August 2016

Dear Members,

The Board of Trustees of the New Jersey Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association (NJME/CFSA), formerly NJCFSA, thanks you for your past support. We are asking you to renew your membership in our organization.

To simplify our membership records, the board decided last year to move all membership renewals to August of each year. All memberships (with the exception of two members who recently sent their payments.) are currently up for renewal. This year, we sent this notice to the email addresses we have on file. If you are receiving this by regular mail, either we do not have an email address for you or it was rejected.

We constantly update our contact list and would like to move as many notices to email as possible, in order to curtail printing and postage costs. If you have an email address and are not currently receiving our email notices, please send an email to helpdesk@njcfsa.org with the message, "add to email." Your email will not be shared and all messages are sent blind copy. No one else will see your address. We ask you to send the email to ensure we have the correct address. Sometimes it is difficult to read even great handwriting – and it may reduce the number of emails that are rejected when we send out notices.

We encourage you to consider making your payment online at www.njmecfsa.org. In the upper part of the right border column, you should see "Make a donation or Pay Dues." This is a secure site that accepts most major credit cards. In the "Comments" box, please put "dues" and the name of the fund for any additional donation you might be including. Add any changes to your contact information – including email and mailing address.

The funds are:

General * Research * High School Scholarship * Medical Scholarship * Child/Teen Relief

If you refer to pay by check, please complete the form below and send both to us.

If you can pay more than your dues, we would be very grateful. We strive to keep our costs low and have no personnel expenses. We continue to work for patients statewide and beyond, and we do have expenses. Thank you.

Sincerely, NJ/MECFSA Trustees

MEMBERSHIP & CHARITABLE CONTRIBUTION FORM

Annual Dues:	New member _	Renewal	\$ 30.00
Membership dues g	o the General Fund.		
Additional Tax De	ductible Contribution:	\$\$25\$50\$10	00 Other \$
Apply additional a	mount to General		gh School Scholarship
	Researc	hMe	dical Scholarship
	Child/To	een Relief	
*The General Fund	supports the daily activity	ties of the organization.	
		te \$100 or more to the Ger	
*Contributions are a	cknowledged in writing	– usually in January for the	ne previous year.
Total Membersh	ip Fee and Charitab	le Contribution	\$
which includes the r	eason for reduced rate re		yearly with a letter of request, nsidered individually. Your our members.
Member Informati Please Circle One:		TED PATIENT FAMI	LY FRIEND OTHER
Name		Phone	()
Address		County	,
City		State :	Zip
Email			
		an be difficult to read. You ail address to be sure it is	u can also send an email to understood.
		upport group? If so, whic	
please sign below.	one seeks telephone supp	port. If you are willing to	speak with other members,

Dues can be paid online at www.njmecfsa.org or mail form and dues to:

NJME/CFSA, Inc. P.O. Box 477, Florham Park, NJ 07932

We need your help to keep NJME/CFSA running smoothly. Listed below are some volunteer opportunities. These can be one-time commitments or longer if you are able to help more. Are you interested in helping NJME/CFSA?

Are you interested in helping NJME/CFSA?	

- Fundraising
- Find donors for scholarships/endowments, conferences and other programs
- Grant writing
- Lead a support group in your area
- Begin an informal phone support group

Board member of NJME/CFSA

- Help Desk Volunteer

The main form of communication between NJME/CFSA volunteers is email. In most cases, it allows each volunteer to keep involved at his/her own time preference.

If you would like to become involved, please send a short paragraph about yourself and how you might be involved via email or regular mail.