

## Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 9 - October 2018

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

Visit Our Website

### "Message from the President"

Written by Linda Keill

I want to personally thank everyone who was involved in the Walk for Lupus Ontario 2018. This includes the organizers, all the volunteers, our sponsors and donors. Because of the hard work of everyone involved in planning and running the walks, we surpassed our budget for sponsorship's and donations. I had the privilege of attending several of the walks. The enthusiasm and commitment of everyone to support the cause was truly inspiring. It was also a time to meet with many lupus patients and hear the stories of how lupus has impacted their lives. Events such as the Walk for Lupus Ontario are critical in raising awareness and the funds needed to continue the research aimed at someday finding a cure. As we look forward to Walk for Lupus Ontario 2019, if you would like to organize a walk in your community or know of any companies who might sponsor the walk, please contact Juanita in the Markham office.

Looking ahead, we will be starting our membership campaign in November. We urge you to renew or become a member of Lupus Ontario. Your membership gives you preferred pricing for Lupus Ontario Education days and Medical Symposiums. During the membership campaign we also request research donations. All the money collected for research goes towards the Geoff Carr Lupus Fellowship. This year's Fellow is studying and performing research at the Hospital for Sick Children. The Fellowship is one of the largest of its kind purely focused on research. We need your help to keep it alive and to achieve our goal of Life Without Lupus.

## Upcoming Events

### SAVE THE DATE

**The Annual Italian Dinner Dance and Silent Auction takes place on March 2, 2019. 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. You can purchase your tickets in by calling Karen or Juanita 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. Please visit [www.lupusitaliandinner.com](http://www.lupusitaliandinner.com) for more information. You can also purchase your tickets through our safe and secure online process.**

## Purchase your Italian Dinner Tickets




### Lupus Italian Dinner March 2, 2019

## November 23, 2018 - Education Day in London

Lupus Ontario will be hosting an Education Day in London on November 23, 2018. Please email [jbutler@lupusontario.org](mailto:jbutler@lupusontario.org) or call toll free 1-877-240-1099 for more information.

For more information and to Register, please download the flyer. You can also call Lupus Ontario to register at 1-877-240-1099.

**LUPUS ONTARIO**  **London Lupus Education Day**  
Life Without Lupus

**Friday November 23, 2018**  
**9:30 am to 3:30 pm**

Learn about lupus, coping, nutrition, medications and much more. Meet Lupus Ontario volunteers and connect with others in your community living with lupus.

**Westmount Presbyterian Church, Room JFH**  
521 Village Green Avenue, London N6J 4G4  
Several London Transit buses stop at the corner of Wonderland and Village Green and many more at the Westmount mall next door.

**Registration Fees:**  
\$20 for members, \$25 for non members  
You must register a minimum of 5 days in advance.  
To Register Contact: Juanita [jbutler@lupusontario.org](mailto:jbutler@lupusontario.org)  
or by phone at 1-877-240-1099 or 905-415-1099  
Please do not wear perfume or use any scented products as this is a fragrance free workshop.  
[www.lupusontario.org](http://www.lupusontario.org)

### Registration/Information Flyer

There is an admission fee of \$20.00 for Lupus Ontario members and a \$25.00 for non-members. The admission fee must be paid in full prior to the event. The fee includes a light lunch.

We accept Visa/MC/Amex, Cheque, Cash and Debit.

## THANK YOU

### A GREAT BIG THANK YOU TO NATALIE SAMAROO



**Natalie Samaroo could not attend her own Mississauga Walk; a day before her Walk for Lupus Ontario, she was admitted to hospital due to a stroke she suffered a few weeks prior. Neither Natalie, nor anyone else, had any idea that she had a stroke. Natalie had symptoms that did not mimic a stroke. She had numbness in her right arm and hand. She has been the Walk Coordinator for Mississauga for the last 3 years.**

**Natalie is a born events coordinator. Her abilities to create and have a successful event seem so easy for her. Although I know it takes so much work to make it look so easy, she delivers without issues. Natalie organized the day from a hospital bed; if that is not commitment to one day find a cure, I don't know what is.**

**I had the privilege of attending the Mississauga walk and when I arrived, it was like arriving into a huge friendly environment. The thrill of raising funds for lupus was through the roof. Music playing, prizes, raffles, candy, cakes, BBQ with food provided by Natalie's family, selling items with every cent earmarked to help find a cure for the disease that was preventing Natalie from attending her own walk...LUPUS!**

**The day was a grand success. We cannot express the gratitude we have for Natalie Samaroo. She planned the event while she was not well, was hospitalized a day before her walk, and still managed to have the best walk yet!**

## 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:

**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.

## **Botox was the Answer**

**Written by: Melissa Moniz (Alexander)**

**I was diagnosed with CNS Brain involvement at the age of 16. I was unable to communicate properly. My thoughts were racing, and I was experiencing hallucinations, intense headaches, and migraines were a result. Fortunately, after 21 cycles of cyclophosphamide (chemo therapy), many years on prednisone, a cocktail of medications, and many lifestyle changes most of my symptoms have subsided.**

**My experience with the aftermath of CNS involvement is rather frustrating. Unfortunately,**

**I suffer with some cognitive deficits, such as: basic math skills and learning (and retaining) new information. Having a strong support system such as a very supportive husband, family, friends, and lupus community have helped me significantly with the emotional effects.**

[Continue to read...](#)

## **Regena Taylor Helps to Raise Funds for Lupus Research!**

On Friday November 2, 2018 Linda Keill, President of Lupus Ontario awarded Regena Taylor with beautiful plaque thanking her for all she has done to help raise much needed funds for Lupus research and for Lupus Ontario.

Regena has been raising funds through Walk for Lupus Ontario with the help from Bistro on Avenue for the past 4 years. She has the commitment, passion and the dedication to want to find a cure for lupus.

On behalf of Lupus Ontario's Board of Directors, Staff and Volunteers, Thank You Regena Taylor; we would not be where we are today if it wasn't for you.



**Cindy Stern, Regena Taylor, Linda Keill**

## **WALK FOR LUPUS ONTARIO 2018**



**Walk for Lupus Ontario 2018 raised \$139,187.76. We could not have reached this amount without your help.**

**On behalf of Lupus Ontario we would like to say Thank You and express our appreciation to each of you who participated in and attended "Walk for Lupus Ontario 2018".**

**The following are the Walk for Lupus Ontario 2018 fundraising results. Thank you all for your hard work, passion and your commitment in helping those with lupus live longer and better.**

**TOGETHER WE CAN CONQUER LUPUS-ONE STEP AT A TIME!**

<b>Team Name:</b>	<b>Total Amount Raised</b>	<b>Team Captain</b>	<b>Location</b>
The Wolfpack	\$12,540.00	Tanya & David Connacher	Toronto - Nathan Phillips Square
Peaches & Thorns	\$11,838.00	Laura Piccione	Durham - Ajax Rotary Park
Family Ties	\$10,650.00	Jordyn Rigby	Hamilton
Team Nat	\$9,255.25	Natalie Samaroo	Mississauga
Reliance Home Comfort	\$8,782.00	Reliance Home Comfort RHC Family	Toronto - Nathan Phillips Square
Jan's Blockbusters	\$8,125.00	Jan Ropp	Woodstock
Miguel Morris/Celia Douglas-Desvignes	\$4,645.00	Miguel Morris	Toronto - Nathan Phillips Square
Team Lori	\$3,660.00	Lori Lajeunesse	Mississauga
Lupus Barrie	\$3,127.00	Lupus Barrie Group	Barrie
Team Regena	\$2,845.00	Regena Taylor	Toronto - Bistro on Avenue
SJ For Lupus	\$2,685.00	Sameera Jamal	Toronto - Nathan Phillips Square
Team Raven	\$2,477.00	Raven Watson	Peterborough
Yadi's Butterflies	\$2,315.00	Yadira Castro	Toronto - Nathan Phillips Square
Team Ashley	\$2,308.10	Ashley Crawford	Whitby
Memories of Georgia Verra	\$2,220.00	Vince Blosser	Hamilton
Staebler Crew	\$2,090.00	Jodie Weiler	Kitchener
Reshma's Team	\$2,055.00	Reshma Persaud	Scarborough
Reid About Lupus	\$1,940.25	Sandra Williams-Reid	Durham - Ajax Rotary Park
The Flare Fighters	\$1,730.00	Wendy Kipp	Woodstock
Jodie's Jivers	\$1,445.00	Jodie-Nimigon-Young	Ottawa
Amanda's Let's Go Lupy Crew	\$1,338.00	Beth Jollymore	Barrie
Diva's Butterflies	\$1,295.00	Claudiane Hogarth	Ottawa
J Walkers	\$1,130.00	Joyce Watson	Woodstock
Lupus Warriors	\$1,100.00	Nadia Caruso	Durham - Ajax Rotary Park
Lupee Chiggy	\$1,037.00	Aisha Chiguichon	Durham - Ajax Rotary Park
Team Hailey Longo	\$1,000.00	Angela Cha	Mississauga
Team Stacey	\$945.00	Michelle Cragg	Barrie
The Dream Team	\$810.00	Dream Ackland	Kitchener
Kim's Kooks	\$785.00	Kim Waudby	Peterborough
The BB's	\$730.00	Danielle Hutt	Barrie
The Butterflies	\$690.00	Anna Peres	Toronto - Nathan Phillips Square
Toronto Western Lupus Clinic	\$690.00	Anne MacKinnon	Toronto - Nathan Phillips Square
Heffernan Pack	\$675.00	Katie Heffernan-Carr	Peterborough
Rad Lupies	\$615.00	Lisa Bruce	Mississauga

Lady Di	\$600.00	Diane Forgues	Ottawa
Flare Fighters	\$565.00	Vongdao Vong	Kitchener
Moon Scouts	\$555.00	Jheanelle Anderson	Toronto - Nathan Phillips Square
Lupielicious	\$525.00	Heidi Walters	Mississauga
Lupulicious Warriors	\$430.00	Carole Senetchko	Durham - Ajax Rotary Park
Butterfly Brigade	\$330.00	Camille Bridge	Brampton
D5	\$300.00	Sabrina Dussin	Toronto - Nathan Phillips Square
Team Sunita	\$285.00	Sunita Mandi	Mississauga
Butterfly Wings	\$285.00	Janet Dowden	Hamilton
Brave Brampton Walkers	\$285.00	Bailey Hansen	Brampton
Wendy's Walkers	\$270.00	Jennifer Benson	Ottawa
Pungyaujiemuis	\$260.00	D. Yu	Mississauga
Expecto Patronum	\$235.00	Emily Kim	Scarborough
Shaw	\$235.00	Amanda Shaw	Durham - Ajax Rotary Park
Sonika2015	\$200.00	Sonika Stewart	Mississauga
The Moran's	\$200.00	Abbi Moran	Ottawa
Team Hojo	\$150.00	Andrea Williams	Mississauga
Loop Us As Won	\$118.00	Suzie and Mike Vanston	Ottawa
Team Kevin McGill	\$100.00	Amanda McGill	Durham - Ajax Rotary Park
La Vie Ladies	\$60.00	Lakeisha Jones	Whitby
A Purple Purpose	\$60.00	Sherika Bailey	Brampton
Mini2Z	\$50.00	Kristin Tousignant	Windsor
Stopays	\$50.00	Kiara Sancler	Toronto - Nathan Phillips Square
The Delaney Team	\$30.00	Catriona Delaney	Toronto - Nathan Phillips Square
Lupus Warrior	\$30.00	Kristeen Marshall	Brampton
Team Carolyn	\$25.00	Carolyn Pancham	Brampton
Lise Sabourin	\$25.00	Lise Sabourin	Ottawa
Team Niki	\$20.00	Niki Antle	Barrie

### [Download Team Results](#)

[Click here to find out what happened](#)

## "Healthy Recipes"

Cooking can be considered 'work' or it can be considered 'therapeutic'. The question is how you feel about cooking. The kitchen can be a place to create. Here are two healthy recipes that is very easy to make. You can make the Roasted veggies a head of time to store in the refrigerator for future meals.

[Roasted Veggies](#)

[Gluten Free Stuffing](#)

## **Jodie's Handmade Jewelry Fundraiser**

Written by: Jodie Nimigon-Young

My lupus journey began 24 years ago, at the age of 13. I was diagnosed after several years of unidentified symptoms, a situation not unlike most of you. I jumped in immediately to the Lupus Ontario circuit with support groups and fundraisers, as well as with a youth newsletter for Lupus Canada. I started my own support group at 16, and went onto being a youth contact for Lupus Canada. My involvement with lupus organizations followed me where ever I moved, and included my home town of Bowmanville, to Ottawa (for my Bachelor's psychology), to Montreal (Bachelor's social work) and Toronto (Master's social work). At each junction I continued my involvement, introduced myself to the local culture of lupies, and extended my knowledge and support.

[Read more...](#)

## **"Fabulupus: A Social Media Evaluation"**

Written by; Jodie Nimigon-Young

How is this relevant? Strategic utilization of social media outlets for sharing medical information, psychosocial impacts, and for research recruitment may benefit from improved understanding of patient's utilization of these resources. Researchers may be better to reach individuals thru Twitter than Facebook, and they should keep the demographics of each social media outlet in mind when choosing where to post.

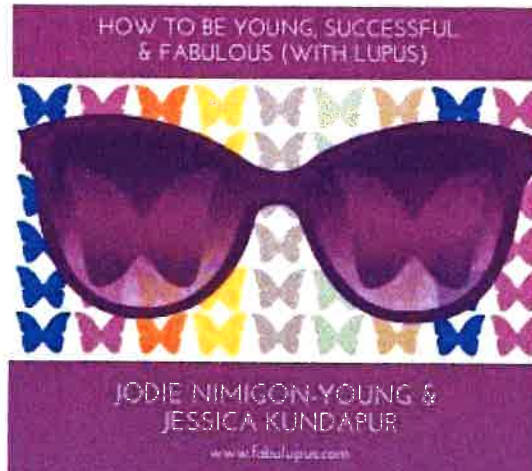
[Read more...](#)

## **Fabulupus (Jodie Nimigon-Young and Jessica Kundapur)**

Fabulupus: How to Be Young, Successful and Fabulous (with Lupus)



# FABU LUPUS



## Lupus Ontario's Board of Directors

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### 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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