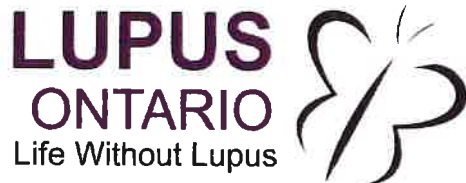




August 2018  
12 weeks in My online Newsletter  
Volume 8



## Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 8 - August 2018

Lupus Ontario, 10-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099

[Visit Our Website](#)

### "Breathing Techniques for Stress and Pain Management" Information provided and Written by Cathy Ferren



#### Breathing Basics

Breathing exercises cover a range of techniques such as deep breathing, rhythmic breathing, diaphragmatic breathing and many more. The ability to focus in on specific body sensations like breathing can help the body work efficiently and heal more quickly.

[Read More...](#)

### "Creative Visualization for Relaxation"

Written by: Cathy Ferren, RHN

Creative visualization or guided imagery uses pictures, memories or scenes created in your mind, similar to a daydream, to place yourself in another time and place. It uses the power of

your imagination to significantly reduce stress and physical symptoms. You can visualize or imagine yourself in a relaxed state and imagine relaxation spreading through your whole body.

You can create and record your own script or scene, or use one from one of the many books, tapes or videos on relaxation. Loosen clothing, sit or lie down in a quiet place and close your eyes gently without squinting or tension. Relax tense muscles as much as you can before you start.

[Read more...](#)

## Upcoming Events



### Walk for Lupus Ontario

#### Upcoming Walks in September:

Bistro On Avenue, September 30, 2018

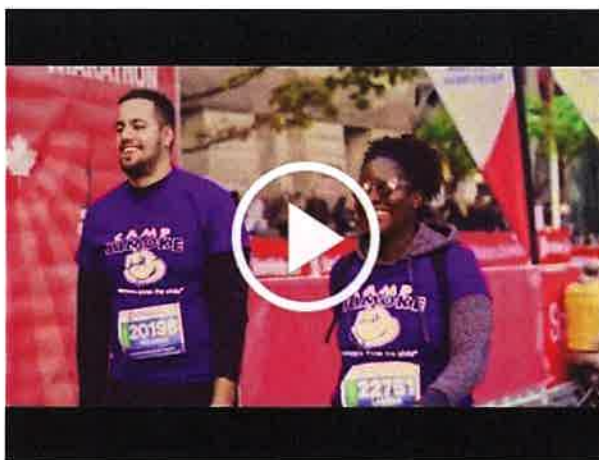
If you would like to organize your own walk, please call Lupus Ontario at 1-877-240-1099

The Walk for Lupus Ontario website remains open for donations until September 30, 2018. If you would like to make a donation, please visit [www.walkforlupusontario.org](http://www.walkforlupusontario.org).

#### SCOTIABANK TORONTO WATERFRONT MARATHON

We are now less than 7 weeks away from the 2018 Scotiabank Toronto Waterfront Marathon weekend!

OCTOBER 22, 2018



Scotiabank Charity Challenge at STWM!

To register for the Marathon and for more information please click [here](#)

For the Step by Step Registration process, please click [here](#)

**SAVE THE DATE**

The Annual Italian Dinner Dance and Silent Auction takes place on March 2, 2018. This event is a night to remember. It is a celebration! A beautiful get-together! Dancing into the wee hours, gourmet Italian foods that leave you wanting more. A Silent Auction that appeals to all ages. There is something for everyone. Tickets go on sale in January 2019. However, you can purchase your tickets in advance by calling Karen at 905-415-1099 or on the toll free line 1-877-240-1099. Let us make this the BEST event it has ever been.

### STAY TUNED

Lupus Ontario will be hosting an Education Day in Ottawa on October 13, 2018. Please email [jbutler@lupusontario.org](mailto:jbutler@lupusontario.org) or call toll free 1-877-240-1099 for more information. The Agenda will soon follow. There is a \$25.00 admission fee that must be paid in full prior to the event. We accept Visa/MC/Amex, Cheque, Cash and Debit.

## THANK YOU

### A GREAT BIG THANK YOU TO LORI LAJEUNESSE



Living with lupus is very trying, very distorting and VERY tiring; but that does not slow down Lori Lajeunesse. She has been a volunteer baker and fundraiser for many years. Helping to increase funding for lupus research by donating her time baking delicious cakes, breads, truffles, peanut butter cookies and homemade nugget. I've actually had the privilege of receiving homemade banana bread along with peanut butter balls and her traditional nugget. I cannot tell you how scrumptious it was. I ate it, so unfortunately I cannot share it with anyone. I have to ask myself, 'would I have shared if I had any left over?' and then would answer 'no'. I wanted every morsel for myself. Selfish? Yes! Tummy was happy and my taste buds were thrilled.

Lori has been helping with the Mississauga Walk; not only by donating her marvelously delicious baked goods, but with her recruitment of all her friends and family. She even had a group walk in Italy. We sent her Walk T-shirts for her group to wear on the coast of Italy, promoting lupus awareness and raising money. We are so proud.

Lori has always had a positive attitude in life. She takes care of herself, her husband Rick and her family. Lori has her up's and down's with her lupus, but she doesn't let that control her life. She knows her limits and works around them. Lori is an inspiration for us all. Keep moving forward Lori!

On behalf of Lupus Ontario's staff and Board of Directors, Thank you for all your hard work and commitment!

## Support Group in the Comfort of your own Home



## Let's Meet!

Never having to leave the comfort of your safe place, no need to travel and not having to worry about the ever changing weather; join us for our live online audio/visual lupus support group

Online Lupus Support Group Meetings

The following are the next Online Support Group Meetings:

**September 18, 2018**

**October 9, 2018**

**November 13, 2018**

**December 11, 2018**

Our online, audio/visual support group meetings are 40 minutes to 50 minutes in length. We use Zoom Meetings which you need to download and install from <https://zoom.us/pricing> and select the Basic Personal Meetings free.

After you have installed the software, email us to be added to the 2018 Zoom meeting invitations. Email: [lupus.ontario.online@gmail.com](mailto:lupus.ontario.online@gmail.com).

Should you have any questions on how you can join the next meeting, please call Lupus Ontario at 905-415-1099 or toll free 1-877-240-1099.

## What's Happening with You!

### Are You Seeing the Right Specialist for Lupus!

For centuries lupus was never the first thing that was thought about when seeing your doctor of what ails you. You are checked for all other diseases and then told "We don't see anything unusual in your blood work". Yet, you continue to be plagued by this constant pain, inflammation, fever and many of the other symptoms of lupus.

Having lived with all of this for several, weeks, months or even years, you are finally diagnosed with lupus. Your doctor would then refer you to see a Rheumatologist. That being said, is your Rheumatologist educated about lupus?

There are 5 Lupus Clinics in Ontario. If you have been recently diagnosed or have been living with lupus for many years and have not been seeing a lupus specialist, it is a good idea that you be referred to one of the 5 lupus clinics. Find one closest to you and take the contact information to your doctor. Seeing a lupus specialist can make a difference in your treatment.

**HAMILTON HEALTH SCIENCES, McMASTER DIVISION**

Dr. Judah Denburg  
 Director of Clinical Immunology and Allergy  
 1200 Main Street West, Room 3V46  
 Hamilton, Ontario, L8N 3Z5  
 Tel: 905-521-2100 ext 76714/Fax: 90-521-4971  
 Secretary: Monica

**THE OTTAWA HOSPITAL**

Dr. C. Douglas Smith  
 Arthritis Centre  
 The Riverside Campus  
 1967 Riverside Drive, 6th Floor, Box 37  
 Ottawa, Ontario, K1H 7W9  
 Tel: 613-738-8400 ext 81840/Fax: 613-738-8336  
 Secretary: Lorri Ann

**UNIVERSITY HEALTH NETWORK - TORONTO WESTERN HOSPITAL**

Dr. Murray Urowitz, Dr. Dafna Gladman, Dr. Zahi Touma  
 Lupus Clinic  
 399 Bathurst Street, 1-415 East Wing  
 Toronto, Ontario, M5T 2S8  
 Tel: 416-603-5905/Fax: 416-603-9387  
 Clinical Nurse Specialist: Laura Wakani 416-603-5800 ext 2895  
 Lupus Patients inquiries: [lupus.nurse@uhn.ca](mailto:lupus.nurse@uhn.ca)  
 Dr. Urowitz 416-603-5828/ Dr. Gladman 416-603-5753/ Dr. Touma 416-603-5248  
 Secretary: Marlene, Coordinator: Anne MacKinnon 416-603-5800 ext 2511

**ST. JOSEPH'S HEALTH CARE CENTRE - ARTHRITIS INSTITUTE**

Dr. Janet Pope  
 Chair/Chief of Division of Rheumatology  
 268 Grosvenor Street  
 London, Ontario N6A 4V2  
 Tel: 519-646-6100 ext 66332/ Fax: 519-646-6342

**HOSPITAL FOR SICK CHILDREN (Sickkids Hospital)**

Dr. Earl Silverman  
 Division of Rheumatology  
 555 University Avenue  
 Toronto, Ontario, M5G 1X8  
 Tel: 416-813-6249/Fax: 416-813-7281

## **VOLUNTEERS MATTER**

### **BIG SHOUT OUT TO JENNIFER MENEZES**

Volunteers are the foundation of Lupus Ontario. Without the compassion, the will to want to volunteer precious personal hours and the need to make sure it gets done from the volunteers, we are nowhere.



**Jennifer Menezes has been volunteering her time for the last 5 years organizing the Kitchener Walk for Lupus Ontario. She has lived with lupus for many years and has had her fair share of lupus ups and downs. There were times she could not move, or was hospitalized for weeks. Despite her health issues, she managed to take care of her family of 5 children, her loving husband, who has been her rock and partner helping in organizing the walk and managing a household. She has made it her priority to help find a cure for lupus.**

**Jennifer's strength and will to want to succeed is empowering to say the least. She continues to get things done and knows her limitations. She manages her time to take care of many tasks and chores on an everyday basis. I wish I had half her energy. Thank you to her, to her group of hard working, wonderful volunteers and to the complete Menezes family and her volunteers. She has turned a small Kitchener Walk as it use to be so many years ago, into a full day of fun and fundraising with captivating games and activities for all ages. Thank you for keeping Kitchener on the map and spreading the lupus awareness. On behalf of Lupus Ontario's Staff and Board of Directors we thank you for all that you do to help us one day find a cure for this worthy cause.**

## **Easy Recipes**

### **Big Ol' Pot of Corned Beef Hash**

A simple meal can be the best tasting and this dish is just that...a simple meal with great taste. Growing up, one of my most favourite meals my mom made (and still does) was a big ol' pot of Corned Beef Hash. It is a warm, melt in your mouth, full of flavour dish that still keeps my tummy warm on cool Autumn evenings. I am sharing this (secret) homemade feast with you so you can understand how tasty Corned Beef Hash is and can be. Some make it differently, but this is my moms' recipe. Simple, easy and good!

Take time out of your busy day to have fun with cooking. It can help relieve stress, helps in decreasing worry and can make for a happy time with the family and/or your partner. Or to enjoy some quiet time alone. Click on the recipe below for a taste of greatness.

### **Big Ol' Pot of Corned Beef Hash**

Recipe provided by: Juanita Butler and her Mom, Janet Butler

## **Calling all Yarn and Wool**

### **Looking for Donations of Yarn and Wool**

Have a box of yarn or wool sitting on a shelf?  
In your storage unit or closet?  
In your garage?  
Don't plan on using it?

We have a group of women who like to knit and help  
by raising funds from their creativity  
Raffles, Silent Auctions, for just about everything.

Should you wish to donate yarn or wool, please contact  
Tarra Thompson  
tarraandjedmarvin11@gmail.com

Your monthly online newsletter is here!

or call  
1-519-350-8018  
to make arrangements

***We can put the yarn to work for a worthy cause!***

## **Lupus Ontario's Board of Directors**

<b>Linda Keill</b>	<b>President</b>
<b>Cathy Ferren</b>	<b>Vice President</b>
<b>June Alikhan</b>	<b>Treasurer</b>
<b>Gloria Checkley</b>	<b>Secretary</b>
<b>Tarra Thompson</b>	<b>Director at Large</b>
<b>Kuljit Bhogal</b>	<b>Director at Large</b>
<b>Tanya Mahadeo Connacher</b>	<b>Director at Large</b>
<b>Bindu Kovvuru</b>	<b>Director at Large</b>
<b>Miguel Morris</b>	<b>Director at Large</b>
<b>Kevin McGill</b>	<b>Director at Large</b>

Lupus Ontario | 1-877-240-1099 | Email | Website

### **Mission Statement**

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.

**Goal: Life Without Lupus!**

STAY CONNECTED:



Lupus Ontario, 25 Valleywood Drive, Unit 10, Markham, Ontario L3R 5L9 Canada

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Sent by [info@lupusontario.org](mailto:info@lupusontario.org) in collaboration with

**Constant Contact** 

Try it free today