

President's Message

Written by Cathy Ferren



Have a say in your future membership. Mark your calendar for the Special General Meeting on September 30th. Details below.

As we prepare for fall, it is still important to protect ourselves from UV rays with sunscreen, protective clothing and avoiding peak sun hours. Please stay safe. Taking care of our psychological wellbeing is important. Please join us for this month's webinar on Tuesday September 22nd.

Thank you to everyone who has registered for or donated to the Virtual Walk For Lupus Ontario 2020. The pandemic has added new challenges to fundraising in 2020. There is still time to donate up to September 30th. It takes all of us to work together to be able to fund vital research, education, awareness and support.

If you see, talk to or email our volunteer of the month, say THANK YOU! If you would like to nominate someone for volunteer of the month, you can contact me at CathyFerren@lupusontario.org.

Special General Meeting of Membership for Bylaw Changes Wednesday, September 30, 2020 at 7:30 pm EST

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/88263236917>

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.

BYLAW 6 INVESTMENTS. The Board shall invest funds not immediately required for the operations of the organization in securities authorized by law for trustees, or securities in which Canadian Life Insurance Companies may invest, or Investment Management Firms.

Webinar: Taking Care of Our Mental Health During Social Distancing

2020 has been quite the year, which has quickly made many big changes in our lives. COVID-19 has changed the way we live, the way we interact with others, and our daily routines. As we adjust to our new way of life, it's important to recognize the importance of taking care of ourselves and building self-care back into our lives.

Join Us on Tuesday, September 22, 2020 @ 7 p.m. EST by Zoom. Free. Preregistration required.

Registration URL <https://us02web.zoom.us/j/88263236917>

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

Mental Health Crisis Lines



In the case of an emergency please contact:

- (1) 911
- (2) your family doctor, or
- (3) one of the distress centres listed below

Local Distress Lines:

Barrie	(705) 726-7922
Brampton	(905) 459-8439
Burlington	(905) 335-1903
Cornwall	(866) 996-0991
Durham Region	(905) 433-1121
Halton	(905) 849-4541 or (905) 681-1488
Hamilton	(905) 525-8611
Kingston	(613) 544-1771
London	(519) 667-6711
Mississauga	(905) 278-7208
Newmarket	(905) 895-4521 ext. 2789
North Bay	(705) 474-1031
Northumberland (Port Hope)	4Four County Crisis - 1-866-995-9933
Oshawa	(905) 433-1121
Ottawa	(E) (613) 238-3311 Bilingual 866-277-3553
Peel Region	(905) 278-7208
Scarborough	(416) 751-4888
Sudbury	(705) 675-4760
Thunder Bay	(807) 346-8282
Toronto Distress Centres	(416) 537-7373; (416) 408-4357; (905) 459-7777
Toronto - Gerstein Centre	(416) 929-5200, 24 hrs/7 days
Windsor	(519) 256-5000
York Region	310-2673

Centre for Addiction & Mental Health (CAMH) Emergency Department + Crisis Clinic:

http://www.camh.ca/en/hospital/care_program_and_services/Emergency_Department/Pages/guide_emergency_service.aspx - 24 hour/7 days per week emergency assessment + treatment for adults with mental health + substance use issues. Contact: (416) 979-6885 Location: 250 College Street, Toronto.

Assaulted Women's Helpline	1-866-863-0511 https://www.sheltersafe.ca/find-help/
Domestic Violence	https://www.sheltersafe.ca/
Kids Help Phone	800-668-6868
Teen Help Line	800-420-8336
Telehealth Ontario (general health advice from registered nurse)	866-797-0000

Volunteer of the Month: Linda Keill



Linda has been a volunteer with Lupus Ontario for a number of years. She is a past president, a member of the Board of Directors, and currently she is the Chairperson of the Fund Development Committee in addition to being a member of several other committees. Linda is dedicated to ensuring the organization continues to provide essential research, awareness, support and education through fundraising and advocacy.

She is the 2020 force behind the Virtual Walk for Lupus Ontario. Thank you Linda for your time and efforts on so many projects including the Trans Ontario Ride for Lupus, Italian Dinner, Masquerade Gala, Walks, board activities, Scotiabank Marathon, Corporate Sponsorships, Grants, and countless others.

We are grateful for your service, experience and advice. Thank you.

Event: Virtual Walk for Lupus 2020

The Walk for Lupus Ontario looked a little different this year than it has in the past, but that did not stop us from raising funds in support of lupus education and research programs! The event took place virtually on Saturday, August 17 at any time that was convenient for the participant. The beauty of virtual events is that they can take place

Lupus Ontario, 21-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099 or 1-877-240-1099 wherever, whenever and however you like – you make the rules! We encouraged people to partake in the day's festivities in any way they saw fit to support Lupus Ontario. We saw a range of events taking place from walks around the neighbourhood to hiking – people took to social media across the province to showcase their daily activity.

With everything going on in the world, we noticed that charities and non-profits were seeing donations in the 30-40% range compared to previous years. We were expecting to raise a fraction of what we are used to in previously due to COVID-19, but Lupus Ontario supporters came through and helped us surpass the 30-40% range! We are happy to announce that this year's walk has raised \$57,000 to date. We want to thank all the people who participated and donated – if you haven't had a chance, we are keeping donations open until September 30, 2020. The top fundraiser will also receive a [lovely gift basket prize](#), so make sure to make your donation before then!

We are eternally thankful for everyone's participation and generosity in such trying times. This just goes to show that we can come together and create awareness and funds to hopefully live "Life Without Lupus".

Social Media

We are making strides to become more engaged in the digital atmosphere! Currently, we are focusing on [Facebook](#), [Twitter](#) and [Instagram](#) to disseminate information about lupus in hopes of generating awareness and funds to help support research and education initiatives.

#MotivationalMonday is a positive start to the week! We share a simple, yet uplifting, quote, phrase, etc. that we hope to get the week off to a stellar start.

#WarriorWednesdayLO is a campaign in which we feature a Lupus Warrior and their journey with lupus. We invite anyone to send a photo and their story to info@lupusontario.org if they wish to be featured. This type of content helps us humanize the disease and allows for people to understand that lupus varies from person to person. Featuring stories about perseverance, defying the odds and just simply not letting lupus get in the way of everyday life.

#TastyThursday features yummy and nutritious snacks from the recipe book of our very own Cathy Ferren. It's important to live a healthy life and to eat accordingly, but that doesn't mean the snacks can't be delicious!

Make sure to check out our social media channels and to keep up to date with everything going on at Lupus Ontario.

Gluten Free Substitutions

For 15 ml or 1 tablespoon wheat flour substitute any of the following:

- 7.5 ml or 1/2 tablespoon (1-1/2 teaspoons) cornstarch
- 7.5 ml or 1/2 tablespoon (1-1/2 teaspoons) potato starch or potato flour
- 7.5 ml or 1/2 tablespoon (1-1/2 teaspoons) white rice flour
- 7.5 ml or 1/2 tablespoon (1-1/2 teaspoons) arrowroot starch
- 10 ml or 2 teaspoons quick cooking tapioca
- 10 ml or 2 teaspoons tapioca starch

Public Awareness Campaign for Service Clubs

Do you belong to or know anyone who is a member of a community or religious service club? You can spread the facts about lupus by giving a short 10 minute presentation about Lupus Ontario (PowerPoint/PDF presentation supplied by the Lupus Ontario office) followed by a 5 to 10 minute talk about your lupus journey, or if you do not have lupus, the story of someone you know with lupus. We have templates for both a 5 minute and a 10 minute talk that we can email you.

Examples of service clubs are Lions, Kiwanis, Knights of Columbus, United Church Women, your local college alumni, Catholic Women's League, Civitan, Elks, Kin-Canada, Jaycees, Rotary, St. Georges Society of Toronto, Oddfellows, etc. Social or travel clubs such as Probus, or ethnic groups are another great way to spread the word.

Contact us at admin@lupusontario.org with public awareness for service clubs in the subject line and we will mail you the My Lupus Story templates, and the number of brochures and bookmarks that you require. Please include your full mailing address and phone number. One of our volunteers will contact you and help you prepare.

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.

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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/>

Sept 15 click <https://us02web.zoom.us/join/91234567890>

Oct 13 click <https://us02web.zoom.us/join/12345678901>

Nov 10 click <https://us02web.zoom.us/join/23456789012>

Upcoming Events

Office Closed for Labour Day	Mon Sept 7
Youth Online Support Group	Sun Sept 12 3:00 pm EST
Provincial Online Support Group	Tues Sept 15 7:00 pm EST
Webinar: Taking Care of Our Mental Health During Social Distancing	Tues Sept 22 7:00 pm EST
Durham Online Support Group	Mon Sept 28 7:00 pm EST
Special General Meeting	Wed Sept 30 7:30 pm EST
Office Closed for Thanksgiving	Mon Oct 12
Provincial Online Support Group	Tues Oct 13 7:00 pm EST
Youth Online Support Group	Sun Oct 18 3:00 pm EST
Webinar: TBD	Tues Oct 20 7:00 pm EST
Topic will be posted on lupusontario.org/education/	
Durham Online Support Group	Mon Oct 26 7:00 pm EST

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. Email Sandra at swilliams-reid@lupusontario.org

For those who missed the webinars on **Raynaud's Relief** and **Intermittent Fasting** you can download the notes from <https://www.healthy4life.ca/articles.html>

Canadian College of Naturopathic Medicine Free Online Webinars

You can view current topics and register online at <https://rsnc.ca/>. If you have any questions you can contact Julie Zander, New Media Specialist, Canadian College of Naturopathic Medicine, jzander@ccnm.edu

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!

www.lupusontario.org

#MotivationalMonday #WarriorWednesdayLO #TastyThursday