



CROHN'S & COLITIS FOUNDATION OF AMERICA

GREATER NEW YORK CHAPTER

Chapter Newsletter

July, 2011

Health and Wellness Workshop Gives Patients Tools to Improve Wellbeing

On Saturday, June 25th, the Greater New York Chapter hosted its 1st Annual Health and Wellness Day in Manhattan. Participants learned how fitness, yoga, nutrition, massage, art therapy, and acupuncture can promote wellness and alleviate IBD symptoms. Wellness professionals gave presentations and demonstrations on these topics, and the audience walked away with new knowledge and tools to manage their symptoms. CCFA thanks Simply Bar for sponsoring this event!



Yoga instructor, Scott Licata



Fitness professional, Amie Hoff



Volunteer, Kathleen Forte at the CCFA mission table



Art therapist, Caren Sacks

Join Team Challenge and Run the Las Vegas Strip at Night!



Interested in training for a half-marathon while raising funds for CCFA? **Join us for an upcoming info session!**
<http://www.ccteamchallenge.org>

Team NYC: contact Megan Haran at 212-679-1570, ext. 3 or mharan@ccfa.org

Team Brooklyn: contact Stacey Clark at 212-679-1570, ext. 7136 or sclark@ccfa.org

Message from the Executive Director:



CCFA Partners Gives Patients a Chance to Share

CCFA is looking for 10,000 or more IBD patients to share how IBD has impacted their lives through our newly-launched groundbreaking online research and education program, CCFA Partners (<http://ccfapartners.org>). By completing a short, confidential survey about their current quality of life and providing occasional updates on their health, participants can shape researchers' understanding of IBD. This will ultimately help us to reach the goal of more rapid research progress, better treatments, and the cures we need.

We need your help to reach our goal of enrolling 10,000 people with IBD in CCFA Partners! All a patient needs to do is fill out a survey, then check back in six months with an update on their health. In return, they'll be contacted every three months with updates on the program and more information about IBD. The research study is completely confidential at all times, and will provide valuable data for future treatments! Patients can enroll NOW at www.ccfapartners.org! Thank you for being a part of the solution!

If you missed the fun of the Take Steps walk at the South Street Seaport, don't worry! We are hosting a Brooklyn Walk on Sunday, October 30th in Prospect Park! SIGN UP and START FUND-RAISING NOW at www.cctakesteps.org/brooklyn.

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Featured Fundraising Events:

Guitars for Guts: A Benefit Concert for CCFA

On August 14th New York band, Alphabets and Montreal-based band, Roads, will play a CCFA benefit concert at Williamsburg Music Hall in Brooklyn. The concert will begin at 3:00 pm. Doors open at 2:00 pm. For tickets: <http://www.musichallofwilliamsburg.com/>

2nd Annual Texas Hold 'Em Poker Night to Benefit CCFA:

The 2011 Texas Hold 'em Poker Night event will be held at the Soho House on September 15th. Play for over \$40,000 in prizes, including a week at a private villa in St. Maarten. Play poker, and enjoy great food and a top shelf open bar while raising money for CCFA.

For more information, contact Liz Sylvan: 212-679-1570 or lsylvan@ccfa.org.



St. Maarten Villa

Young Professionals Committee to hold Bet Your A\$\$ Off Casino night,

On October 20th, the CCFA Young Professionals Committee will host their 3rd Annual Casino night, honoring committee member, William Rose. Join the CCFA Young Professionals for an evening of gaming, featuring plenty of food and drink, and fabulous prizes and raffle items. All proceeds will benefit CCFA!

CCFA Greater New York Chapter Upcoming Events:

Patient Education and Support

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

First Tuesdays Open Support Group

August 2, 2011: 6:30-8:00 PM

386 Park Avenue South, 14th Floor, New York, NY 10016

Third Wednesdays Women's Support Group

August 18, 2011: 6:30-8:00 PM

386 Park Avenue South, 14th Floor, New York, NY 10016

Patient Education Symposium

September 18, 2011

The Lighthouse International: 111 East 59th Street, New York, NY 10022

Register at: <http://online.ccfa.org/pes11>

Pediatric IBD Day

October 16th, 2011

Dave and Busters: 234 West 42nd Street, New York, NY 10036

July 27, 2011: Eat at California Pizza Kitchen on Park Avenue South and 20% goes to CCFA!
444 Park Avenue South

Contact Danielle Thibault at 212-679-1570, ext. 4 or dthibault@ccfa.org

July 28, 2011: Man Raffle to benefit Take Steps, 7:00 PM

Kat Walk, 2 West 35th Street

Contact Danielle Thibault at 212-679-1570, ext. 4 or dthibault@ccfa.org

July 28, 2011: CCFA Theater Club Presents *War Horse*, 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

August 14, 2011: Guitars for Guts: A Benefit Concert featuring The Alphabets and ROADS
Williamsburg Music Hall

Contact Liz Sylvan at 212-679-1570, ext. 7137 or sylvan@ccfa.org

August 18, 2011: CCFA Theater Club presents, "*Baby It's You*," 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

September 15, 2011: CCFA Theater Club presents, "*Anything Goes*," 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

September 15, 2011: 2nd Annual Texas Hold 'Em Poker Night Benefiting CCFA
Soho House

Contact Liz Sylvan at 212-679-1570, ext. 7137 or lsylvan@ccfa.org

October 20, 2011: Bet Your A\$\$ Off: Young Professionals Casino Night

Contact Ed Muñoz at 212-679-1570, ext. 2 or emunoz@ccfa.org

Hundreds of Walkers Take Steps in Manhattan



On June 11, over 800 IBD patients and supporters came to the South Street Seaport to Take Steps and Be Heard for Crohn's

and colitis. After a rainy morning, the sun came out just in time for the festivities to begin.

While the whole crowd was in a jovial mood, "The Walking Warriors" were especially festive and won the 2011 Team Spirit award!

The day's events, MC'ed by Fox News anchor, Rick Folbaum, featured a live performance by Connecticut band, Fastback CT, a face painting station, and plenty of donated food! After a moving speech by Honored Hero and IBD sufferer, Sarah Losner, the walkers set off across the Brooklyn Bridge. Over \$9,000 was raised on event-day alone!

REGISTER NOW: TAKE STEPS BROOKLYN OCTOBER 30th in PROSPECT PARK

www.cctakesteps.org/brooklyn



You can still raise funds for the NYC Walk:

- **California Pizza Kitchen:** 20% of your check goes to CCFA! Wednesday, July 27th from 11AM to 2PM 440 Park Avenue South
- **Man Raffle to benefit CCFA!** Thursday, July 28th at 7PM Kat Walk NYC
- **Yankees Game**, date TBD
- **Mets Game**, date TBD

