Charcot-Marie-Tooth

FUNDRAISING 101

CMTA
Charcot-Marie-Tooth Association

YOUTH
empowering youth

Need Help Fundraising?

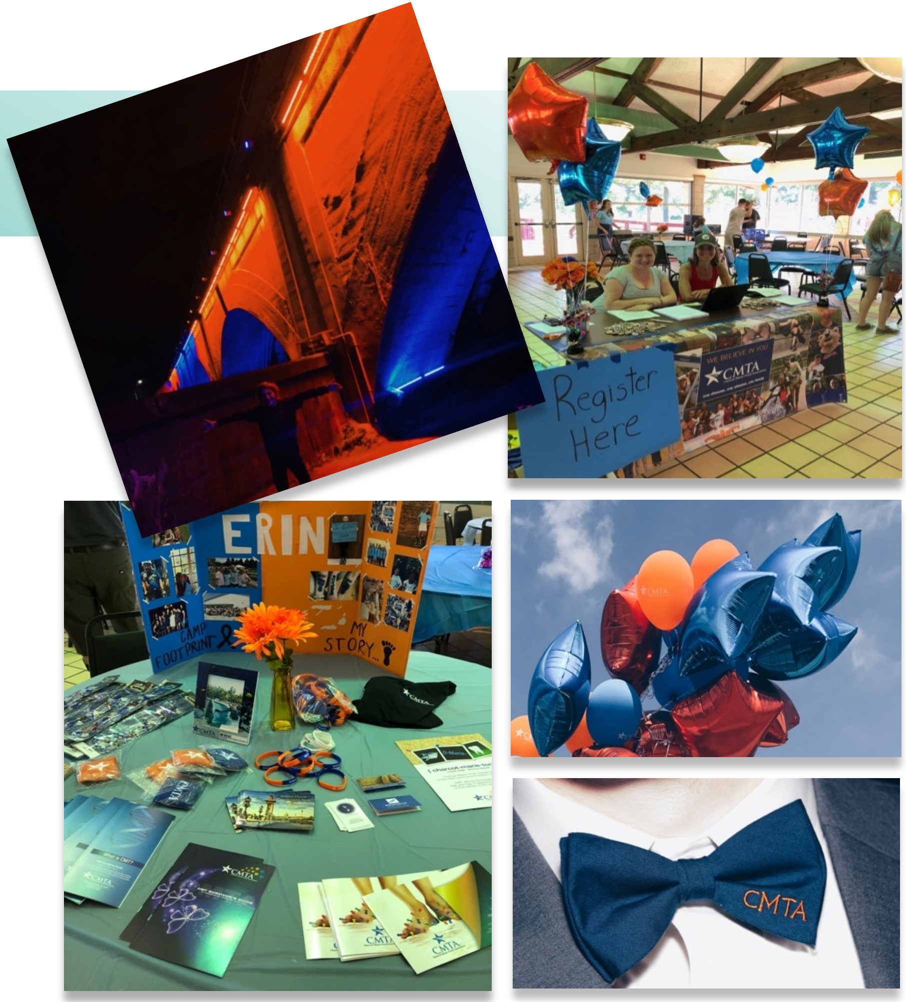
Hello fellow CMT Youth Community Member!
Thank you so much for choosing to help fundraise for the CMTA. Your work makes a far-reaching impact on the CMTA's cause. Below is a fundraising presentation kit to help your fundraiser get started. Make sure to go through and customize each slide (starting on slide#7) to be personalized towards your mission. Sharing your personal stories will help your fundraising create a larger impact. Remember that this is a kit, so if you want to add or remove things, feel free! All you need to do is hit "File," make a copy, and start personalizing! If you have any questions about the template or fundraising in general, be sure to contact Paola Martinez at pmartinez0812@yahoo.com, Evan Zeltsar at efzskier@gmail.com or Eli Tolz at ebt37@cornell.edu

Fundraising Ideas

- Walk 4 CMT
- Raffles
- Birthday Wish
- Family Change Jar
- Bake Sale
- Garage Sale

Awareness Ideas

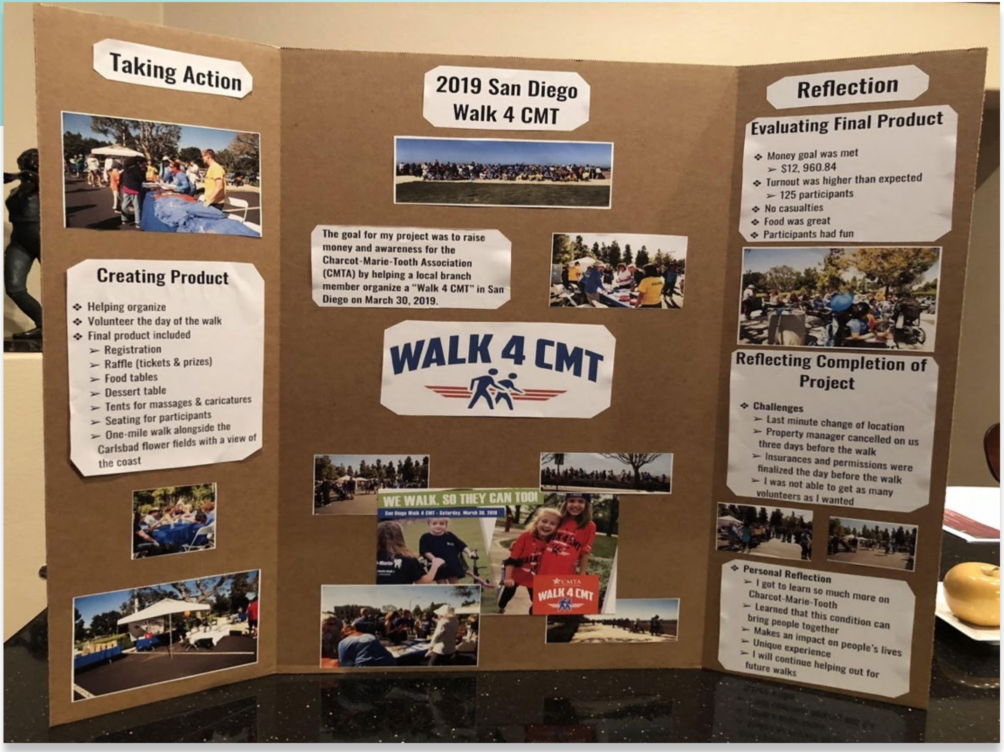
- Share your story on social media!
- Present to your school
    - Or your sports teams
- Go out into the community and get creative!!
    - Go around and spread the CMT colors
- Speak at a family member’s workplace/club
- Wear the merch!
- Paint rocks and set them out in your community



Present to Your School

Steps to Take!

1. Have your vision for your fundraiser
2. Talk to your principal
3. Create an assembly to share your fundraiser
4. Get a group of friends to help!
5. Make it personal
6. Have your fundraiser all ready in time for your presentation
7. Raise some money!



Taking Action

Creating Product

- Helping organize
- Volunteer the day of the walk
- Final product included
  - Registration
  - Raffle (tickets & prizes)
  - Food tables
  - Dessert table
  - Tents for massages & caricatures
  - Seating for participants
  - One-mile walk alongside the Carlsbad flower fields with a view of the coast

2019 San Diego Walk 4 CMT

The goal for my project was to raise money and awareness for the Charcot-Marie-Tooth Association (CMTA) by helping a local branch member organize a "Walk 4 CMT" in San Diego on March 30, 2019.

Reflection

Evaluating Final Product

- Money goal was met
  - $12, 960.84
- Turnout was higher than expected
  - 125 participants
- No casualties
- Food was great
- Participants had fun

Reflecting Completion of Project

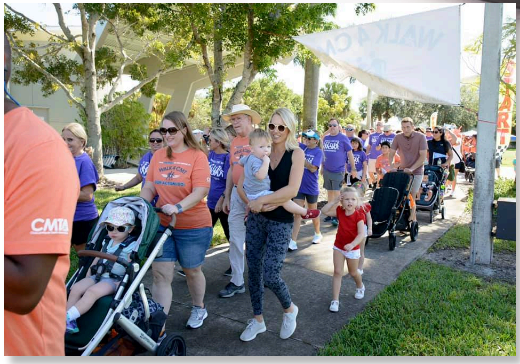
- Challenges
  - Last minute change of location
  - Property manager cancelled on us three days before the walk
  - Insurances and permissions were finalized the day before the walk
  - I was not able to get as many volunteers as I wanted

- Personal Reflection
  - I got to learn so much more on Charcot-Marie-Tooth
  - Learned that this condition can bring people together
  - Makes an impact on people's lives
  - Unique experience
  - I will continue helping out for future walks

Walk 4 CMT

Steps to Take!

1. Reach out to the CMTA
    a. Jeana Sweeny (jeana@cmtausa.org)
2. Think of a location and inquire about a permit
3. Get sponsors
4. Design raffle prizes
5. Create fun activities
6. Plan a walk course
7. Have fun!



WHAT IS CMT?

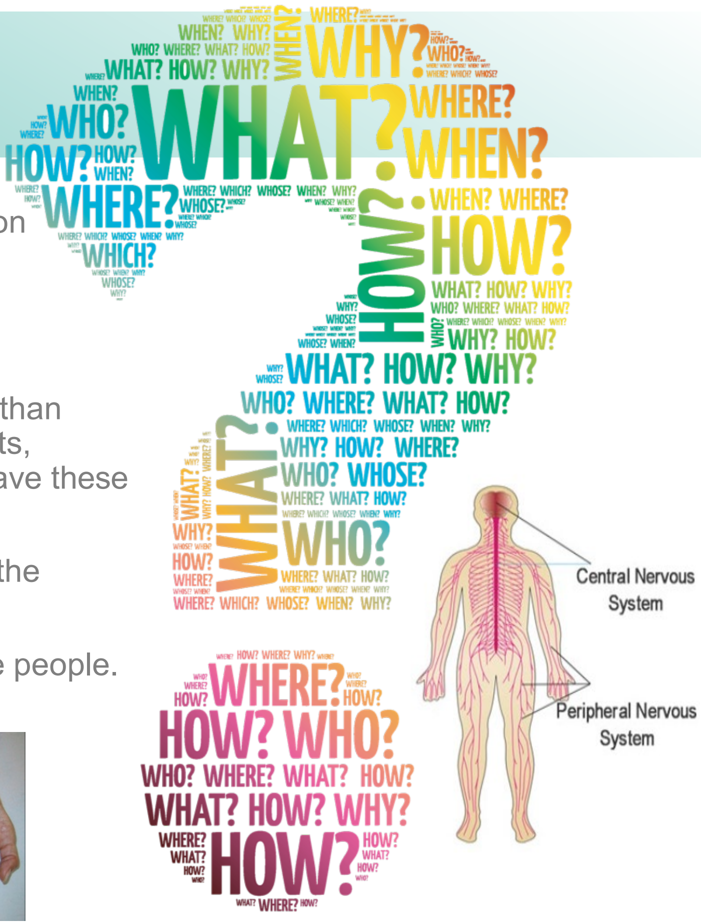
Charcot-Marie-Tooth (shar-ko¯’ mä-re´ tooth) or CMT: is one of the most common inheritable neuromuscular diseases, affecting one in 2,500 people worldwide.

CMT affects the long peripheral nerves that control the muscles (unlike the muscular dystrophies, which affect the muscles themselves).

CMT is found in all genders and in all races and ethnic groups and affects more than 3 million people worldwide. Although CMT is typically inherited from one’s parents, it can also develop as a result of a new or spontaneous mutation. People who have these “de novo” mutations can then pass the condition on to their children.

Usually slowly progressive, causing loss of normal function and/or sensation in the feet/legs and hands/arms.

Currently incurable, but not usually fatal, CMT can be severely disabling in some people.



What is CMT?

Start Sharing YOUR Story!

Charcot Marie Tooth Disease

XpertDox
Clinical, Education, Research

Group of progressive disorders that affect peripheral nerves

Most common genetic disorder of peripheral nerves

Affects 150,000 people in US

Prevalence is 1 in 2,500 individuals

Patients present during childhood or adolescence

Risk factors include a positive family history

Characterized by loss of sensation & muscle wasting of limbs

Symptoms are balance issues, foot abnormalities & gait problems

Diagnosed by history & genetic testing

No cure, managed by physical & occupational therapy, braces & surgery

Degree of disability vary among patients from mild to severe

The Elevator Pitch…

Explain CMT in 30 seconds or less!

Add your picture below!

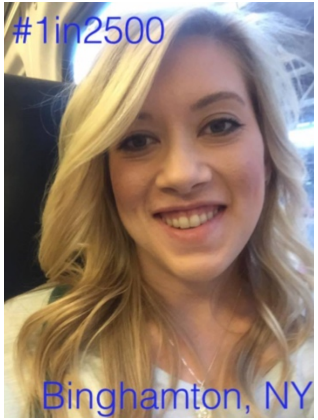
Describe what CMT means to you! Make it simple and interesting.

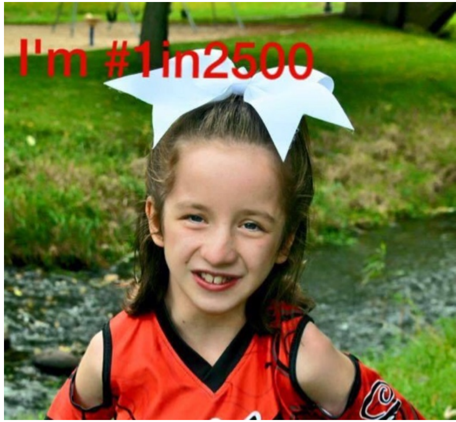
Sample: CMT is a medical condition that affects my nerves and muscles. If my nerves were wires the signals move very slowly and when they reach my muscles, the signal died off and it was reached when it arrived. So, my muscles are weak and my hands and feet can be a little funky.

I Am 1 in 2,500

1 in 2,500 in the United States have this disease.

3 Million people worldwide.





How Does CMT affect Me?

Effects of CMT On Me

Picture of you!

I live with with ______

Ex. I live with: tripping, soreness, fatigue, etc.

CMTA
Charcot-Marie-Tooth Association

(Your Fundraiser Name)

Your Goal/ Mission Statement

(Fundraiser Name)

Use this space to talk about the details of your fundraiser.
Here are some ideas to get people to donate even more:

- Offer an individual incentive! Say that the top *x* people receive a prize.
- Offer a group incentive! Say that a group will receive a prize if they raise $*x* amount.
- Challenge your fundraiser to beat other fundraisers, such as fundraisers that have been done in previous years.
- Show the people your appreciation for their help!

...And make sure to have fun with your fundraiser!

Why Help?

Here is Why!

There is no cure!

Critical dollars are needed for research and scientists to find a cure, and we are really close!

The CMTA allocates .87 of a dollar donated towards mission! And the CMTA has earned a 4 star rating through Charity Navigator!

...and most importantly, ME and the 3 million people living with CMTA!



THANK YOU FROM ALL OF US !

Visit **cmtausa.org** for more!

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