

President's Message

By Cathy Ferren



I hope you are all doing well under the current circumstances by doing what you can to stay safe, stay healthy and in being prepared for when you do have to go out in public.

The virtual Walk for Lupus needs you to like, share and otherwise spread the word. You will be seeing more in upcoming weeks on our social media.

Thank you to all the support group facilitators who have stepped up to keep multiple online support group meetings happening so people have access to the support they need.

Congratulations to Amanda and Kevin McGill on the birth of their first child. Many of you will remember Kevin from the Board of Directors and the Scotiabank Marathon. You can see the happy family and message them at <https://www.facebook.com/amanda.vert.3/posts/10158846443519066>

Introducing Our New Team Member

We are pleased to welcome Jeremy Houston as our new Marketing and Fundraising Coordinator. Jeremy brings a strong background in Communications and has used his creativity in other organizations to raise their overall profile. We are excited to have Jeremy and can't wait to see how he is able to cultivate and heighten Lupus Ontario's presence. Welcome, Jeremy!

Event: Virtual Walk for Lupus 2020

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.

We invite you to visit our website to find your local Walk for Lupus. You can register for the Virtual Walk in your community, if available, or join the Lupus Ontario Virtual Walk option if your community is not listed. Let's fundraise to help find a cure and live a Life without Lupus.

The first one hundred (100) registrants will receive a free mask with the Lupus Ontario logo. Keep your eye on our social media and this website for more information on communities as they are added and on participating in a virtual walk.

Special General Meeting of Membership for Bylaw Changes

Lupus Ontario can only amend bylaws of our organization through a majority vote of the membership at an annual general meeting or a special general meeting.

The Board of Directors has researched changes necessary to convert our membership from the current paid membership at \$25 per year to no charge membership. This will allow us to reach many more people with lupus and remove the cost barrier. Our fundraising and research drive will be increased to make up the difference in income to the association.

Below are the changes that will be voted on at a special general meeting to be held on September 30, 2020 at 7:30 pm EST by Zoom. The registration URL for the meeting is

<https://us02web.zoom.us/join/register/tZ0ude6qqjosGNcs92ar2R6QaRu62x7BBDBv>

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

BYLAW 2 - ARTICLE 1. Members - Members in good standing shall be the directors and those persons who from time to time may be enrolled as members of the organization at the head office, or as members of any Branch of the organization established in Ontario.

BYLAW 3 - I THE MEMBERSHIP. The Membership of Lupus Ontario is made up of those with lupus, their families, friends and caregivers from across Ontario who enrol in order to belong to the Ontario organization.

BYLAW 9 - ENACTMENTS, REPEAL AND A MENDMENT OF BY-LAWS. The Board of Directors may enact or pass by-laws, not contrary to law or to the charter of the Corporation, by a vote of a majority of the directors at a meeting of the Board of Directors. Such by-law shall not have any force until sanctioned by a majority vote at a special general meeting of the members of the Corporation duly called for that purpose.

Personal Story: The Miracle of Yoga for Lupus

Written by Natasha Fall

Let's face it, Lupus is a tricky bugger to deal with everyday. We all have our good days and bad days. Some of those days are good for half of it and bad for the other. At times, it's a bad day with a glimpse of good and each day we wake up not knowing what bi-polar side of Lupus we are going to get next – that is just the nature of our pain-in-the-ass disease.

As lupies, we suck it up, hold our head high, put on our boxing gloves and fight it every day. We deal with joint pain, swelling, nausea, migraines, lack of energy, exhaustion, light and extreme sun sensitivity or rashes, organ and tissue attacks and damage, among a slew of other symptoms daily.

Still, you see many of us doing this with immeasurable strength, a different perspective on life and an appreciation for the little things "healthy" people take for granted. With that being said, what if there was a place you could go where you didn't have to fight so hard. What if there was a place you could go that would help you build your strength not only physically, but mentally and emotionally too, all the while teaching you how to find a sense of peace, relaxation and healing for all three. I know it sounds too good to be true, but there is such a place. It's called a Yoga mat with a good Hatha Yoga Teacher!

You may be thinking, "I'm not flexible enough for yoga" or "I've gained too much weight from my medications to be able to do yoga." I was skeptical too, especially since there are days I can't get out of bed, I'm on a cane or even just the awful weight fluctuations. I've gone up and down about 60lbs since 2012. Every piece of doubt you could think of ran through my mind too, but my doctor urged me to get back into it. You see, I actually began practicing in 2003 off and on throughout the chaos of college. When I was diagnosed with Lupus in 2008, while living in Erin with my Aunt, I fell right into a flare with barely enough energy to get through work to 2pm in the afternoon, without falling asleep due to the exhaustion. I got pretty good at sleeping standing up. Therefore, sleep was all I could think about once I got home. Sometimes, I could come home by 3:30pm and sleep the whole night through. It was awful.

My Rheumatologist specialist, Dr. Bajaj, in Brampton who has known me since I began having problems with my knees at 14, could see how the life had drained out of me and told me to just try a few Hatha Yoga classes and see how I felt. Skeptical, I looked and found Jill MacPherson, a Hatha Yoga Teacher in Erin, ON. I can honestly say, it was my first class with her that my healing through Yoga and my new life journey truly began. It chokes me up even as I write this.

I slowly began learning about proper breathing, alignment, how to still my mind, how to calm my nerves, how to listen to and look into my body, heart and soul. I found some peace, a way to cope and a way to heal. Yoga is not a cure for Lupus, I am not saying that. I am not a medical professional with a degree in medicine by any means, but I do know from firsthand experience how there were days I could drag myself to one of Jill's classes, on my cane and at times, walk out feeling little to no pain at all, with no need for my cane - that was what has inspired my yoga journey and my desire to help others heal through yoga as well. If you had told me 6 years ago, I'd be where I am today, I'd have laughed and told you, you'd lost your mind. As it stands, today I am proud to say, I am a fully certified yoga teacher!

My experience and my Yoga Teacher Training Instructor, Michelle Cormack of 5 Elements Yoga and Pilates in Georgetown, ON has brought me to firmly believe yoga can help heal, not only your body, but your mind, heart and

Lupus Ontario, 21-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099 or 1-877-240-1099
soul. I know this to be true, because I am living proof. It has taught me so much and given me such strength in times I felt so weak. I learned how to open up and find parts of myself I hadn't known how to access before. Yoga has become a pivotal part of my life.

You do not have to compromise your spiritual or religious beliefs to practice yoga and you don't have to be someone you are not. The great thing about it is, it's such a personal intimate practice that no one has business bringing judgment or criticism to class, because it's not about that. Yoga is about creating a safe place where you can express yourself through your practice and looking into your inner awareness, letting it guide you on your own personal journey.

My passion for yoga and it's healing powers has lead me to a new passion of teaching it and sharing it with others. I figure, I was blessed with a gift that helps me fight a disease that tries to break me every day, with some grace and my dignity in place, I needed to be able to give that gift to others too. This is my way of creating some good karma and giving back to my community.

As the great yogi Ganga White Says, "There is no perfect yoga body. Yoga is perfect for every body."

If anyone has any questions or is interested in trying my yoga classes, please visit my business page on Facebook called, Heart and Soul Yoga with Natasha Fall and contact me there!
<https://www.facebook.com/HeartandSoulYogawithNatashaFall/>

May you go forth with more peace in your mind, more love in your heart and more life in your spirit. Namaste, Natasha Fall.

Social Media at Lupus Ontario

Your Social Media Committee is made up of Brynn Clark, Jillian Cooper and Jeremy Houston.

Check out our various platforms to stay up-to-date with events, seminars, campaigns, etc. Currently our schedule consists of **Motivational Mondays**, where uplifting and inspiring quotes are shared to start your week off on a positive note. **Warrior Wednesday** is a new campaign in which we highlight some of Lupus Ontario's strong and impactful community members to showcase the journey and story of living with lupus. Lastly, **Tasty Thursdays** are for recipe sharing to provide not only health, but delicious options to make in the comfort of your own home.

Follow our socials to stay informed and partake in creating awareness of Lupus Ontario: [Facebook](#), [Twitter](#), [LinkedIn](#) and [Instagram](#).

Happy Canada Day!

We hope that you have a great Canada Day and that you take time to celebrate with family and friends in a safe or distanced manner. You know your body best, so make sure to be aware of sun exposure and to listen to your body.

Check out our **Tasty Thursday** recipes on the Lupus Ontario Facebook page for a healthy snack for all to enjoy. Stay hydrated and celebrate Canada!

Support and Education Committee

Please welcome Sandra Williams-Reid from our Board of Directors to her new role as chairperson of the Support and Education Committee. She will be coordinating support, facilitators, LED or Lupus Education Days and much more. Thank you for taking on this role. You can reach Sandra at swilliams-reid@lupusontario.org

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.





Lupus Ontario's ONLINE Newsletter

"Lupus Link" July 2020

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

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/>

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

August 11 click https://us02web.zoom.us/meeting/register/uJlrcO6qqjvGxoKNen69XfC_cJLs-3kGA

Sept 15 click <https://us02web.zoom.us/meeting/register/vpwwd-2gqjoopdEUTBZDFal1vBDz44Td2A>

Oct 13 click <https://us02web.zoom.us/meeting/register/v5Mpd--uqjgibor5y63VwjtnyJpiRCC6w>

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!