

Upcoming Events



Walk for Lupus Ontario

FREE REGISTRATION WHEN YOU REGISTER ONLINE AT
www.walkforlupusontario.org from Aug 2 - Aug 6
Use Promo Code "Civic"



Use Promo Code "Civic"
Celebrating the Civic Holiday!

Please visit www.walkforlupusontario.org to find a walk near you.

Upcoming Walks in August:

Mississauga, Erindale Park, Area A - August 11, 2018
Whitby, Heydenshore Pavilion - August 19, 2018
Brampton, Gage Park - August 25, 2018

Upcoming Walks in September:

London, Ivey Park, September (TBA)
Windsor, Roseland Golf Club, September (TBA)
Bistro On Avenue, September (TBA)

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

THANK YOU

A GREAT BIG THANK YOU TO ANASTASIA KOUTSIDIS

There are no words to express our gratitude for Anastasia Koutsidis. This classy lady has been supporting Lupus Ontario for many years. One day about 11 years ago, Anastasia called Lupus Ontario to say she had lupus and from that day forward, it was kismet; the relationship turned from friendly how-do-you-do's to becoming a close family friend.

A couple of days ago, Anastasia and her darling Mom visited Lupus Ontario (as she does from time to time). The moment she entered the office, we knew it was time for coffee and cake. We sat down and had our ritual discussions about what is happening in the world to how she is coping with her lupus. We find ourselves talking about everything under the sun and often making laughter a major part of our visit together. Anastasia brings love, laughter and joy into the office and into our lives. She has a positive attitude about her disease and never lets her lupus stop her life.

Anastasia's continued visits and support is greatly appreciated, and we are so delighted she has become a major part of our lupus family.

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

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 summer 2018 Zoom meeting invitations. Email: lupus.ontario.online@gmail.com.

The Following is the Upcoming Lupus Online Zoom Meeting:

Tuesday August 14 at 7:00 pm

You must register 3 days in advance by email to receive the online software generated link. Please download and install the free Zoom meetings prior to the meeting time.

Please click [here](#) for your Downloadable Online Support Group Flyer

Should you have any questions, please call Lupus Ontario at 905-415-1099 or toll free 1-877-240-1099.

What's Happening with You!

"Lions and Tigers and Bears, Oh My" Dorothy a resident of OZ
"Fatigue and Pain and Sun, Oh My" Jan, a resident of Lupus

Written By: Jan Gillis

Summer brings its own set of challenges for those of us from Lupus (or those of us with lupus).

Fatigue

In the winter it's easier to hide the fatigue or at least YOUR fatigue levels. In the winter we all have the tendency to cocoon - however, we lupies are the gold medalists. My naps during the day are admired by mere mortals. They wish they could have a two-hour nap in the afternoon when the temperatures drop below 20 degrees and the snow is blowing. I can nap, and do nap everyday - BUT in the summer, my naps are noticed.

[Read More...](#)

VOLUNTEERS MATTER

BIG SHOUT OUT TO VINCE BLOSSER



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 no where.

Vince Blosser has been a major stepping stone on organizing the Walk for Lupus Ontario in Hamilton. Eleven years ago, Vince and his then wife, Georgia made it a goal to help increase the funds and participants for the Hamilton Walk in 2007. Because of their involvement, the Hamilton Walk has increased exponentially; it grew from raising \$2000.00 to \$14,000.00. Georgia passed away from heart complications due to lupus in 2009. Vince made it his passion to continue to raise much needed funds for lupus research every year since her passing; hoping to one day find a cure. He also helps with the Hamilton Support Group from time to time. It was very heartbreaking when Georgia left us. Her smile, her energy and her passion were very contagious. Vince keeps her memory alive by continuing to organize and raise funds for lupus research.

Thank you Vince Blosser for all your hard work and commitment. Without you, Lupus Ontario would not be where we are today.

Easy Recipes

Hot Summer Days lurk ahead in the upcoming August and September months. Tarra Thompson, Lupus Ontario's Board of Director is a Gourmet Chef by trade and took time out of her busy day to provide two very fast and easy recipes to help 'beat the heat'. No need to cook in the kitchen, these two recipes will have you enjoying tasty foods in minutes.

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

TUNA SALAD with A FRESH DESSERT

Recipes provided by: Tarra Thompson, Lupus Ontario's Board of Director.

Lupus Ontario's Board of Directors

Linda Keill	President
Cathy Ferren	Vice President
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Gloria Checkley	Secretary
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Kuljit Bhogal	Director at Large
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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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