



20 for 20 ANNIVERSARY CAMPAIGN

IF YOU **GIVE \$20** AND ASK **20 FRIENDS & FAMILY TO GIVE \$20**

Then... **YOU CAN RAISE \$420**

&...

100
MEMBERS



\$42,000

1,000
MEMBERS



\$420,000

5,000
MEMBERS



\$2,100,000

10,700
MEMBERS



\$4,494,000

**ONLY 90 DAYS LEFT
TO GET TO \$420,000**

ALL IT TAKES TO GET STARTED IS \$20

WWW.CROWDRISE.COM/THE-TMA-20-FOR-20-CAMPAIGN

HERE IS HOW OTHER MEMBERS HAVE DONE IT

When I was diagnosed with transverse myelitis almost five years ago, neither I nor anyone in my family had ever heard of transverse myelitis. While I was in the hospital receiving steroids and other treatments for transverse myelitis, my family searched the Internet and found The Transverse Myelitis Association's website. By looking at the TMA's website and speaking to a support group leader from the state I was in, my family and I learned more about transverse myelitis and felt less alone in dealing with my diagnosis. I was so relieved to see that there was an organization working on behalf of people with rare neuro-immune diseases.

I am thrilled to be a part of the 20 for 20 fundraising campaign to raise money for the TMA's research, education, and advocacy efforts. I created a Crowdrise account on the campaign's page and shared the link with my friends and family via social media, and asked others to share the link as well. I also sent an email to my family and close friends explaining the work that the TMA does and asked them to contribute and/or forward the link. Spreading the word about this campaign helps ensure that the TMA continues to grow for the next 20 years and beyond!

~ GG deFiebre

When I was diagnosed with TM in 2006, my first neurologist said to me, "You have transverse myelitis and there's nothing I can do for you except refer you to a psychologist so you can learn to live with it". I said, "I have WHAT and you WHAT?" I had never heard of

TM! My GP had to get his books out! Needless to say, I don't know what I would have done without the TMA.

We have to keep this association active! We are orphans! We have few advocates but those we do have are champions and serve and share with the TMA, which in turn informs the rest of us. This is one of those "hang together or hang separately" things!

When I first learned of the fundraising campaign I thought, "What a great idea! Simple and easy and asking for only \$20!" I emailed my family and friends and told our story. I encourage all who have not yet formed a team to do so. It is so easy and so essential. Let's get'er done!

~ Darlene Rogers

Much of what I have learned about my condition came from the TMA website. It is a resource I rely on. I was shocked to see that just 4% of members give to The TMA - members are probably the ones with TM or other similar conditions. These people should be the biggest advocates because they have the most at stake. When I raised money for Leukemia and Lymphoma Society, the patients and parents of children with blood cancer were the biggest fundraisers. TM is something that hit me. I have supported other people's fundraising activities for years, so now it is time to help myself.

~ Lynn Nelson

Suffering from a rare neuro-immune disease is very hard and frustrating every single day. Not a day goes by that I don't think about my future and the unknowns I am faced with. I joined in on the TMA 20-for-20 Anniversary Campaign to help spread awareness, and to help raise money for more research. My hope is that the money raised toward this campaign will help people like me have a brighter future and hope for tomorrow. Before getting this diagnosis I knew nothing about transverse myelitis, nor had I heard of it even through nursing school. By sharing my page with friends and family, as well as social media pages, I have been able to share my story and make people aware of The Transverse Myelitis Association. My family and friends have passed along my page to their family and friends and shared it on their social media pages in a huge effort to raise funds for this wonderful organization. I am hopeful with the money raised, we will have more local community support, and be able to have larger events in an effort to raise more money and awareness. Thank you for all you have done.

~ Julie Dstroski

I look at the TMA 20 for 20 campaign as something very personal to me. When I was diagnosed with TM, I felt so alone. No one had heard of TM, including many of the doctors and nurses I encountered. Through social media I found several Facebook groups full of people all around the world with TM, and that led me to the TMA. I am so appreciative that there is an organization like TMA to advocate

for us and support research efforts in finding a cause and treatment for TM. As a mother of two young girls, I feel blessed that I have had a good recovery from my initial attack, but I have so many friends with TM who haven't and who suffer daily from its effects. This is the letter I am sharing on social media to ask my friends and family to support this cause:

Dear friends,

Thank you to the 11 friends who have donated to my campaign to raise money for the Transverse Myelitis Association. Transverse Myelitis is a rare condition in which the immune system attacks the nervous system, often causing significant damage to the spinal cord.

You may or may not know, but the night that I initially became ill, the ER sent me home with a diagnosis of a pinched nerve, even though I was exhibiting neurological symptoms and repeatedly told them something was not right. By the time I went back the next morning, I had lost the use of the lower half of my body. I was fortunate to be in the 1/3 of TM victims who have a pretty good recovery, but many of my TM friends are paralyzed and have had NO recovery at all. This includes children as young as 6 months and up.

Had the hospital staff been more aware of the presenting symptoms of this disease, they might have ordered an MRI and treatment sooner and I might have avoided some of the irreversible damage to my spinal cord.

The TMA is working hard to advocate for those of us affected by the disease and to help educate and create awareness, especially in ER's where time is of the essence in diagnosing this disease.

Will you please consider donating just \$20 to what I consider is a VERY worthy cause? You don't even have to get cold or wet to help me.

Facebook tells me I have hundreds of friends; just think, if each of them donated just 20 dollars. It could make a huge difference!

Thanks for considering,

Love,
Sara

~ Sara Casey

HERE IS HOW YOU CAN DO IT

CREATE A TEAM AND DONATE ONLINE IN 5 EASY STEPS!

1. Go to our Campaign Page on Crowdrise - <https://www.crowdrise.com/The-TMA-20-for-20-Campaign>
2. Click on "FUNDRAISE FOR THIS CAMPAIGN" on the lower right corner and create your own fundraising page
3. Donate your first 20 dollars
4. Copy the link of your fundraising page and send it out to 20 friends & family members
5. Let the fun begin and watch your donation grow!

OR DONATE OFFLINE

Download our Donation Cards to give to 20 people (<http://bit.do/donation-cards>) and download the 20-Year Power of Giving Campaign Flyer (<http://bit.do/campaign-flyer>) to give out to your friends and family!