



www.TurnerSyndromeFoundation.org



Turner Syndrome Foundation, Inc. - (800) 594-4585 - www.TurnerSyndromeFoundation.org

About Jean Day

Jean Day encourages a group or office to wear jeans together for one day in support of Turner Syndrome Foundation. Participants are also encouraged to donate in tandem with wearing jeans. Jean Day is a simple concept but collectively can make a tremendous difference in the lives of women and girls worldwide! Engage your staff with a fun, effortless philanthropy opportunity that benefits local women and girls with Turner Syndrome.

Jean Day is an awareness event and fundraising opportunity that promotes community and corporate spirit. Your employees and colleagues will work as a team to support a common cause – promoting team building and boosting productivity! With guidelines as simple as, “Wear your favorite jeans,” anyone can participate! Hosting a Jean Day in your office can boost the morale of your employees by showcasing your dedication to philanthropy. Jeans not a part of your office dress code? Host a Dress Down Day or Business Casual Friday! *By choosing to host a Jean Day, your company or group will be recognized throughout the TSF community on our various social media outlets.*

About Turner Syndrome Foundation (TSF)

Turner Syndrome Foundation is a national charity based in Hazlet, NJ. Formed in 2008 and recognized as an independent 501(c)3 organization in 2009, TSF seeks to advance women’s health regarding to a condition that affects 1 in 2,000 live females births. TSF fulfills this mission through research, education, advocacy and awareness initiatives, ranging from education conferences to awareness events and professional councils.

How Hosting a Jean Day Can Support TSF

Turner Syndrome is likely the most common genetic disorder in females and an important women’s health initiative. Common health concerns include heart abnormalities, kidney defects, diabetes, lymphedema, delayed puberty, hearing loss, and more. It affects every 1 in 2000, which means more than 80,000 nationally and 2 million globally are affected. Yet, there continues to be a deficiency in professional knowledge, research, and awareness about this condition. There is much more that needs to be accomplished to improve the care and lives of those affected by Turner Syndrome. Through your support, we may reach higher toward comprehensive solutions. Hosting a Jean Day in your community will support TSF in funding groundbreaking programs and research, continuing to provide free resources to those affected, and raising awareness about the importance of early diagnoses and comprehensive care.

Getting Started

Thank you for hosting a Jean Day event in your community! Begin by completing the TSF Fundraising Form found at <https://form.jotform.com/60125389826158>. Be sure to read and agree to all of the Terms and Conditions found on the form. Next, set up a fundraising page to begin collecting donations (see below for further instruction). We suggest that a \$5 donation be collected for each person wearing jeans.

Once your event is set up, promote your event by posting on your social media outlets or website, passing out fliers around your school, office, or community, and speaking to your friends and colleagues about the event. Beginning on page **three** of this guide, you will find materials that can be used to help you promote the event. They include the Turner Syndrome Fact Sheet, a sign-up sheet, social media graphics, and event flyer. Encourage participants to not only wear denim on the dedicated day, but to donate to TSF as well. 100% of proceeds raised during this event should benefit TSF.

To make an even greater impact, purchase TSF awareness items, such as t-shirts, banners, and wristbands, through the TSF online store found at <https://www.turnersyndromefoundation.org/shop.html>.

Setting Up an Online Fundraising Webpage

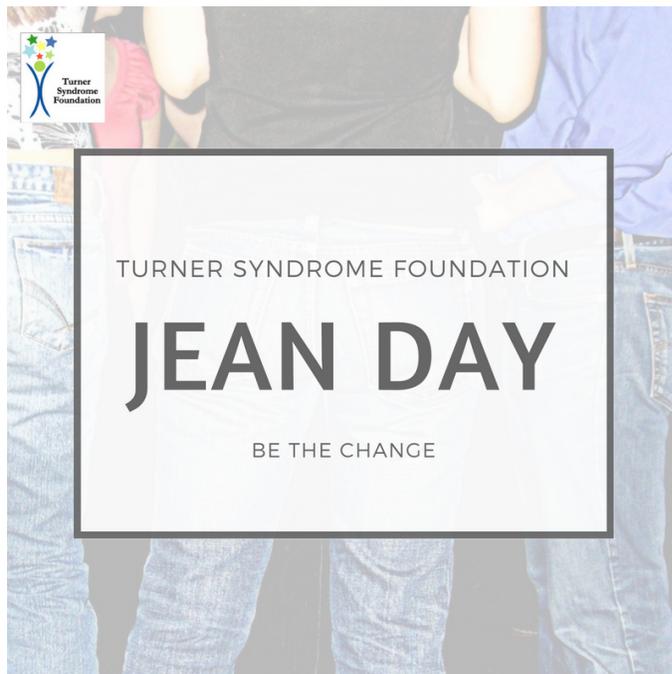
Creating an online donation page makes it simple to collect donations in one place. Easily keep track of donations and progress toward your goal by creating one fundraising page per group. To set up your personal or company fundraising page, visit <https://turner-syndrome-foundation.networkforgood.com/projects/25479-my-story>. Select a title and fundraising target. Your page can be personalized by adding a story and photo. Share the link to the fundraising page throughout your community, company, and especially those participating in Jean Day. 100% of donations collected through the Network for Good platform will support TSF.

Online vs. Offline Donations

Online donations can be easily collected in one of two ways. The first is through the Network for Good fundraising platform (see above for further instruction). The second way is to donate through TSF's online donation form, found at <https://www.turnersyndromefoundation.org/donate.html>. Both forms are trusted and secure.

Should donors prefer to give offline, both check and by-phone options are available. To donate over the phone, donors may call 1-(800)-594-4585 between 9 a.m. and 5 p.m. ET and a TSF staff member will assist with a credit card donation. To give by check, make check payable to "Turner Syndrome Foundation, Inc." and mail payment to: Turner Syndrome Foundation, Inc., PO Box 726, Holmdel, NJ 07733. **All gifts are 100% tax deductible.**

Social Media Image:



JEAN DAY

Donations will help the Turner Syndrome Foundation fund groundbreaking programs, research; provide free, comprehensive information and support to those affected by Turner Syndrome; and help create awareness for earlier diagnosis and optimal care for those with Turner Syndrome.

In the weeks leading up to Denim Day, rally your friends and coworkers to wear jeans to work as a way to give back to help women and girls.

100% of the proceeds should go to Turner Syndrome Foundation.
Turner Syndrome Foundation at PO Box 726, Holmdel, NJ 07733
Setup an online fundraising page at www.TurnerSyndromeFoundation.org

Whatever day your team chooses; everyone wears his or her favorite jeans and perhaps a TSF wristband or t-shirt.

Shop for Turner Syndrome awareness items
(<https://co.clickandpledge.com/advanced/default.aspx?wid=77689>)

You have questions – we can help!
Contact info:
(800) 594-4585 M-F 9am-5pm EDT
Email: info@tsfusa.org
www.TurnerSyndromeFoundation.org



Proceeds Benefit to Support TSF -

HOST:
DATE:
INFO:

CHEERSANDEATS.CO



Turner Syndrome Affects 1 in 2,000 Females

Share this fact sheet widely to spread awareness about Turner Syndrome.

Turner Syndrome is a random chromosomal disorder affecting only women and over two million of them. It should be detected during a girl's first few years of life, if not at birth, for the best possible outcomes.

Common Indications of Turner Syndrome

- Average height untreated 4'8"
- Ovarian failure and infertility
- Heart abnormalities
- Hearing loss and infections
- Kidney issues and Infections
- Type II Diabetes
- Lymphedema
- Hypertension
- Hypothyroidism
- Pigmented moles
- Drooping eyes and cataracts
- Wide short neck
- Low set ears and hairline
- Broad shield chest
- Scoliosis
- Overweight
- Osteoporosis
- High arched palate
- Dental problems
- Upturned fingernails
- Educational difficulties
- Social issues and anxiety

Facts about Turner Syndrome

- In Turner Syndrome, cells are missing all or part of an X chromosome. Most commonly, the affected female has only one X chromosome.
- There is no cure for Turner Syndrome. Those born with Turner Syndrome will require specialized care throughout their lifetime.
- Turner Syndrome is completely random, meaning that any woman or girl of any race, geographic location, or age could be diagnosed.
- Turner Syndrome is likely the most common genetic disorder amongst females.
- The median diagnosis age is 15.5 years, where it has remained for over a decade. Awareness of Turner Syndrome is vital to reducing diagnosis age since medical interventions can sometimes begin as young as 9 months old.
- The specific cause of Turner Syndrome is still unknown. Researchers have been able to identify the gene responsible for short stature and skeletal abnormalities, the SHOX gene.
- It is estimated that 1,000 babies are born with Turner Syndrome annually (1 every 8 hours). This number may actually be higher since many individuals go undiagnosed.

**To learn how you can raise awareness, visit
www.TurnerSyndromeFoundation.org/awareness.html**

