

President's Message

By Cathy Ferren



Be prepared not scared! This has been my motto during this pandemic. It means buying healthy foods, daily exercise, daily prayer and meditation, daily relaxation techniques, talking regularly to family and friends by phone, email and zoom/webex/facetime.

Being prepared means finding out what extra services are available in your area to help with self care, shopping, medication delivery and other things.

This newsletter will share those that we know of that have been submitted by members.

For those of us who still have to work full time, it means using the appropriate personal protective equipment, maintaining social distancing and refusing work that is hazardous to you as an immune compromised person.

The AGM or annual general meeting is your chance to vote on important issues in the association and to vote on any by-law changes, election of new board members, etc. With a virtual AGM this year, distance will not keep you away! Please join us May 9th.

May is Lupus Awareness Month. Lupus Ontario is recognizing May to align with Lupus Canada, The Lupus Foundation of America and other global lupus organizations. Formerly October was lupus awareness month in Canada. Show your support, wear purple on World Lupus Day on May 10th.

AGM 2020 Saturday May 9th

From 10:00 to 11:30 am

Online using Zoom Meeting software

No registration fee

Registration URL

<https://us02web.zoom.us/meeting/register/tJwlc-CsqjorGd0w5BXMxNsYV3QLfL-Q81po>

Voting is restricted to current paid members in good standing.

The 2020 Walk for Lupus Ontario is Going Virtual

The Lupus Ontario Virtual Walk is an opportunity to come together, anytime and anywhere to raise funds and provide hope to the millions of people living with Lupus. COVID-19 may be keeping people apart, but the Lupus Ontario Virtual Walk will prove that we are a strong and supportive community—even when we are not physically together. We have chosen **August 15, 2020** as the day for you to walk, run, cycle, dance, do yoga, ... whatever you choose to do to raise lupus awareness and funds for lupus research, support and education programs.

Register for the Virtual Walk in your community or join the Lupus Ontario Virtual Walk and fundraise to help find a cure and live a Life without Lupus.

Keep your eye on our Social Media and the Lupus Ontario website for more information on communities as they are added and on participating in the a virtual walk.



Help Connect Volunteers to COVID-19 Response Efforts

SPARK Ontario is partnering with the Ontario government to connect volunteers with opportunities to support seniors, people with disabilities and other Ontarians requiring assistance during the COVID-19 pandemic.

We are asking not-for-profit organizations and community response efforts to post their volunteer opportunities at [SPARK Ontario](#) and connect with the thousands of Ontarians who want to help.

We hope you will consider sharing the following communications resources with your community.

- 1) SPARK Ontario template message for websites and newsletters encouraging not-for-profits to post volunteer opportunities at [SPARK Ontario](#)
- 2) Click [here](#) to access social media tiles you can post and share with local organizations and prospective volunteers



For additional volunteer resources, connect with your local [volunteer centre](#).

Thank you for supporting COVID-19 response efforts in your community!
Please don't hesitate to reach out with any questions.

Lupus Ontario, 21-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099 or 1-877-240-1099

Here are Some Links for CCAC in Durham

<https://communitycaredurham.on.ca/food-nutrition/community-food-box/> - this is the \$30 food box that Ashley's been getting delivered

<https://communitycaredurham.on.ca/food-nutrition/hot-meals-on-wheels/>

<https://communitycaredurham.on.ca/food-nutrition/frozen-meals-on-wheels/>

Each local CCAC will likely have their own similar programs and have different qualifications for their programs.

Peer Support Groups

Lupus Ontario offers in person and online peer support groups.

Check the support page on the web site for schedules and locations. Peer support groups are a safe place to share your lupus journey and learn from others in the group what has worked for them. They are not therapy sessions. Check the Support page on the web site for locations and schedules. During COVID 19 we have online meetings only using Zoom. Imagine 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 peer support group.



You need to **REGISTER IN ADVANCE**. After registering, you will receive a confirmation email containing the link and information about joining the meeting. Provincial Meetings are 7 to 8 pm EST. The time varies for other online support meetings see <https://www.lupusontario.org/support/>

May 12 click <https://zoom.us/meeting/register/tZUkcOiqrlszJ7xHTqf-RSrgjrFgsjDRA>

June 9 click <https://us02web.zoom.us/meeting/register/uZUqcu2urj8vkEGZnlondVXoWBVuajutNA>

July 14 click <https://us02web.zoom.us/meeting/register/u5EkcOGtrT0owX6DYbkyIUVZ-PRIMU33xw>

Durham Online Support Group

Monday May 25th at 7 pm

Contact Laura at walkforlupusdurham@yahoo.ca

Lupus Education Days and Online Workshops

The Lupus Ontario Support and Education Committee organizes information and education events about lupus, treatment, coping and support.

Lupus Education Days or **LEDs** include a variety of speakers and presentations on lupus related topics. Whenever possible, an education day includes a rheumatologist, pharmacist, and other treatment professionals.

Online workshops are generally one (1) hour long online meetings with Q&A time at the end. Watch for a special workshop emails and social media posts. Details at www.lupusontario.org/education/

Let us know if there is a particular topic you are interested in. We will do our best to find a suitable presenter on the topic.

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!