

RTS Newsletter

December
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To inform, educate and empower all those whose lives are touched by RTS

Winter Issue
No. 1



www.rtsplace.org

Wishing our RTS families and friends a happy, healthy, and peaceful holiday season!



Your support for the RTS Foundation has not gone unnoticed this past year. We are very grateful for the many times and ways that your support lifted our spirits. Whether it's your generous support of our various fundraising events or the occasional note letting us know that a fruit basket from the RTS Foundation made an otherwise difficult day feel a little brighter for you, we heard you and appreciate your unceasing support for RTS. **Thank you!**

As the new year approaches, The RTS board of directors remains steadfast in their resolve to actualize the mission of the foundation. While much work remains, including increasing fundraising efforts to support RTS related research; preservation of the Patient and Family Registry; engaging RTS families to become advocates in their home communities to educate others about RTS, to fundraise; and to engage more actively with the RTS Foundation by offering their time and talents... So next year is promising to be challenging. With the continued support of our RTS families and friends, anything is possible.

On behalf of the RTS Foundation Board Members:

Chair - Emil Zakutny
Vice-Chair - Laurie Sperou
Treasurer - Shelley Sanders
Secretary - Ta-Tara Rideau
Board Member - Sheila Townsend
Board Member Stacy Hanson
Board member - Kara Hanson
Board Chair Emeritus - John Kimmel and Mrs. Helen Kimmel
RTS Technical Support - Adam Kimmel

Don't let stress undermine your holiday season!

The holidays are the most wonderful time of the year... but not always. While the holidays can provide an opportunity to spend time with family, friends and engage in comforting family rituals and activities, it's also a time when many people feel increased levels of stress, anxiety, sadness, and loneliness. In fact, 38% of people report (APA Association) increased stress and 64% of people struggling with mental health issues report the holidays made them feel worse. Here are some suggestions (University of Utah) to help you manage stress and enjoy the holiday season to best degree you can.

PUT YOUR MENTAL HEALTH FIRST THIS HOLIDAY SEASON

The holidays fill the air with happiness and cheer, yet they can also carry stress and sadness for many people, especially those who deal with an underlying mental health condition. Here are some ways you can avoid or cope with the holiday blues.

- MANAGE YOUR TIME**
Write down your schedule for the day and stick to a plan. Choose a friend, family member, or therapist to hold you accountable to following through.
- KEEP A JOURNAL**
Even something as simple as keeping a journal or writing on a sticky note or notepad can help you reflect and see the patterns on days that you felt better. Then, you can use those tips for days that are harder.
- LIMIT ALCOHOL USE**
Try to limit alcohol to holiday social events and no more than 1-2 drinks in one sitting. Or ditch the alcohol entirely and enjoy other holiday beverages like cider or hot chocolate.
- SCHEDULE SOME FUN AFTER THE HOLIDAYS**
Having something to look forward to is important, and this does not have to be an expensive outing. Even a day out with one or two people you care about can lift your mood.
- WATCH WHAT YOU ARE EATING**
Use smaller plates when possible and listen to your body. Eat until you are satisfied, not until you are stuffed.
- DONATE YOUR TIME**
If you are feeling lonely, volunteering can also be a great way to connect with people who may share similar interests. Giving back to your community and to others in need can be a great way to do something positive.
- LIMIT YOUR TIME ON SOCIAL MEDIA**
Social media can be overwhelming at times—even more so around the holidays, when people have more free time on their hands. Limit your time on devices and spend time doing things you enjoy with people you care about.
- SET BOUNDARIES**
Be comfortable with saying no to things, and to people that may cause you stress. Setting healthy boundaries with things, people, and family is even more important during the holiday season.

Reminder - Live 2023 RTS Sharing and Caring Conference



The RTS Sharing and Caring Conference is a wonderful opportunity to connect with RTS families for either the first time or to reacquaint yourself with families that you may not have seen for some time, given the Covid-19 Pandemic.

While the itinerary for the conference continues to be finalized, presentations will address, among other topics, the status of research, medical and clinical challenges of RTS, management of dermatological concerns and the psychosocial aspects of living with RTS and its impact on the family. As in prior years, all attendees can participate in the Sharing and Caring part of the conference. This is a unique opportunity for families to share their lived RTS experiences, provide feedback and find mutual support.

Due to the limited accommodations at the Home2 Suites Hotel in Maine, please contact us via support@rtsplace.org as soon as possible, if you are interested in attending the conference. We look forward to seeing you at the conference.

Here is the pertinent information about the 2023 RTS conference:

Location:

Home2 Suites by Hilton Portland Airport
50 Maine Mall Road
South Portland, ME 04106

Phone: 207-517-3636

Date(s):

Friday April 28 to Sunday April 30, 2023

Friday - 4/28

5pm - 8pm Welcome mixer for all
conference attendees

Saturday - 4/29

8am - 5pm Full day conference with lunch
break

Sunday - 4/30

8am - 11am Presentation with conference
ending remarks

Make your final gift of the year count - Creative ways to donate to RTS



End your year feeling good knowing that your donation will have a direct impact on another person's life. All donation to RTS go directly to supporting RTS related research, RTS Patient and Family registry, genetic testing, educating healthcare providers and conducting RTS Sharing and Caring Conferences where families are able to connect with other RTS families from around the world.

There are number of creative ways that you can donate to RTS. You can donate as much or as little as fits your budget. We appreciate your generosity no matter the amount. Here are some ways to donate:



Employer - If you work for a company, organization or the federal government, chances are you have the opportunity to participate in a workplace giving program. Workplace giving is an easy and efficient way to make tax deductible donations to a nonprofit like RTS. Typically the donation is taken directly out of your paycheck. Donation via credit card, vacation time and other methods might also be available depending on your employer's program. In addition explore other available options at work including possible gift-matching programs.



Stocks - Donating stocks to a nonprofit like RTS offers tax benefits to you as a donor. When donors give appreciated stocks, they take a tax deduction for the full market value. This often increases the contribution and deduction by more than 20%. Donors who give long-term stock to a nonprofit do not have to pay capital gains and the fair market value they receive in the tax deduction is usually well above what they paid.



Legacy Gift - Leave a legacy gift to a nonprofit like RTS in your will. These bequests are often called planned gifts. You can donate by naming RTS as the primary beneficiary for a specific gift, like a certain amount of money or stock. You can also allocate a percentage of your total estate. Many people choose to leave about 10% of their estate to charitable causes.



Direct RTS Donation - Go to www.rtsplace.org and navigate to the [Donate Now](#) button that leads you to the RTS donation page site where you can make a one time donation or a monthly donation using PayPal, Debit or Credit Card as you prefer. Recurrent monthly donation can be discontinued at any time.



Donate Your Time and Skills - Donating your time and skills to a nonprofit like RTS makes you feel good while benefiting the organization. When you volunteer, you fill in the gaps in a nonprofit that may not be able to do everything. Contact RTS at support@rtsplace.org to discuss opportunities.