



Fall 2017 News & Events

In the last quarter, intrepid volunteers held creative events, large and small, that helped to build awareness and raise funding in support of the AARDA mission. If, in reading about them, you are inspired to hold an awareness or fundraising event in your community, please contact us! Email aarda@aarda.org to get started.

If you should happen to learn of a benefit for AARDA taking place in your community, please check with us to make sure it's an official AARDA-approved event.

Our deepest thanks to...

Julia Pandl, a former AARDA Board Member, who continues to embrace the mission through her annual "Howl at the Moon 1K Run, Walk, Waddle, Crawl" event in Whitefish Bay, Wisconsin. This event draws lots of folks for a truly fun day. This year, "Howl at the Moon" raised more than \$18,000!

O'Neill Healthcare, Bay Village, OH, a nursing home and assisted living facility, held a raffle and raised \$110 for AARDA.

Toll Gate Grammar School in Pennington, NJ, made a "Spirit Donation" of \$203.50 to AARDA.

Darling's Ice Cream for a Cause collected \$134.00 in voluntary donations to AARDA at Hillary and Jimmy's Wedding!

Roz Fanchier, Alicia Watrous and Brittanie Kahn raised \$88 for AARDA from their Lula Roe Facebook Shoppe fundraiser.

Linda Browning raised \$245 for AARDA by selling the knitting pattern for her "Bal Harbour Wrap" and donating the net proceeds. Linda releases one "charity pattern" per year and donates the net proceeds to a charity selected by the Tinyknitters Group. Thanks to all!

Rachel Griggs of Lake Oswego, OR, who raised \$4,797 through a glassybaby white light fund event. Glassybaby is an artisan glassblowing concern whose glassybaby white light fund "promotes hope and healing."

Iota Elementary 4-H Club and School in Iota, LA, raised \$315 "in honor of Autoimmune Disease Awareness."

Facebook Fundraisers continue to be popular. From June through August, FB fundraisers raised \$2,690 for AARDA – mostly through "I'm Donating My Birthday" events. If you'd like to learn more, just go to AARDA's main [Facebook page](#) and click on Fundraisers.



Julia Pandl & Howl at the Moon Crew

On the horizon...

Ashley Calder is hosting a 90-minute Zumbathon on Friday, October 20 at Crunch in Bellmore, NY, called, "Shake Yo Booties for Autoimmune Disease!" Good luck, Ashley!



Alexa Girimonte is the "Be the Change" Campaign Coordinator for **Delta Phi Epsilon at the University of New Haven** in Connecticut and is leading the sorority's effort to do a week-long awareness and fundraising event in October. Alexa and two of her sorority sisters joined AARDA at the New York Autoimmune Walk!

Elly Quinton and **Alpha Kappa Psi** at "Ole Miss" are planning a spring 2018 awareness event on campus.

Other ways you can help

- The [AARDA Store](#) is open 24/7. Check it out! There may be a T-shirt, mug, or water bottle that would look good on you and help spread awareness.
- **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. Email walk@aarada.org to sign up!
- **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 aarada@aarada.org to share your story.



New @ AARDA

Sandra Cobb recently joined the AARDA staff as our new Resource Development and Community Outreach Manager.

Welcome Sandra!



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