

## **Lupus Ontario Board of Directors**

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*Provincial Member of  
Lupus Canada*  
[www.lupuscanada.org](http://www.lupuscanada.org)



### **DO YOU KNOW SOMEONE WITH LUPUS?**

So few have heard of it, yet worldwide it's seen as more common than leukemia, multiple sclerosis & muscular dystrophy combined!

Over 40,000 people have the disease in Canada of whom 90% are female. Men & young children can also be affected by lupus. The ratio of women to men (who are affected) being 9:1 and the average age of diagnosis is between 18 and 35.

Lupus is an autoimmune disease, a type of self-allergy, whereby the patient's immune system creates antibodies which instead of protecting the body from bacteria & viruses attack the person's own body tissues. This causes symptoms of extreme fatigue, joint pain, muscle aches, anemia, general malaise, and can result in the destruction of vital organs. It is a disease with many manifestations, and each person's profile or list of symptoms is different. It is often referred to as "The Disease of a 1000 Faces" and can be difficult to diagnose.

Currently there is no single test that can definitely say whether a person has lupus or not. Only by comprehensive examination and consideration of symptoms and their history can a diagnosis be achieved.

Lupus Ontario is the largest provincial voluntary organization dedicated to improving the lives of people living with lupus through advocacy, education, public awareness, support and research. There are over 15,000 thousand people in Ontario with lupus.

Celebrating 30 years of service, Lupus Ontario was formed in 2004 when The Ontario Lupus Association and the Lupus Society of Hamilton amalgamated. Both organizations were formed in 1978 by volunteers dedicated to helping lupus patients learn about and cope with this incurable, life-altering and sometimes life-taking, autoimmune disorder.

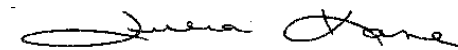
New research brings unexpected findings each year. The progress made in treatment and diagnosis during the last decade has been greater than that made over the past 100 years. It is therefore a sensible idea to maintain control of a disease that tomorrow may be curable. Lupus Ontario knows that there are many lupus patients in Ontario who can not afford their life-saving medications. You can help. Donate today so that we can continue emergency aid.

Lupus Ontario has 20 support centres around the province, provides education and public awareness and funds research. In addition, Lupus Ontario currently funds two Fellowships in Lupus, one at Hospital for SickKid's and one currently at the Toronto Western Lupus Clinic.

This type of partnership magnifies the value of every dollar donated to research in lupus. Whether it is through Walk-a-Block, a Golf Tournament, or the hugely successful Dance For The Cure Gala held every January, proceeds of Lupus Ontario's fundraising activities have not only benefitted research and education but more so, the lupus patients themselves with increased public awareness and support.

Again, we need your partnership and support now more than ever. Whether you choose to donate, sponsor, spread the word, participate in one of our events or be a volunteer, your efforts make an immediate and long lasting difference. Lupus Ontario remains transparent in our finances and has proven to be excellent stewards of our donors' dollars.

Thank you for your continued support of our mission.



President, Lupus Ontario

BN/registration number 883331472 RR0001



**Someone you know has LUPUS**

Lupus (SLE) is a life altering and sometimes fatal autoimmune disease that can affect virtually any system in the body. Think of it as a 'self-allergy' where the body attacks its own cells and tissues, causing inflammation, pain, and possible organ damage.

Increased awareness of lupus leads to timely diagnosis, better management of the illness and will save lives. Be Informed, Be supportive, Join our quest for a cure by donating today.

Call:  
1-877-240-1099  
Visit

[www.lupusontario.org](http://www.lupusontario.org)

In the fiscal year ending September 30<sup>th</sup>, 2009 Lupus Ontario worked towards improving governance and making the organization more relevant with a strategic planning session by Wayne Hussey Consultants. From this session with board and staff a new mission statement evolved:

**Lupus Ontario is a team of caring and enthusiastic volunteers and staff who are passionately committed to helping those with lupus live longer and better by raising funds that deliver vital support, education, awareness and research.**

The economic climate for this past fiscal year has been evident in the difficulty encountered in attempts to increase contribution levels to expand our programs. Lupus Ontario continues to communicate with all our current and honorary members, an active on-line community, and through our revamped web site. Lupus Ontario strives to provide Support, Education, Public Awareness and Fund Research. The 20 branches and support centres around the province are active in counseling, educating and promoting awareness about lupus with the help of Juanita Butler and many wonderful volunteers. Karen Furlotte, Office Manager, and the new Provincial Walk a Block Coordinator, Nicole Wright are now the heart of our daily operations and will facilitate our continued success in this coming year.

*Dance* **FOR THE CURE 2009**  
Lupus Ontario's largest fundraising Gala



This event continues to be the largest single fundraising event for Lupus Ontario, having contributed over \$900,000 to date. This past year, the proceeds have made it possible for us to provide full funding for the new Lupus Ontario Paediatric Fellowship sponsored by Dance for the Cure, at the Hospital for SickKids. Research continues to be our hope. Through your generosity, \$40,000 of vital research was funded through AARC to The Lupus Programme at Toronto Western Hospital. As we near the one million dollar mark Lupus Ontario is grateful to all participants. Most importantly, with your generous support we are able to improve the lives of people living with lupus while we strive to find a cure. Thank you also to Vivian Risi, Royal Le Page, the Honorary Chair, the Principle Sponsor Hampton Securities, the Sponsors, the Donors and the countless Volunteers. For those attending "VIVA LAS VEGAS", our gratitude for joining us at "Dance for the Cure".



University Health Network

## ADVOCACY



**With the support of donors, sponsors and volunteers, Lupus Ontario continues to advocate for all people living with lupus in Ontario and beyond.**

- Reprinted 1000 Fact Sheet Booklets which are provided free to new members, clinics, physicians and available to other Lupus Organizations and for purchase
- Continued to update the website [www.lupusontario.org](http://www.lupusontario.org) with help of new web volunteer, *Tyla Teelucksingh*, who will continue to keep us current and can be reached at [lupusontario@gmail.com](mailto:lupusontario@gmail.com)
- Support Centres and support group meetings advertised and updated on our website
- Web MD facilitated by Anne Matheson and Dr. J. Pope
- Lupus Ontario sponsored the Medical Symposium at AGM 2009 held in conjunction with Lupus Canada and CaNIOS
- Toll free line available plus 3 Branch Telephone support lines
- **Charitable Program Spending outside research \$ 159,884.00**

## PUBLIC AWARENESS



### Public Awareness is one of the greatest needs

- Information Booths and Health Fair presence via support centres
- Presented numerous certificates of appreciation for donations. Recognition program for donors via extra mailing and certificates initiated
- 100 signs for advertising on TTC Subways in Toronto for Walk a Block



- Numerous mobile signs in walk areas
- Produced 100 lawn signs for walk sites
- Created a presence on Facebook and MSN
- Portable display boards made available on request for events and education days
- Distribution of four newsletters (4000), Fact Sheet booklets (1800) plus new information packages (200)
- Distributed 80,000 Lupus bookmarks, 2500 pens, 1500 chap sticks in loged holders.
- Wrist bands, angel pins and car magnets made available
- Dance for the Cure featured on Rogers TV
- Snap Newspaper article October
- Ontario Liquor Control Board Donor Box Campaign 2009

## RESEARCH

**80% of people with lupus are women.**

Common symptoms include;

- Achy joints (arthralgia)
- Frequent fevers of more than 100 degrees F.
- Arthritis (swollen joints)
- Prolonged or extreme fatigue
- Skin rashes
- Anemia
- Fluid Retention
- Pain in the chest on deep breathing (pleurisy)
- Butterfly-shaped rash across the cheek and nose
- Sun or light sensitivity (photosensitivity)
- Hair loss
- Abnormal blood clotting problems
- Raynaud's phenomenon (fingers turning white and/or blue in the cold)
- Seizures
- Mouth or nose ulcers

## Strategic and Research Partnerships

- Established the Lupus Ontario Fellowship funded by Dance for the Cure at Hospital for SickKids in 2009- 2010 \$250,000 commitment over 5 yrs.

Geoff Carr Fellowship	\$65,000
Toronto Western Foundation/AARC	\$40,000
Hospital for Sick Kids Fellowship	\$40,000
London Rheumatology/Lupus Clinic	\$10,000
Ottawa Clinic/Dr. Smith	\$10,000
Hamilton McMaster Hospital	\$16,000
CaNIOS	\$25,000
<b>Total</b>	<b>\$213,000</b>

## Lupus Ontario Hope Award 2009

We celebrate the Hope given to us by the dedication of Dr. Murray Urowitz, a leader who was already persevering in his search for answers for lupus in 1970. He is a founder of the Lupus Databank Research Program whose numerous findings have changed the way lupus is diagnosed and treated. His caring treatment of all who are referred to him and his constant support as a medical advisor, speaker, educator and advocate for the lupus community, show his generosity of time and spirit. We were proud to present to Dr. Murray Urowitz, with profound respect, the **Lupus Ontario Hope Award 2009.**



## VOLUNTEER MANAGEMENT



Donna Chu Memorial President's Award to Shannon Crawford, Durham Branch, for outstanding leadership within the Lupus Ontario community.

**Volunteers are the heart of Lupus Ontario from board members, to support group leaders to public awareness advocates and office help.**

- Volunteer Code of Conduct approved to be implemented
- Prioritized Support Group rejuvenation. Started two new support groups
- Increased communications and visitation with provincial support centres
- Volunteer awards given at AGM
- Ontario Volunteers award nominee Anne Matheson recognized for 30 years service to lupus,
- Family and friends helping with mailings and Funeral Home updates, Newsletter and membership mailings
- Numerous Volunteers enthusiastically managed many fundraising events

## WALK A BLOCK



Lupus Ontario and Lupus Canada will be celebrating the 9th Annual Walk a Block for lupus event in 2010. The event occurs in communities right across the country and it serves as a chance for patients, families and friends to come together to raise money and awareness while walking in support of lupus. To raise money, team members collect pledges for their walk either online or offline. There are many ways in which a person can support Walk a Block for lupus.

- Join a walk and collect pledges
- Support a walker
- Sponsor a walker
- Volunteer at an event
- Become a coordinator and plan your own walk



### Walk a Block Update 2009

- May, 2009 \$174,186 raised in 90 walks across Ontario
- 50% assisting Lupus Canada National Program and 50% to our Provincial Programs
- We had corporate sponsorship at the local level,
- Relationships started with many team leaders
- CaNIOS Centres created their own teams walking from the many hospitals in the Province. Lupus Ontario returned to CaNIOS the money they raised to support their important ongoing research work

**BE A PART OF WALK A BLOCK CALL LUPUS ONTARIO 1-877-240-1099**

Walk a Block Coordinator Nicole Wright: Email: [walkablock@lupusontario.org](mailto:walkablock@lupusontario.org)  
[www.walkablock.ca](http://www.walkablock.ca)

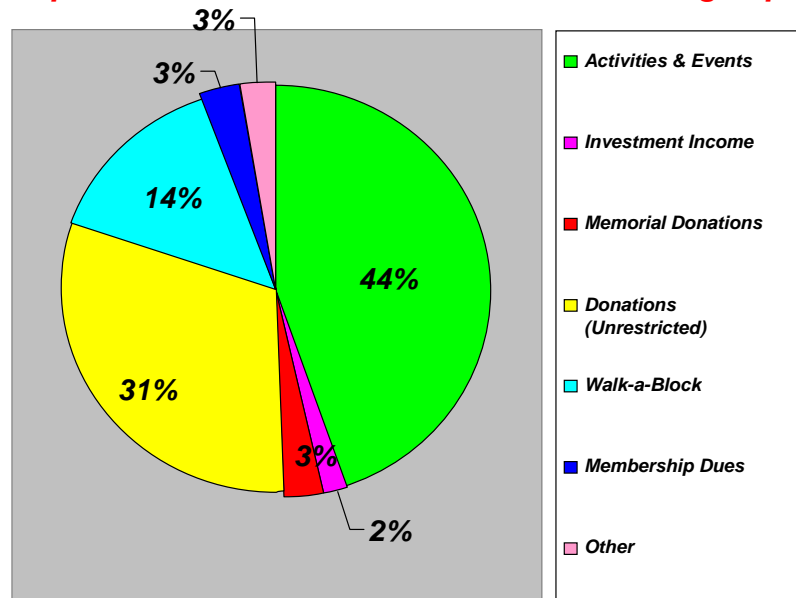


**“take a step to conquer lupus”**

**Lupus Ontario Financials For The Year Ending September 2009**

**2008-2009  
REVENUE SNAPSHOT**

**Total revenues:  
\$533,194**

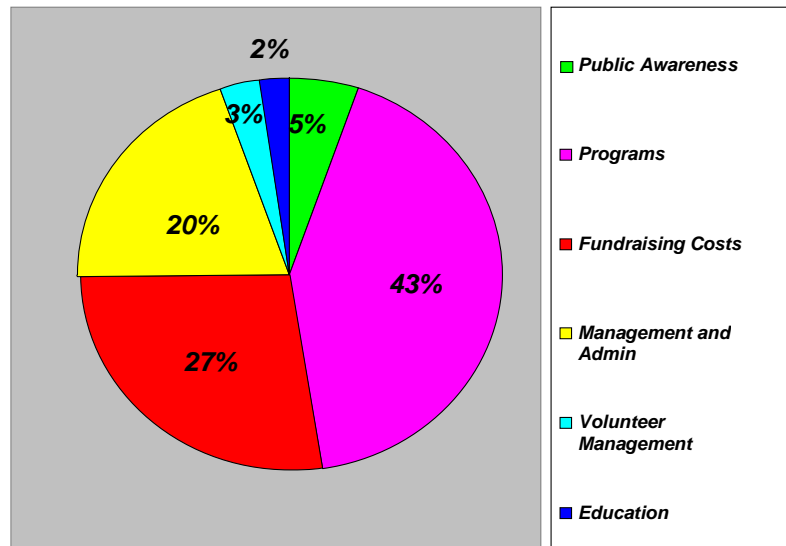


*Note: Revenue down from 2008 by 14% in most part due to economic climate*

**2008-2009  
EXPENSE SNAPSHOT**

**Total expenses:  
\$483,625**

**Notes:  
-Charitable program  
Spending outside of  
research = \$159,884.**



*Note: Expenditures up from 2008 by 1%.*



# Lupus Ontario

## AUDITOR'S REPORT

### Gilmore + Company CHARTERED ACCOUNTANTS

2600 Skymark Avenue  
Building 9, Suite 201  
Mississauga, ON L4W 5B2

Telephone: (905) 602 8009  
Facsimile: (905) 602 8011  
Email: general@gilmoreandco.com  
Web: www.gilmoreandco.com

## AUDITORS' REPORT

To the Members' of Lupus Ontario,  
(Formerly Operating as The Ontario Lupus Association).

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We have audited the statement of financial position of Lupus Ontario (formerly operating as The Ontario Lupus Association) as at September 30, 2008 and the statements of operations and fund balance and cash flows for the year then ended. These statements are the responsibility of the Association's management. Our responsibility is to express an opinion on these financial statements based on our audit.

Except as explained in the following paragraph, we conducted our audit in accordance with Canadian generally accepted auditing standards. These standards require that we plan and perform an audit to obtain reasonable assurance whether the financial statements are free of material misstatement. An audit includes examining, on a test basis, evidence supporting the amounts and disclosures in the financial statements. An audit also includes assessing principles used and significant estimates made by management, as well as evaluating the overall financial statement presentation.

In connection with many non-profit organizations, Lupus Ontario (formerly operating as The Ontario Lupus Association) derives receipts from donations and event receipts, the completeness of which is not susceptible to satisfactory audit verification. Accordingly, we were not able to determine whether any adjustments for unrecorded receipts might be necessary to receipts, excess of receipts over disbursements for the year and fund balances.

In our opinion, except for the effect of any adjustments, if any, which might have been determined to be necessary had we been able to satisfy ourselves concerning the completeness of the receipts described in the preceding paragraph, these financial statements present fairly, in all material respects, the financial position of Lupus Ontario (formerly operating as The Ontario Lupus Association) as at September 30, 2008 and the results of its operations for the year then ended in accordance with Canadian generally accepted accounting principles described in Note 2 to the financial statements.

Mississauga, Ontario,  
January 19, 2010.

Chartered Accountants,  
Licensed Public Accountants.

## LUPUS ONTARIO

### STATEMENT OF FINANCIAL POSITION

AS AT SEPTEMBER 30, 2009  
(with comparative figures for 2008)

	2009	2008
<b>ASSETS</b>		
Current		
Cash	\$83,059	\$55,438
Investment (Note 3)	203,511	241,587
Accounts receivable	19,079	64,985
Prepaid and deposits	7,221	13,986
	312,870	376,006
Property, plant and equipment (Note 4)	4,133	5,618
	<b>\$317,003</b>	<b>\$381,624</b>
<b>LIABILITIES AND FUND BALANCE</b>		
Current		
Accounts payable and accrued liabilities	\$17,470	\$13,242
Deferred contributions (Note 5)	89,407	97,826
Unexpended research allocation (Note 6)	67,089	22,883
Fund balance	143,037	247,673
	<b>\$317,003</b>	<b>\$381,624</b>



## LUPUS ONTARIO

### STATEMENT OF CASH FLOWS

FOR THE YEAR ENDED SEPTEMBER 30, 2009  
(with comparative figures for 2008)

	2009	2008
<b>Cash flows from operating activities</b>		
Excess of revenue over expenses	\$49,569	\$177,807
Amortization	1,485	1,275
Allocation to research expenditures	(154,205)	(100,000)
	(103,151)	79,082
Change in unexpended research allocation	44,206	(5,011)
Net change in deferred contributions	(8,419)	52,743
Changes in other non-cash operating accounts	56,909	(52,851)
	(10,455)	73,963
<b>Cash flows from investing activities</b>		
Purchase of property, plant and equipment	-	(4,287)
<b>Increase in cash and cash equivalents during the year</b>	<b>(10,455)</b>	<b>69,676</b>
Cash and cash equivalents, beginning of year	297,025	227,349
<b>Cash and cash equivalents, end of year (Note 7)</b>	<b>\$286,570</b>	<b>\$297,025</b>

For complete Lupus Ontario Financial Statements, Please contact Julia Kane, President, Board of Directors  
1-877-240-1099 • 905-415-1099 • email: [admin@lupusontario.org](mailto:admin@lupusontario.org)