

eNewsletter

HISTIOCYTOSIS ASSOCIATION

-- October 2024

If you're reading this in the USA, happy American Thanksgiving!

Welcome to the November 2024 Histo eNewsletter. In this smaller issue we'll talk about how Post Traumatic Growth can affect histio warriors, highlight our volunteer of the month, and tee up our GivingTuesday livestream, HopeCast.

Resources

Beyond the Diagnosis Podcast



Episode 072

Highlights from the 40th Annual Meeting of the Histiocyte Society w/ Dr. Kim Nichols

Now Available!

Episode 072 of the Beyond the Diagnosis Podcast is now available.

In this episode we're learning about the most recent Histiocyte Society Annual Meeting right from the horse's mouth! Join us as Histiocyte Society President, Dr. Kim Nichols, shares all of the highlights from this most unique and exciting meeting!

Executive Director's Letters Blog



Growing From the Pain: Lessons on Post-Traumatic Growth

HISTIOCYTOSIS  ASSOCIATION™
A Rare Community™

This month, Deanna walked us through the concept of Post Traumatic Growth, positive outcomes from a rare disease battle or other traumatic event, led by lessons from our friend Dr. Al Freedman.

Learn how to grow from the challenges you face in your histio battle. A big part of it is the community around you. Read at the link below

Click the link below to listen or find it wherever you listen to podcasts!

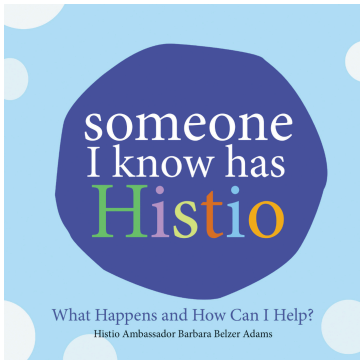
to hear how Deanna has grown from her histio journey

[Listen Now](#)

[Read the Blog Here](#)

Volunteer Spotlight

Barb Adams has been a dedicated supporter of our association for over three decades. Her journey began when her son was diagnosed with LCH over 30 years ago. Now treatment-free for 22 years, his journey inspired Barb to fundraise and contribute in meaningful ways, including an \$11,00 fundraiser for his 20th anniversary off chemo. Barb exemplifies the spirit of volunteering with her deep desire to give back to the association.



Over the years, Barb has remained passionate about supporting children and families facing histio, blending her personal experience with her professional skills as a writer. This week, Barb achieved a milestone by publishing her first children's book: *Someone I Know Has Histio*. The book is a heartfelt resource designed to help children navigate their feelings and understand when a friend or family member is sick.

This project is just the beginning. Barb is also working on a second book, *Hold On, Hank!*, aimed at 3-to-6-year-olds. It tells the story of a histiocyte named Hank who gets overly excited about his job, creating a fun and relatable way to explain the disease.

If you're interested in receiving a copy of *Someone I Know Has Histio*, please contact us at outreach.org.

We are so grateful for Barb's years of dedication, creativity, and unwavering support. Thank you, Barb, for making such a meaningful impact on the histio community!

Know someone who is doing great things to spread histio awareness and support the Histio Community? If so, [let us know](#) so we can feature them in an upcoming issue of the Histio eNewsletter.

GivingTuesday



Tune in at 3:00 PM ET for a special live HopeCast Podcast, where we'll celebrate the incredible achievements your generosity makes possible. Together, we'll share inspiring stories, reflect on this year's progress, and explore how your continued support drives hope and meaningful change.

And, this Giving Tuesday, your generosity can go even further. Share our mission with three friends or family members to help us reach our goal of raising \$25,000 - ensuring that no one faces histiocytosis alone.

It will be live on our [Facebook](#), [YouTube](#) and [LinkedIn](#)

FOLLOW US

332 North Broadway, Pitman, New Jersey 08071 USA

Tel: +1 856-589-6606

Histiocytosis Association ©2026 All rights reserved.

[Unsubscribe](#) | [View this email in your browser](#)

POWERED BY
blackbaud