsor congressional briefings in a drive to increase funding to the National Institutes of Health for autoimmune disease research.

In the area of research, you will see that we have surpassed the $2 million mark in funding for autoimmune disease research in laboratories from Maryland to California—and the push continues. Looking to the future, encouragement of young researchers is being done through our sponsorship of students in the Johns Hopkins University Summer Diversity Internship Programs.

Awareness, often undervalued, and education efforts are bearing fruit as “autoimmunity” becomes a household word. Patients are learning how to be their own best advocates (no more humbly accepting “it’s all in your head”). And now, at long last, “autoimmune disease” is included on the list of family diseases when patients complete the medical history form at their doctors’ offices.

So...we share with you, our reader, the opportunity for a “View from the Top” through this report. Read our accomplishments, review AARDA’s financial standing, and imagine your own name in the “Major Contributors” listing for next fiscal year.

“It takes a village...” is a powerful concept that applies not only to children but also to AARDA. We say, “Thank you,” to all the members of AARDA’s Village—and we invite you to join us. The “50 Million” are depending on us.
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Bluffton, South Carolina

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Health Care Consultant
Falls Church, Virginia

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Pastor, Good Shepherd Missionary Baptist Church
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Davis, California

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Chief of Rheumatology
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Los Angeles, California

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The University of the West Indies
Office of the Vice Chancellor
Vice Chancellery
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Scarsdale, New York

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Hunter College
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Milwaukee, Wisconsin

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Marketing Director
Global Digital Advertising
General Motors Company
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Director, Center for Coping
Long Island, New York

J. Michael Quinlan, LL.M
Attorney & Corporate Executive
McLean, Virginia

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Director for Laboratory Research and Division of Rheumatology
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Chapel Hill, North Carolina

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Chief, Division of Rheumatology
Department of Medicine
University of Pennsylvania
Philadelphia, Pennsylvania

Robert M. Meyer, CPA, Treasurer
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Fort Wayne, Indiana

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Health Care Consultant
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Director, Center for Coping
Long Island, New York

J. Michael Quinlan, LL.M
Attorney & Corporate Executive
McLean, Virginia

The American Autoimmune Related Diseases Association, Inc., (AARDA) is a 501(c)(3) national voluntary health organization founded in 1991. AARDA is a member group and meets all standards of the National Health Council, in Washington DC, and of the Health & Medical Charities of America. As a Better Business Bureau Accredited Charity, AARDA meets the 20 Better Business Bureau Standards for Charity Accountability. AARDA also carries the seal “Best in America,” certified by the Independent Charities of America, and has a Four Star Charity rating from Charity Navigator.
Mission Statement

The American Autoimmune Related Diseases Association, Inc. (AARDA) is dedicated to the eradication of autoimmune diseases and the alleviation of suffering and the socioeconomic impact of autoimmunity through initiating, fostering, and facilitating collaboration in the areas of education, public awareness, research, and patient services in an effective, ethical, and efficient manner.
Major Accomplishments over the Past Year

Research
- Surpassed the $2 million mark in funding for autoimmune disease research
- Continued support of O'Leary-Wilson Autoimmune Disease Fellowship (three-year commitment), Johns Hopkins University
- Provided grants for autoimmune research, University of California, Davis; Johns Hopkins University, including ongoing autoimmune liver disease research and crosscutting autoimmune disease research; Massachusetts General Hospital; Virginia Polytech Institute and State University; The Feinstein Institute for Medical Research; University of California, Los Angeles
- Continued support of Johns Hopkins University Center for Autoimmune Disease Research
- Sponsored five interns, Summer Diversity Internship Program, Johns Hopkins University
- Provided summer internship for medical student, Johns Hopkins University
- Provided conference grant to biochemistry/cell biology candidate, University of California
- Provided support for the Resource Chemistry/cell biology candidate, University of California
- Provided support for the Caribbean Autoimmune Disease Summit, Trinidad
- Provided support for FOClS (Federation of Clinical Immunology Societies) Annual Meeting, Washington, DC
- Provided support for the Resource Center for Autoimmune Diseases, Lupus Foundation of Pennsylvania, Scranton, PA
- Sponsored the 13th Annual Autoimmunity Day, Johns Hopkins University Center for Autoimmune Disease Research, Baltimore, MD
- Sponsored AARD A Autoimmune Public Forums, “What Every American Needs to Know About Autoimmune Disease,” New York, NY; Birmingham, AL; Cleveland, OH; San Francisco, CA
- Provided support for Foundation for the National Institutes of Health, Inc., for Office of Research on Women’s Health 20th Anniversary Scientific Symposium, Bethesda, MD
- Provided support for Scleroderma Foundation of Michigan 2nd annual one-day public forum, Warren, MI
- Assisted more than 400,000 inquirers approaching AARD A via telephone, e-mail, postal service, Web site, and personal contacts at meetings and conferences, by supplying information and referrals
- Completed first of two educational modules designed for patients; posted on AARD A’s Web site
- Maintained 24-hour toll-free request line

Awareness
- Achieved designation of March as national Autoimmune Diseases Awareness Month
- Provided display and representatives, American College of Rheumatology Annual Scientific Meeting, Philadelphia, PA
- Provided awareness booth and representative at FOClS meeting (Federation of Clinical Immunology Societies), Washington, DC
- Made available autoimmune information on the Web (social networking programs as well as its LinkedIn group)
- Implemented (through an AARD A volunteer) an aarda.org marketing and communications plan with emphasis on eMarketing tools
- Continued national awareness program, “We Are 50 Million”
- Provided radio and magazine interviews
- Held Congressional Staff Briefing, with National Coalition of Autoimmune Patient Groups, Washington DC
- Published a white paper, “The Cost Burden of Autoimmune Disease: The Latest Front in the War on Healthcare Spending”

Advocacy
- Worked to increase significantly autoimmune research funding at the National Institutes of Health (NIH)
- Worked collaboratively with other patient groups through the National Coalition of Autoimmune Patient Groups (NCAPG) and the International Alliance of Patients’ Organizations on issues of importance to patients

Administration
- Conducted 11th Annual Victorian Tea fund raiser to realize a profit of $65,000
- Continued to expand autoimmune education and awareness through publication of InFocus, AARD A’s quarterly newsletter
- Maintained active involvement with the National Health Council and continued to meet all NHC standards
- Maintained status as a Better Business Bureau Accredited Charity
- Continued “Best in America” certification by Independent Charities of America,
- Maintained a Four Star Charity rating from Charity Navigator
- Contained administrative and fund-raising costs combined at only 7 percent of total expenses (up to 25 percent considered acceptable for nonprofit organizations)
- Received $1,633,533 in contributions and in-kind services, representing 94 percent of total support and revenue (59 percent, in-kind services)
A commentary from
AARDA Scientific Advisory Board Chair
Betty Diamond, M.D.

AARDA has long supported a three-pronged assault on autoimmune disease: advocacy, education, and research. This past year AARDA has continued to campaign on all fronts. It has continued to champion funding for autoimmune diseases at the National Institutes of Health (NIH). The importance of AARDA’s work in this arena cannot be overstated.

As part of its advocacy efforts, AARDA has continued to provide funds for meetings to educate lay and professional audiences about autoimmune diseases. It has sponsored meetings, written an article on the economic burden of autoimmune disease, and provided newspaper and television interviews.

AARDA reached the $2 million mark in research funding this past year, assisting several investigators, primarily young investigators, at multiple institutions in initiating new research programs in autoimmunity.

Even as AARDA completes another successful year, plans are being made for the coming year. AARDA will organize a conference on pregnancy and autoimmunity that will be a satellite meeting at the annual conference of the Federation of Clinical Immunology Societies (FOCIS). This is a topic of profound clinical importance.

Multiple studies have reported an increasing incidence of autoimmune disease; therefore, AARDA’s work is far from over. AARDA’s lean management style means that all support provided to AARDA (or over 90 percent) goes directly to support AARDA’s mission, making a donation to AARDA an exceptional philanthropic bargain.

So it’s appropriate to salute AARDA once again for a productive year. And it’s time to ask AARDA and all of AARDA’s supporters to commit now to another year of redoubled effort. The goal can be nothing less than prevention and cure of the more than 100 known autoimmune diseases.

**Contributions in Fiscal Year 2011**

**Major In-Kind Contributors**

- Dr. Stephen B. Abramson
- Marilyn White Assiff
- Dr. Thomas Assiff
- Tracy Baumann
- Rita Baron-Faust
- Nona Bear
- Abby Bernstein
- Tom Branthoover
- Jessica Brown
- Carway Communications, Inc.
- Charlotte Adventure Boot Camp
- Dr. Betty Diamond
- Donna DiSante
- Denis Drumb
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- Grace Eisen, R.N.
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- Gerald Ladd
- Natasha Leskovsek
- Kellie Martin
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- Robert Meyer

- Julia Pandl
- Linda M. Pesonen
- Dr. Robert H. Phillips
- Dominica Piscitelli
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- Michelle Simkin
- Kylee Spence
- Todd Graphic Design
- Carolyn Ugal
- Barbara Ann Willett
- Anne Wilson
- James Zehnpfennig, Esq.
- Ettia Elizabeth Zelenak

**Payroll Campaigns & Matching Gifts**

- America’s Charities
- American Express Gift Matching Program/Employee Giving Program
- BNY Mellon Community Partnership
- Boeing Company Employees’ Community Fund
- CA, Inc., Matching Gifts Program
- Chevron Humankind Matching Gift Program

**Other Expenses:**

- Wages: $171,74
- Professional fees: $3,500
- Postage and shipping: $6,09
- Public relations: $31,52
- Printing and stationery: $6,54
- Office supplies: $1,77
- Operating supplies: $3,43
- Dues and subscriptions: $2,34
- Filing fees: $32
- Equipment rental and maintenance: $58
- Telephone: $2,07
- Insurance: $84
- State and national meetings: $13,79
- Travel: $8,36
- Depreciation: $3,50
- Payroll taxes: $9,42
- Insurance-health: $6,49
- Fund raising - Board expenses: $3,25
- Grants: $2,19
- Retirement plan contributions: $1,57
- Miscellaneous: $3,43

**Total Functional Expenses:** $638,91

**Total Other Expenses:** $59,73

**Total Functional Expenses:** $698,64

**Support and Revenue:**

- Contributions: $641,383
- Less: Donor designations: $(35,000)
- Net Contributions: $606,383
- Contributed goods and services: $1,027,150
- Fundraising income: $98,913
- Interest and dividends: $2,658

**Total Support And Revenue:** $1,735,104

**Expenses:**

- Program services: $638,912
  - Education: $601,951
  - Research: $361,575
- Total program services: $1,602,438
- Supporting services: $60,886
  - Management and General: $35,852
- Total supporting services: $116,738

**Total Expenses:** $1,719,176

**Change in Net Assets:**

- Unrestricted Net Assets, Beginning of Year: $754,964
- Unrestricted Net Assets, End of Year: $770,892

**In-Kind Contributions:**

- Goods and Services: $354,42

**Unrestricted Net Assets, Beginning of Year:** $754,964

**Unrestricted Net Assets, End of Year:** $770,892
## AMERICAN AUTOIMMUNE RELATED DISEASES ASSOCIATION, INC.
### STATEMENT OF FUNCTIONAL EXPENSES
For The Year Ended September 30, 2011

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<td>28,184</td>
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<td></td>
<td>55,852</td>
<td>1,719,176</td>
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### Contributions from $5,000 to $19,999
- Bell Charitable Foundation
- Brave Dave Foundation
- Figuere Foundation
- Nicholas Patchan
- PRMA
- Victoria's Gift Foundation
- The Gail I. Zuckerman Foundation

### Contributions from $1,000 to $4,999
- Acoustech Supply, Inc.
- Amergen USA
- Anonymous
- Ashbury Rock Stars Charity
- Scott & Ann Barnhouse
- Dr. Marvin Bellin
- Jo Ann Bono
- John Boudry
- Burke Candy & Ingredients, Inc.
- Edward & Judy Christian
- Colleen Dougherty
- Andrew Fawer
- Friedlander Family Fund
- Greatest Commandments Foundation, Inc.
- Nancy Kaplan
- Daniel Lanzendorf
- Kellie Martin
- Douglas & Marta Mayer
- Diane Moss
- Musa Family Charitable Fund
- Phyllis Nazari
- NECABA Management Group, Inc.
- Noram Power Transfer Solutions
- Lisa O'Neil
- Dr. Ann Pearson
- Dominica Piscitelli
- J. Michael Quinlan
- Michael Schlossmann
- The Lynde & Harry Bradley Foundation, Inc.
- The Richard Hille Charitable Fund
- Mark Vogt
- Jocelyn Vortmann
- Dr. Lucy Waletzy

### Contributions from $250 to $999
- Ruth Spencer Aaron
- William & Nancy Adams
- Anonymous
- APS Foundation of America, Inc.
- Arthritis Foundation
- Beer Capitol Distributing Co., Inc.
- Debbie Block
- Priscilla Boecher
- Diana Brody & Justin Kaplan
- Jessica Brown
- Justine Burleson
- Kathleen Cheevers
- Marilyn Clague
- Inga Crim
- Lisa Demer
- Steve DeVetter
- Jonathan Dobberstein
- Carrie Englinton-Manner
- Feerick Incorporated Funeral Home
- Dr. & Mrs. Stanley M. Finger
- Peter Fredo
- Joan Gates & Byron
- Harriet Gelles
- Sandra Hall
- Gail McGreevy Harman
- Nancy Harris
- Janet Hewlett
- Melinda & Roy Kelley
- Elisa Kim & Adam Koch
- Sandra Kingsley
- Alan Landsburg
- Larkin Hoffman Daly & Lindgren LTD.
- Amy Lieberman
- Paul Linn
- Rina Mayer
- Lisa McCoan
- Angela McFarlin
- Nancy Monaghan
- Marilyn & Alan Morris
- Michael & Kara Mozina
- Peter Mullaney
- National Alopecia Areata Foundation
- National Psoriasis Foundation
- Lawrence Neubauer
- Dr. Karl Neum ann
- Karen Neville
- Ellen Noonan
- Nancy Noonan
- John Philips
- Nick & Annette Plutt
- Wendy Price
- Thomas Reiner
- Frank & Carol Robl
- Nicholas Rowen
- Elaine Saul
- Charles Shemely
- Sjogren's Syndrome Foundation, Inc.
- Lorri Steffen
- Jordan Stone
- Kristin Tavrides
- Joseph & Rebecca Taylor

### Memorials and Tributes
- Space does not allow us to include the names of all the persons and organizations who gave their financial support to AARD, but we want to say "Thank you" again as we give this recognition in honor of their generosity.

### Other Contributors and Friends
- The British Women's Club
- The Gardner Family Foundation
- The Myositis Association
- The Master's Legacy Foundation
- Eric Thomas
- University of Scranton Programming Board
- Mary Ann Van Elslander
- Frederic & Sheila Vanhustelaar
- Alex & Iris Wagman
- Jeremy Wintersteen
- Charles Wofford
- Payton Yates
- Penelope Yeoman

### INDEPENDENT AUDITOR'S REPORT
To The Board Of Trustees,
American Autoimmune Related Diseases Association, Inc.
We have audited the accompanying statement of financial position of American Autoimmune Related Diseases Association, Inc. (a Michigan not-for-profit corporation) as of September 30, 2011, and the related statements of activities, functional expenses, and cash flows for the year then ended. These financial statements are the responsibility of the management of American Autoimmune Related Diseases Association, Inc. Our responsibility is to express an opinion on these financial statements based on our audit.

We conducted our audit in accordance with auditing standards generally accepted in the United States of America. Those standards require that we plan and perform the audit to obtain reasonable assurance about whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the financial statements.

In our opinion, the financial statements referred to above present fairly, in all material respects, the financial position of American Autoimmune Related Diseases Association, Inc. as of September 30, 2011, and the changes in its net assets and its cash flows for the year then ended in conformity with accounting principles generally accepted in the United States of America.

GODFREY HAMMEL, DANNEEELS & COMPANY, P.C.
St. Clair Shores, Michigan
January 20, 2012

21420 GREATER MACK AVE • ST. CLAIR SHORES, MICHIGAN 48080
# AMERICAN AUTOIMMUNE RELATED DISEASES ASSOCIATION, INC.
## STATEMENT OF FUNCTIONAL EXPENSES
### For The Year Ended September 30, 2011

<table>
<thead>
<tr>
<th>In-Kind</th>
<th></th>
<th>Education</th>
<th>Public Awareness</th>
<th>Research</th>
<th>Total Program Services</th>
<th>Supporting Services</th>
<th>Management and General</th>
<th>Fund Raising</th>
<th>Total</th>
</tr>
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<td>$32,702</td>
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### Other Expenses:

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<tr>
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<th>Education</th>
<th>Public Awareness</th>
<th>Research</th>
<th>Total Program Services</th>
<th>Supporting Services</th>
<th>Management and General</th>
<th>Fund Raising</th>
<th>Total</th>
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<td>3,500</td>
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<td>Postage and shipping</td>
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<td>Operating supplies</td>
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<td>933</td>
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<td>Equipment rental and maintenance</td>
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<td>989</td>
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<td>3,345</td>
<td>732</td>
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<td>657</td>
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<td>12,090</td>
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<td>Fund raising</td>
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<td><strong>148,573</strong></td>
<td><strong>631,805</strong></td>
<td><strong>28,184</strong></td>
<td><strong>32,037</strong></td>
<td><strong>692,026</strong></td>
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</tbody>
</table>

### Total Functional Expenses

<table>
<thead>
<tr>
<th></th>
<th>Education</th>
<th>Public Awareness</th>
<th>Research</th>
<th>Total Program Services</th>
<th>Supporting Services</th>
<th>Management and General</th>
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