



TMA MWOC



July - September 2024

NEWSLETTER

Q3 Edition

Our Vision

To champion and advocate for all Women of Color living with, or caregiving for, any form of myositis. WOC promotes awareness through the 3E's: Encouragement, Education, and Empowerment.

Our Mission

Women of Color is a TMA support and advocacy group that strengthens women who are known to be disproportionately affected by myositis disease. "Non-white women are twice as likely to die than others with myositis, and they are four times more likely to die than white men with the disease". With the backing of TMA's Medical Advisory Board and research team, we plan to educate, empower, and encourage women, caregivers, and communities of color through workshops, meetings and supportive activities. This will enable participants of WOC to go into their communities, and convey factual information about myositis.

Women of Color Leaders

Holly Jones & Kaniah Gunter

We hope that everyone has enjoyed their Myositis Women of Color July Vacation. We are excited to see you all virtually in August and in-person at the International Annual Patient Conference!

Thank you to everyone who wished our Leader, Holly Jones, a Happy Birthday!



Stay Connected With Us

We want to stay in contact with you. If you have not updated your information on our Google Form please go to the <https://forms.gle/hVUQMv4mJmXnnDgh7> or click the link in the Facebook Group.

Like and Follow Us on Facebook @Myositis Women of Color Page (Public)

Join Us on Facebook @The Myositis Association Women of Color Affinity Group (Private)

Email: tmawoc@gmail.com



Set Your Calendar

June 29th- ROCK THE BLOCK was a success!

July

- Myositis Women of Color Vacation Month (NO MEETING... ENJOY SUMMER)
- July 12- Holly Jones Birthday

August

- Aug 1 - MWOC Affinity Group Meeting
- Last Call: Purchase Your MWOC Merchandise

September

- Sep 6-8, International Patient Conference
- Wear Your Uniform on Friday



THE INTERNATIONAL ANNUAL PATIENT CONFERENCE

SEPTEMBER 6-8, 2024
HILTON BALTIMORE INNER HARBOR



Celebrating
**5 YEARS
ESTABLISHED**

This year we will be celebrating 5 years the Myositis Women Of Color Affinity Group has been established as a group under TMA.

CONFERENCE FEES

	Price	Deadline
Regular registration	\$299.00	Thursday, August 29
Late/on-site registration	\$379.00	Friday, August 30– Sunday, September 8
Heroes in the Fight Gala	\$75.00	Saturday, September 7
Off-site excursions – \$30-45 (More Info »)		

Visit the website: www.myositis.org for additional information on how to prepare for the conference.



**Congratulations
to the recipients of the
TMA IAPC Scholarship!**



Committee News

IF YOU ARE INTERESTED IN VOLUNTEERING ON OUR COMMITTEES,
PLEASE CONTACT US BY EMAIL.



WELCOME AND ADMINISTRATION

Please be sure to fill out the Google form in our Facebook Group. If you are not a member of the Facebook Group, please let us know so we can send you the link through email.

When entering our monthly meetings, please state your name, location, and form of Myositis. This will encourage fellow members to connect with you. We never want you to feel alone.

REGINA DAVIS



BEREAVEMENT AND WELLNESS

Please keep the Moyer Family in your thoughts and prayers.

Please keep all of our MyoSis's that are in the hospital, feeling ill, or recovering from a circumstance in your thoughts and prayers.

For every bereavement family, flowers and a card are sent to the family on our behalf. If you would like to attend the services or send a personal gift, please inform the leader of the committee.

For our wellness members, we send a Get Well Soon Card. If you would like to send a personal card or gift, please inform the leader of the committee.

If you would like to donate, but not join the committee please inform the leader, so you can be placed on the call list.

HOLLY JONES

HEALTH

Summer Self-Care Tips:

Wear Sunscreen

Stay Hydrated

Smile Often, Laugh More

Eat Fruits and Veggies

Take a Vacation or Staycation

Exercise Moderately Outdoors

Start a New Hobby

Practice Self Love and Forgiveness

KANIAH GUNTER



SOCIAL MEDIA AND NETWORKING

LIKE, COMMENT, SHARE, and FOLLOW US
on all Social Media Platforms.

Use our hashtags:

#tmawoc #myositiswoc #myosisterhood #3E

We recently collaborated with AIP BIPOC organization.
We are waiting on media package from
the organization to be released.

Four of our members were in the anthology book,
Awaken Your Inner Warrior.
Kimberly Branche, Aisha Hall, Monika Davis, Holly Jones

KIMBERLY BRANCHE



FUNDRAISING AND EVENTS



Join Our Newest Campaign!!!

STEP UP -N- ROLL ON

Gather your family, friends, and
Co-workers...

Girl... EVERYBODY!

OUR GOAL IS TO RAISE: \$5,000!!!

WE CAN DO THIS!

What you need to do:

Wear your MWOC T-shirt
(if possible)

Take a selfie or 10 sec video
of you walking or rolling

Post to your social media and submit
to the Social Media Committee

Use Our Hashtags:
#TMAWOC #MYOSITISWOC
#STEPNROLL24



DONATE!

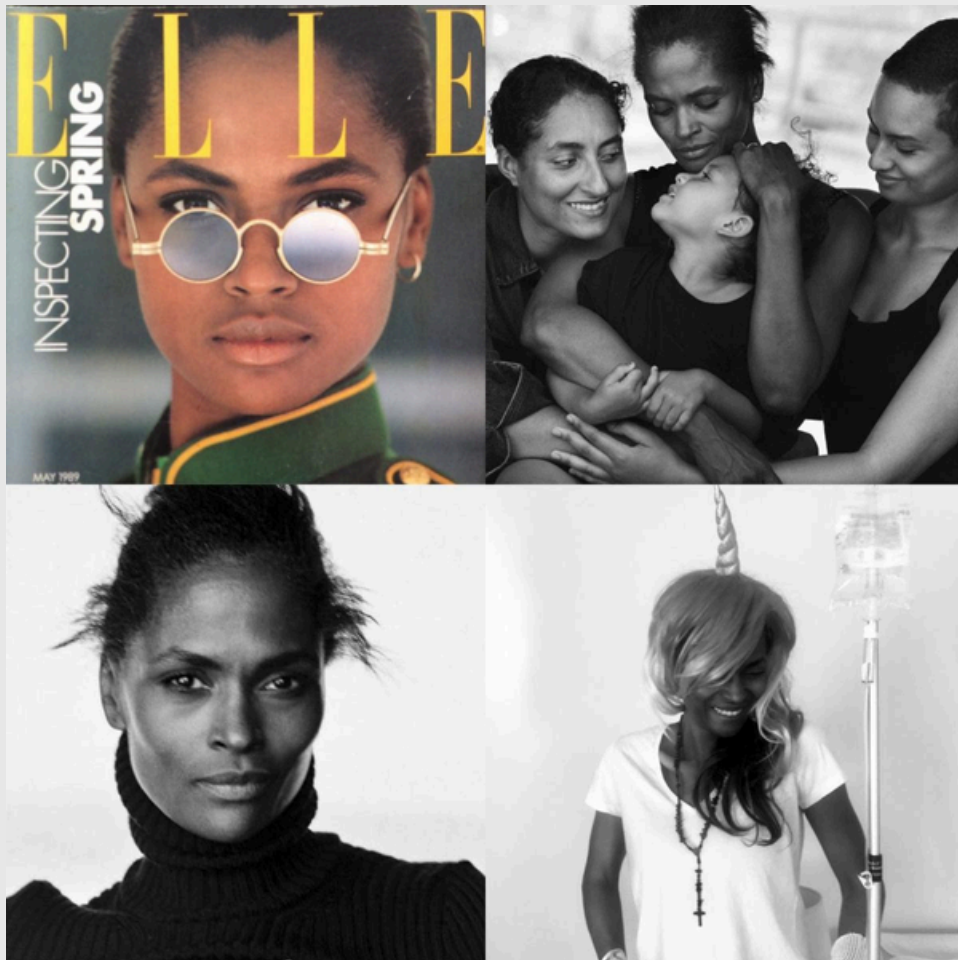
VISIT WWW.MYOSITIS.ORG/GETINVOLVED/FUNDRAISE/CAMPAIGNS/STEP-UP-N-ROLL-ON/

MEET OUR MYOSITIS WOMAN OF COLOR HERO

Karen Alexander

20204 TMA Recipient Patient Ambassador Award

The Patient Ambassador Award is presented to a member of the community who has demonstrated extraordinary effort and success raising awareness within the broader public by educating others, raising funds, and/or supporting legislative advocacy initiatives for myositis, neuromuscular, degenerative, and/or autoimmune disease.



Fashion supermodel, mother, hospice volunteer, and dermatomyositis warrior.

Memories and Moments

OF MWOC @ 2023 TMA CONFERENCE



