

May 2014 Volume 1  
**MDF Dispatch**



**MYOTONIC  
DYSTROPHY**  
FOUNDATION



### Amy Ream Doesn't Let DM Define Her

“My condition is not who I am.” This is one of many affirmations that Amy Ream adopted after being diagnosed with myotonic dystrophy 17 years ago. “I’ve been obsessed about retaining my quality of life, and being stubborn has benefited me greatly,” states Amy. Her determination became obvious when she shared her story with MDF. [Click here](#) to read the rest of Amy’s story.

### River’s Ride: Father and Son Cycle Across Iowa In Support of Families Affected by DM

As part of MDF’s Dash & Dine fundraising program, Eric Jensen and his three-year-old son River will be cycling through the state of Iowa in the Des Moines Register’s Annual Great Bicycle Ride Across Iowa (RAGBRAI), July 20-26. The Jensens are dedicating their journey to families affected by DM. River’s Ride will raise funds for MDF while educating and informing the public about the disorder. Both River and his mother Taylor have DM1. To read more about River’s Ride and the Jensens, [click here](#).



### Join the Grandparents Campaign!

Katie Walter, Becky Hainje, and Lisa Payne are among the many DM community members who have grandchildren affected by myotonic dystrophy. Last year, the special love they have for these children moved them to team up with other grandparents around the country to launch the first-ever MDF Grandparents Campaign to raise funds for DM.

The campaign was an enormous success. This year’s campaign launches on National Grandparents Day, September 7, 2014, and we need your help to make the second year just as successful as the first! [Click here](#) to see how you can join in MDF’s Grandparents Campaign.

**Check out these important events and announcements**

[Early Bird Registration for the 2014 MDF Annual Conference Closes June 1](#)

[Raise Awareness of DM with a Simple Youtube Like](#)

[New Support Groups in Fort Lauderdale, FL and Wilmington, DE](#)

[Join our 500 Letters Campaign & Tell Congress You Support the MD-CARE Act](#)

Join the community! Follow us on:



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