

JANUARY MITOACTION NEWSLETTER

Many of us make New Year's resolutions...although some of us who live with or care for others with Mitochondrial disease may find ourselves already stretched so thin, or so overwhelmed, that it is hard to imagine adding any more to an already heavy burden.

This is where the Mitochondrial Disease Action Committee hopes to help.

You see, by becoming involved, you can make a difference in the world of Mito and in the lives of families like yours. We at MitoAction earnestly believe that by being involved - be it as a member of a committee or taking on a much larger project or leadership role- you can gain support and insight by working closely with others who are also dealing with the emotional and physical roller coaster associated with the disease. We want to hear your ideas – our mission is to SUPPORT * EDUCATE* ADVOCATE so that we can help you.

IMPORTANT 2007 DATES

- Annual [MitoAction Family Fun Walk](#): Saturday, September 29, 2007
- Mito Family Socials: every 2nd Sunday afternoon in Needham

(Social this month is [Sunday January 21](#) – see www.mitoaction.org for details)

- **Next General Meeting: February 9, noon.** The general meeting is held at Tufts-NEMC in Boston, but toll-free call-in is also available. The general meeting is open to EVERYONE – we welcome anyone interested in learning more about Mito to join us!
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Shop on Amazon.com and help MitoAction earn referral dollars! Simply visit the MDAC website (www.mitoaction.org) and link to Amazon by clicking “[Give Back to MDAC when you shop on Amazon.com](#)”

Projects for 2007!

We are bubbling over with enthusiasm about the great projects in the works for this year! Take a look at the attached minutes and be sure to join in at the next general meeting on February 9th to make a difference in the world of Mito!

***NEW for 2007!** Do you have friends and family that ask you,*

“What can I do to help?”

Now you have an answer! Follow these steps to set up your own fundraiser – it takes less than 5 minutes and allows you to customize your own fundraising page with pictures, colors, quotes, etc!

We have a few steps below on how to get started.

1. Got to www.active.com/donate/mitoactionfund
2. Click on “Become a Fundraiser”
3. Create your unique Active.com login
4. Create your own Fundraising Page!

We cannot wait for you to join us in this wonderful opportunity! It’s simple, free to use & of course, fun!

The Mitochondrial Disease Action Committee would like to welcome KIM LORIMIER as our new 2007 President! Kim became involved in MitoAction a few years ago while searching for a diagnosis for her daughter Gwen. Kim is very committed to hearing the voices and needs of families affected by Mito, and she would like to encourage every patient, parent, family member, spouse or teacher to get involved by joining a committee. We are a nonprofit organization created by patients FOR patients, and we rely on your support to make things happen! Email Kim at gwenbelly@gmail.com today!

Best wishes for a happy new year!
Cristy Balcells RN MSN, Executive Director