



Join TeamMDF!

Are you interested in joining forces with MDF to create resources that will serve more members of the DM community and drive research? If you are, **TeamMDF** needs you!

TeamMDF volunteers agree to:

- Receive training from MDF staff to ensure the DM community is served in the best way possible;
- Participate in webinars and other training opportunities as available;
- Distribute MDF communications (e.g. articles, invitations, referral lists, MDF Toolkit, etc.) to increase awareness of DM in your area;
- Share experiences, ideas, best practices, and solutions with other **TeamMDF** volunteers and the MDF community;
- Promote the MDF calendar of events, including fundraising or awareness campaigns (Rare Disease Day, Grandparents Campaign, etc.), regardless of volunteer activities or interests;
- Participate in and encourage others to join the Myotonic Dystrophy Family Registry, tissue donation programs, and other research efforts;
- Identify local medical professionals and other organizations that currently provide services to the DM community, for recommendation to our VIP List and global resources database;
- Provide feedback to MDF on the impact and quality of **TeamMDF** programs and objectives.

TeamMDF volunteers receive ongoing support and resources from the MDF staff. Our available volunteer activities are:

ADVOCACY

- Advocate for increased rare disease funding and critical legislation;
- Respond to calls-to-action using our online system;
- Attend in-person meetings with local legislators and members of Congress;
- Help coordinate activities for Rare Disease Day in February.

BLOGGING

- Contribute regular posts to the MDF Blog on a particular topic (congenital DM, DM2, caregiving, etc.);
- Write occasional guest posts on various subjects.

EDUCATION & OUTREACH

- Distribute packets to healthcare professionals and promote the Myotonic Dystrophy Family Registry;
- Discuss DM with medical students through the Medical School Roadshow program;
- Refer your local medical professionals to our VIP List, and find new doctors in the area who have treated others with DM.



FUNDRAISING

- Plan and execute events and fundraisers, on a small or large scale;
- Help spread the word about our existing fundraising campaigns and events;
- Provide input about what type of events we should pursue on an annual basis in your area.

SUPPORT GROUPS & WARMLINE

- Lead local support group meetings, on a quarterly or monthly basis, and promote within your community;
- Keep track of meeting attendees and report them to the Outreach Director after meetings;
- Promote MDF campaigns at meetings, such as local fundraisers or national programming;
- Staff our Peer-to-Peer Warmline and answer phone calls and emails from the DM community.