



Team Kimmy's Krewe

Virtual Walks take the spotlight

Four Virtual Walk teams have stepped up to make a difference during Autoimmune Disease Awareness Month: **Kimmy's Krewe**, led by Kimberly Trimble; **Team Z4RP**, led by Stephen Zolper, **Force Fitness**, led by Andrea Davidson, and **When Life Gives You Lupus**, led by Samantha Rosenfield. From Georgia, to Pennsylvania and Illinois, these Walks are going where AARDA is unable to go and doing what AARDA would if we could be in every state and local community -- educating people, raising awareness, sharing resources and inspiring others to get involved. Thank you Kimberly, Stephen, Andrea and Samantha! Read about their journeys with autoimmune disease at <http://autoimmunewalk.org/locationpage.asp?BranchID=120>.

Pageant Platform

Jennifer Bosco shared her story with AARDA through our web site at www.aarda.org. She then reached out to us with a desire to do more. Jenn had decided to compete in the Mrs. Pennsylvania International Pageant because it "focuses on contestants' desire to make a difference and raise awareness on various topics." Jenn has MS and made her pageant platform all about "educating women about autoimmune disease and stress." She is also thinking about coordinating a Walk in Philadelphia. Thank you, Jenn!



123rd Boston Marathon

Ryan Lubben will be participating in the 123rd Boston Marathon on April 15 in honor of his dad.

"After spending months in and out of

hospitals and running hundreds of tests, my Dad was recently diagnosed with GAD-65 related autoimmune encephalitis (AE). In honor of him, I will be putting the AARDA logo on my running jersey as a way to raise awareness. Qualifying for Boston was a huge accomplishment for me, but being able to raise awareness about autoimmune related diseases and possibly doing something to help others suffering like my Dad would be an even greater accomplishment!"

Thus far, Ryan has raised more than \$1,500!



Ryan Lubben (c)

We are grateful to...

...Karla Mazariegos for donating a portion of sales from her business, [Autoimmuni-Tea](#), to AARDA. Thus far, Karla has donated \$340 in support of the AARDA mission. Read about her health journey at the link above.



AUTOIMMUNI-TEA

Other ways you can help

- **Host an Awareness Event or Fundraiser** at your school, place of work, community center, place of worship -- just about anywhere will do! AARDA will send you brochures, flyers and newsletters, and may provide additional help, depending on the size and scope of your event.
- **Volunteer!** If there is an AARDA Walk in your area, contact us; we could use your help on a Walk Planning Committee or on the day of the event. If there is not, contact us if you'd like to start one!
- **Share your autoimmune story.** As part of our advocacy efforts and our ongoing campaign to raise awareness, AARDA presents autoimmune patient stories that illustrate the challenges and needs of the autoimmune community. Whether it's in printed materials, testimony before Congress, or PSAs and YouTube videos, these stories serve to educate and inspire.

Email aarda@aarda.org to share your autoimmune story, if you'd like to help with advocacy, or if you are interested in doing an awareness event or fundraiser.

Email walk@aarda.org to volunteer for a Walk in your area or to help create one.

**** AARDA Calendar ****

Bound by a Common Thread
19th Annual Spring Luncheon

A Celebration of Fashion; A Commitment to Mission



Saturday, May 11, 2019 | 11 a.m.
Detroit Athletic Club

Detroit Walkabout & Public Forum
Saturday, August 24, 2019 | 10 a.m. to 2 p.m.
VisTaTech Center, Schoolcraft College

New York Walk & Public Forum

Hudson River Park, Pier 45

Forum: Saturday, September 14, 2019 | 10:30 a.m. to 3 p.m.

Walk: Sunday, September 15 | 1 to 5 p.m.

Pittsburgh Autoimmune Walk & Public Forum

Forum: Saturday, September 28 | Autoimmunity Institute

10:30 a.m. to 3 p.m.

Walk: Sunday, September 29 | Schenley Plaza | 1 p.m. to 5 p.m.

Visit www.AutoimmuneWalk.org for more information.

QUOTE OF THE QUARTER:

"A man on a 1,000-mile walk has to forget his goal and say to himself every morning, 'Today, I'm going to cover 25 miles and then rest up and sleep.'"

- Leo Tolstoy, *War and Peace*

STAY CONNECTED:

