



MEMBERSHIP RENEWAL

It's that time again when we ask you to renew your membership with Lupus Ontario. We continue to work in a cost effective manner so we are able to send out a number of items in the same mailing. We made a request last year that was highly successful and once again we are asking that you consider an additional donation to contribute to our research efforts. This year we were again able to respond to a special research funding request from CaNIOS because of the \$13,000 we raised for research support with our membership renewal. It is only with your continued support that we increase our public awareness, education and research goals. Please be generous again if you are able. Total donations of \$75.00 (including your membership renewal) will receive a special gift of recognition along with your tax receipt.



Please Note: If you wish to renew by Visa, MasterCard or Amex, you may do so by phone.

To renew by phone, call Karen at Lupus Ontario at 905-415-1099 or 1-877-240-1099.

Charitable#883331472FR0001

The deadline for the Spring 2009 issue of Lupus Link is now January 15th. Please send submissions to the editor, Jaclyn Law at jaclynlaw@hotmail.com

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Message from the President

Julia Kane

As this year slips quickly by I am reminded of all the people we need to thank for our outstanding results at Lupus Ontario. We have been very fortunate to be on the receiving end of generous donations of time, energy and resources, and have in turn done our very best to fulfil our goal of **improving the lives of people living with lupus.**

(A special thank you to all who donated Shopper's points and Canadian Tire Dollars that allowed us to put many items into the silent auctions to raise funds. Keep up the great work!)

I am one of those people, as is my youngest sister in Vancouver. I can see Lupus Ontario making a difference as we increase public awareness, fund research projects, fund two fellowships, assist our support centres, produce the Living Well with Lupus Facts Booklet, and send out hundreds of information packages.

Our website is in the process of being updated and we are about to launch our Red Shoelaces Campaign to promote Walk a Block awareness in Ontario.

On May 9th/09, I am once again hosting the President's **Walk a Block** walk from the Heintzman House in Thornhill along with a bake sale, Wine Tasting Evening and Silent Art auction. You see, I am passionate about finding the answers to the puzzle of lupus.

I am hoping for some relief in the knee/ hip/ foot area so I can enjoy the dancing at **Dance for The Cure** in January. The turns of the season always give me a wake up call that hampers my mobility (and good humour). I'll just close with my very best Holiday Season's greetings. **Treat your self well.**



DONNA CHU MEMORIAL PRESIDENT'S AWARD

Shannon Crawford is this year's winner of the award presented at the Italian Dinner, November 8th. This quote is from Shannon's Face Book and sums up the many reasons she is a true leader and an inspiration.

"Ever since I was diagnosed with Lupus in 2000, my passion has been Lupus Ontario. A great deal of time is devoted to this organization and its people dx (diagnosed) with lupus. I run a support group in Durham Region and help with fundraising for this baffling disease. Some would think having this dx would be horrible, but with this dx came a journey of self and healing. When anyone deals with a illness or disease you realize the importance of what it is like to actually live... Life is more than work, the husband, the kids, money. It is true relationships, value, joy, and learning how to be happy with what we have. It is so easy to take life and health for granted and to expect we will still have it when we wake up in the morning."



WALK A BLOCK FOR LUPUS

Join us as we walk together this May to conquer Lupus.

Lupus is a life altering autoimmune disease affecting thousands of Canadians, known as the "disease of a thousand faces"

For information contact: Lupus Ontario
1-877-240-1099
lupusontario.org



May 9th and 10th 2009

Our target for 2009 is 250 walk sites totaling 5000 walkers across the province. We already have 72 Team Leaders recruited for the 2009 *Walk a Block for Lupus*, (our goal for Team Leaders is 150). We know that if we all work together we can accomplish this ambitious goal. Everyday we are working hard to meet our 2009 goal.

♦Perhaps you would like to join a local Walk. ♦Support a Walker. ♦Be a sponsor for a Walk. ♦Volunteer with the planning.

Become a Team Leader. We are currently looking for Team Leaders and Walkers in the following areas:

- | | | |
|----------------|----------------|-----------------|
| ◇ Sutton | Oakville | Goderich |
| ◇ Meaford | Stratford | Algonquin area |
| ◇ Owen Sound | Chatham | Bruce Peninsula |
| ◇ Collingwood | Kawartha Lakes | Brockton |
| ◇ Wasaga Beach | Keswick | Whitestone |
| ◇ Parry Sound | Bracebridge | Magnetawan |
| ◇ Huron | Gravenhurst | Killarney |
| ◇ Minto | Huntsville | Warton |
| ◇ Strathroy | Tillsonburg | |

Please contact:
Juanita Butler, SSW
Provincial Walk Coordinator
905-415-1099
Toll Free: 1-877-240-1099
walkablock@lupusontario.org

Lupus Ontario's New Website

Watch for our new and improved Lupus Ontario website at www.lupusontario.org. The newly designed site will be more visually appealing and offer more information to assist those living with lupus. As we went to print, the finishing touches were being put on the site. Please have a look and let us know what you think!

23RD ITALIAN DINNER DANCE

The 23rd Annual Italian Dinner Dance was held on Saturday, November 8th at the Riviera Parque in Vaughan. Guests were served a fabulous dinner and entertained by three special dance performances in the art of Argentine Tango by Elizabeth Sadowska, and Greg Kotzev, shown here.



The year's event raised almost \$15,000 for Lupus Ontario and topped last year's success.



We also welcomed our current Geoff Carr Fellow, Dr. Touma, along with Drs Urowitz, Gladman and Tulloch-Reid.

Huge thanks and congratulations to Maria and Tony Colagiovanni, Connie and Chris Barbieri, Barbara Nacinovitch, Frances Gotkin and all the volunteers and supporters who made it such a wonderful evening.

A MULTI CENTRE RESEARCH STUDY IS BEING CONDUCTED FOR WOMEN WITH LUPUS

The Trial Is Testing Whether Persons With Lupus Will Benefit From

A Health Improvement & Prevention Program (HIPP)
For Women With Lupus

In This Study You Will

- Learn Ways To Improve Coping Skills
- Increase Your Knowledge Of Lupus
- Decrease Your Risk Factors For Heart Disease & Osteoporosis

IF YOU HAVE A CONFIRMED DIAGNOSIS OF LUPUS, DO NOT HAVE HEART DISEASE, & ARE INTERESTED IN PARTICIPATING, PLEASE CONTACT THE STUDY COORDINATOR.



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Thunder Bay Lupus Symposium

A great day of sharing lupus information was held on November 1st at the Travelodge Hotel in Thunder Bay. Among the informative speakers this day was Lupus Ontario President Julia Kane who spoke about her experience living with lupus to a sold out group of over 100 participants. In the photo, Sharon Coslett presents Dr. Wes Fidler, Thunder Bay Rheumatologist, with a thank you gift for his participation in the event. Congrats to Paula Courtney, Sharon and all the volunteers who made the day such a huge success.

Lupus Ontario Display Boards
FYI Lupus Ontario has an updated display unit that can be used by our members at events. Please call Juanita in the office and she will arrange to get it to you.

SLO-PITCH SUCCESS

Lupus Ontario was the recipient of \$2,000 from a **Waterloo Region Slo-pitch Baseball Tournament** organized by Waterloo Region Police Service, Waterloo Region Fire Department and EMS.

Our hats off to Ian Faulds, Insp. Dave Gerencser, John Oleaczek, Mark Schedewitz, Kathy Becht, Rosemary Kropf and Norma Martel.



COPING WITH STRESS

Stress is a normal part of everyday life. In fact life would probably be quite dull if we had no stress. Stress only becomes a problem when it interferes with our ability to perform daily tasks, negatively impacts our healthy (i.e. chronic muscle tension, stomach upsets) or leads us to engage in unhealthy behaviours in an attempt to temporarily reduce stress (i.e. smoking, drinking alcohol excessively, poor eating habits).

What are some mind-body interventions that can help reduce stress?

- Awareness. Become aware of how you react physically (i.e. racing heart, indigestion, tight neck and shoulders), behaviourally (i.e. eating poorly, crying) and emotionally (i.e. easily upset, losing your temper) when stressed. Awareness is an important first step to better managing stress as it allows you to catch yourself earlier rather than allowing the stress to become prolonged.
- Change your self-talk. Learn to reframe the situation in a more positive light. Focus on aspects that are under your control and don't waste energy trying to modify what can not be changed!
- Keep a journal. Writing for about fifteen minutes daily can help you better understand and work through your feelings and find solutions related stressors.
- Stay connected. Be sure to ask for help when you need it. Stay connected with friends and family, avoid the urge to retreat. Talking to someone about how you feel can help you see things more clearly and helps to release negative feelings.
- Learn a relaxation technique. There are many forms available (i.e. meditation, progressive muscle relaxation). Explore different ones and see which feels right for you. Remember that to experience the benefits of these techniques it takes daily practice. So schedule in some time and give them a chance!

Deborah Da Costa, PhD Assistant Professor Department of Medicine McGill University
(An excerpt from the Fact Sheet **(Stress and Lupus: The Mind-Body Connection)**)

\$5



Red Shoelaces CAMPAIGN

In Support Of Lupus Ontario

Please help support Lupus Ontario by purchasing and / or selling Red Shoelaces for \$5.00 each. Lace up and join us on May 9/10, 2009 for the annual Walk a Block event. **The Red Shoelaces Campaign** was designed to increase awareness about Lupus and to promote Walk a Block to raise funds for research. Watch for your shoelaces in our WAB announcement coming soon. **Remember, the shoelaces make a great stocking stuffer at holiday time!**

Upcoming Events

Dance for the Cure –
January 24, 2009 –
Concord

**Annual Lupus Patient
Symposium April 4,
2009 - Toronto**

**Lupus Canada Annual
General Meeting –**
April 1-3, 2009 - Toronto

**Lupus Ontario Annual
General Meeting –**
April 5, 2009 - Toronto

**2nd Annual
Lupus Spring Fling
April 24th, 2009
Mississauga**

**Walk a Block 2009
May 9th, 10th
all across Ontario**

**Mary Frances Perpick
Memorial Lupus
Seminar Sudbury, Date
TBA**



Viva Las Vegas

Dance FOR THE CURE Saturday January 24th 2009

Terrace Banquet Centre, 1680 Creditstone Road, Vaughan
For information, tickets, or to make a donation of a silent auction
item, call Lupus Ontario 905-415-1099 (Tickets \$150.00 each)

Support Groups

Lupus Ontario has many great Support Groups across Ontario, but we are always looking to expand this valuable service. If you would be interested in assistance to start a new group in your area please call Juanita, our Support Group Coordinator.



Lupus Ontario

A member organization of Lupus Canada

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United Way Designated Donations

With the current United Way campaign well underway, we wanted to remind you that you can designate your United Way donation directly to **Lupus Ontario**. On your pledge form simply write in **Lupus Ontario** as the charity you would like to see receive your donation and United Way will forward it to Karen. It is also useful to include our charitable number which is found on the first page of our newsletter and can also be found on our website.

Charitable #88333 1472 RR0001