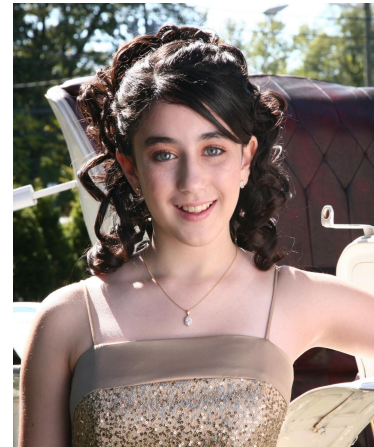




Take Steps kicks off in Manhattan!



On April 5th, the Greater New York Chapter hosted a kick-off party for the 2011 Take Steps Walk for Crohn's and Colitis. Over 100 people ate, drank, mingled, and signed up to participate in this year's Take Steps Walk! This year's honored hero, 15 year-old Sarah Losner, spoke to the attendees about her own courageous struggle with Crohn's disease and the obstacles that she has overcome since her diagnosis: CCFA "has made me realize that I am not alone in my fight with IBD. The first word that comes to my mind when I think of CCFA is 'friends' because of all the people I have met who know exactly what I am going through."



Sarah Losner, 2011 Honored Hero

To get involved in Take Steps Manhattan and Take Steps Brooklyn, contact Danielle Thibault, 212-679-1570 ext. 4; dthibault@ccfa.org.



New support groups and education!

Gut Reactions

6:30-8:00 PM; May 5th, 12th, 19th, and 26th; 386 Park Avenue South, 14th Floor

This 4-week intensive support group will explore various challenges for individuals living with IBD. The content of the group will be co-created by the participants and co-facilitators. Topics can include: *workplace issues, doctor-patient relationships, social challenges, and meditation and relaxation techniques.* Pre-registration is required, as well as a commitment to attend all four sessions. To register, go to: <http://online.ccfa.org/site/Calendar?id=112251&view=Detail>

Understanding Inflammatory Bowel Diseases: What Every Patient Needs to Know

*Sessions in Brooklyn, Queens and Staten Island; times and dates vary
Please call for more information.*

Looking for more information about Crohn's disease & ulcerative colitis? Join one of our FREE, interactive events for patients, families & caregivers. Each session facilitated by a leading NYC Gastroenterologist!

For more information and to register, contact Sergio Seijas: 212-679-1570, ext. 1 sseijas@ccfa.org

A message from the Executive Director:



My journey with the Crohn's and Colitis Foundation of America began over 15 years ago when I began volunteering for the foundation. I was diagnosed with Crohn's disease at age 12, at a time when there were few treatment options for patients suffering from IBD. When I discovered the CCFA, I realized that I could make a difference, not just for myself, but for all of the 1.5 million Americans suffering from Crohn's disease and ulcerative colitis. My volunteer involvement with CCFA empowered and motivated me, and I was thrilled to assume the role of Executive Director of the Greater New York Chapter in 2010.

I have been amazed and inspired by how far we have come since I was first diagnosed - advances in medical research have led to new therapies and surgical techniques; major strides in the field of genetics have brought us closer to understanding the causes of these diseases; and increased awareness of IBD has made life easier for patients. CCFA has made a significant impact in each of these areas, and I am proud to be a part of that tradition.

I look forward to working with each of you to further the cause of the Crohn's and Colitis Foundation. With your support and participation, we can continue to provide vital education and support to patients and medical professionals, build crucial awareness about IBD, and ultimately achieve CCFA's vision of a world free of Crohn's and colitis, one step at a time.

Rhondell

Join Team Challenge: Change your life!

Team Challenge is heading to the hillside vineyards of **California Wine Country** (July 17), the historic estates and beautiful horse farms of **Virginia** (June 4), and the scenic beaches of **Kona, Hawaii** (June 26). This season, Team New York is more than 80 strong and is now training in both Manhattan and Brooklyn! To date, the team has raised more than \$200,000. With more than two months to go, they are expecting to raise a record breaking \$300,000 toward the Crohn's and Colitis Foundation's efforts to increase awareness of and to find a cure for IBD.



To sign up for Team Manhattan, contact:

Danielle Whittaker,
212-679-1570 ext. 3
dwhittaker@ccfa.org

To sign up for Team Brooklyn, contact:

Stacey Clark,
212-679-1570 ext 7136
sclark@ccfa.org

Want to join us?

When you join Team New York, you'll receive:

Weekly training by professional coaches over approximately 16 weeks in Manhattan or Brooklyn.

All the tools and help you need to raise your funds — you'll even get a free web page for fundraising support.

Resources, clinics, helpful tips on nutrition, hydration, injury prevention, and more.

A **Team Challenge t-shirt** when you sign up, plus a singlet for the race

An expenses-paid weekend away, including transportation, accommodations, race entry fees, and entertainment when you commit to this fundraising program.

CCFA Greater New York Chapter Upcoming Events:

18th Annual Women of Distinction Awards Luncheon will be held on April 28th

On Thursday, April 28th, the Crohn's and Colitis Foundation will honor celebrity jeweler, Lorraine Schwartz, CCFA Board member, Michele Sweetwood, and Rising Star, Lizzy Noble, at the Waldorf=Astoria Hotel. That afternoon Bergdorff Goodman will present the evening collections of Andrew Gn, Oscar de La Renta, J, Mendel, Alexandra Vidal, CD Greene, and Kaufman Franco. Tickets are still available.

The **Ultimate Raffle** is the highlight of the luncheon! Fabulous Grand Prizes include: a Black diamond 2BHappy bracelet from Lorraine Schwartz, a Brique box leather 35cm Birkin with white stitching, a shopping spree at Bergdorf Goodman, and much more! Winners need not be present! For more information, contact Ed Muñoz at 212-679-1570, ext. 2.

Support groups

First Tuesdays:

Open support group
Meets the 1st Tuesday of the month
6:30-8:00 PM

Special women's event! IBD and She:

Focusing on living while managing IBD
Wednesday, May 18
6:30-8:00 PM
(women's support group meets the
3rd Wednesday of every month)

CCFA Greater New York Office
386 Park Avenue South, 14th floor

For more information, contact
Sergio Seijas: 212-679-1570 ext. 1
sseijas@ccfa.org

CCFA needs VOLUNTEERS!

Work at events!

Promote our programs!

Help out in our office!

Give support to IBD patients!

Interested in helping out?

Contact Liz Sylvan
212-679-1570 ext. 7137

May 3, 2011: Young Professionals Bar Night, 7:00 PM,
Mason Jar NYC, 43 East 30th Street

In your 20's or 30's? Join us for an evening out and learn more about the CCFA Young Professionals Committee;
Contact Liz Sylvan 212-679-1570 ext. 7137 or lsylvan@ccfa.org.

May 4, 2011: Advocacy Committee Meeting, 6:00 PM
386 Park Avenue South, 14th floor

Interested in getting involved in advocacy with the CCFA?
Contact Sergio Seijas 212-679-1570 ext. 1 sseijas@ccfa.org.

May 11, 2011: Take Steps FUNdraising Clinic: All Things Fundraising and Matching Gifts, 6:30 PM
386 Park Avenue South, 14th Floor
Contact Danielle Thibault, 212-679-1570 ext. 7133; dthibault@ccfa.org.

May 18, 2011: CCFA Theater Club presents, "Catch Me if You Can", at 8:00 PM
Support the CCFA and see a show! \$350 for two tickets
Contact Ed Muñoz at 212-679-1570, ext. 2 or emunoz@ccfa.org.

June 6, 2011: Annual CCFA Golf Classic, Deepdale Golf Club, Manhasset, New York
For more information, contact Ed Muñoz at 212-679-1570 ext. 2 or emunoz@ccfa.org.

June 11, 2011: Take Steps Manhattan, South Street Seaport
Walk to raise money for the Crohn's and Colitis Foundation or volunteer on the event day.
Contact Danielle Thibault, 212-679-1570 ext. 7133; dthibault@ccfa.org.

Join the CCFA Advocacy Network: make your voice heard!

When you join the Advocacy network, you'll receive updates about our work to increase federal dollars for IBD research. You will also learn how you can take action toward finding a cure for Crohn's disease and ulcerative colitis by contacting your Representatives and

“As a parent of a child with Crohn's and colitis, I have witnessed first-hand the often debilitating effects of this disease. Alongside Congressman Jackson, I am continuing to help raise much-needed awareness about issues related to Crohn's and colitis—across party lines.”

-Ander Crenshaw (R-FL)

making your voice heard.

In March, Congressmen Ander Crenshaw (R-FL) and Jesse L. Jackson, Jr. (D-IL) launched the Congressional Crohn's and Colitis Caucus. This new caucus will work to promote awareness of Crohn's disease and ulcerative colitis, the need for expanded research at the National Institutes of Health and Centers for Disease Control and Prevention, and the importance of accessible insurance and disability for patients with IBD, chronic and often debilitating digestive diseases affecting over 1.4 million Americans. Congressmen



Crenshaw and Jackson are inviting all Congressional colleagues to become members of this new caucus.

Crohn's and Colitis Foundation

Greater New York Chapter

386 Park Avenue South, 14th floor | New York, NY 10016 | 212-679-1570

Rhondell Domilici, Executive Director rdomilici@ccfa.org; ext 6

Ed Muñoz, Director of Special Events & Operations emunoz@ccfa.org; ext. 2

Liz Sylvan, Development Manager lsylvan@ccfa.org, ext 7137

Sergio Seijas, Regional Education and Support Manager sseijas@ccfa.org; ext 1

Stacey Clark, Regional Team Challenge Endurance Manager sclark@ccfa.org; ext 7136

Danielle Whittaker, Team Challenge Endurance Manager dwhittaker@ccfa.org; ext 3

Danielle Thibault, Take Steps Walk Manager dthibault@ccfa.org; ext 4

Jose Luis Muñoz, Administrative Manager jmunoz@ccfa.org; ext 5

Jose Torres, Camp Administrator jtorres@ccfa.org; ext. 7130