

ANNUAL REPORT

2020-2021



2020/2021 GEOFF CARR FELLOW

Dr. Ambika Gupta received the Geoff Carr Lupus Fellowship for 2020-2021, and was a part of the TWH (Toronto Western Hospital) Lupus Clinic. She worked with and learned from extraordinary mentors, such as Dr. Murray Urowitz, Dr. Dafna Gladman and Dr. Zahi Touma and had the opportunity to develop sub-specialty expertise in diagnosing and treating patients with Systemic Lupus Erythematosus (SLE).

Over the last year, she also had the opportunity to participate in clinical research with Dr Touma, specifically looking at neuropsychiatric SLE and is currently in the process of finalizing her research manuscript which analyzes clusters of SLE patients according to cognitive function, self-reported outcomes and disease activity, and assesses the stability of clusters over a one-year period.

In November 2021, Dr. Gupta presented her findings at the American College of Rheumatology Annual Meeting and will be doing an oral presentation at the Canadian Rheumatology Association Annual Meeting in February 2022.

Dr. Gupta has started a practice at Trillium Health Partners in Mississauga, Ontario, and will also be working at an outpatient clinic in the area and hopes to develop a specialized clinic for local patients with SLE.

**Dr. Ambika
Gupta**

EDUCATION/SUPPORT

SUPPORT GROUPS

With COVID-19, we have shifted our Support Group Meetings online to adhere to provincial regulations.

Durham Support Group
Ottawa Support Group
Provincial Support Group
Young Adult Support Group

WEBINARS

We have hosted Webinars to provide information of key topics related to Lupus.

Key Webinars Included:

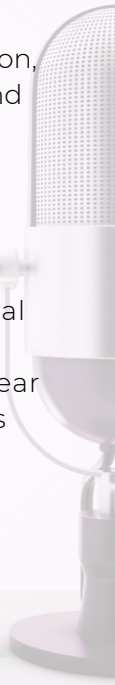
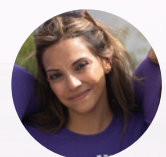
- Practical Strategies for Managing Stress and Anxiety Webinar
- Medical Cannabis – Separating Facts From Fiction
- Fighting Fatigue

PODCAST

In 2021 Lupus Ontario started a podcast aimed at providing our community with additional information, resources, tools and knowledge to better understand the disease and improve the quality of life for those with lupus, as well as their support network.

Key Podcasts Included:

- Student Life - Joy Philips and The Motivational Power An Illness Can Have
- Student Life - Meghan Wynne on Taking A Year Off and The Life Lessons Lupus Can Teach Us
- Life With Lupus - Yadi's Story



ABOUT US



Linda Keill - President

BOARD OF DIRECTORS

President.....Linda Keill (EC)
 Vice President.....June Alikhan (EC)
 Treasurer.....Siraj Mehdi (EC)
 Secretary.....Kuljit Bhogal
 Director at Large.....Brynn Clark
 Director at Large.....Cheryl Gajadhar
 Director at Large.....Sandra Williams-Reid (EC)
 Director at Large.....Jillian Cooper (EC)
 Director at Large.....Joseph Braithwaite (EC)
 Director at Large.....Faraz Islam
 Director at Large.....Uzair Jalil
 Director at Large.....Faizan Bari

EC = Executive Committee

Thank you to the Board Members who will be leaving or have left the Board: Joseph Braithwaite, Faizan Bari and Kuljit Bhogal.

MISSION

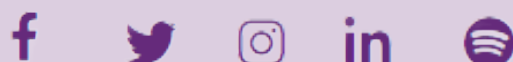
Lupus Ontario's mission is to provide vital support, education, awareness, advocacy and research through the fundraising efforts of our staff and volunteer community to help those with lupus live longer, healthier and better lives.

CONTACT US

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GRANTS

GlaxoSmithKline
Government of Canada



For the Year Ending September 30,

	<u>2021</u>	<u>2020</u>
Support and Education Programs	\$26,697	\$38,191
Newly diagnosed	9%	14%
Ongoing support and training		
Counselling		
Lupus community education & webinars		
Lupus educational kits		
Research Funding and Clinic Research Support	153,250	80,537
Geoff Carr Fellowship	53%	27%
Anne Matheson Biobank		
Ottawa, London and Mount Sinai Lupus Clinics		
SickKids Hospital Lupus Clinic		
Toronto Western Hospital Lupus Clinic		
McMaster Lupus Clinic		
Volunteer Support	9,745	10,703
Education and training	4%	4%
Appreciation awards and recognition		
Public Awareness	30,045	32,174
Website: www.lupusontario.org	11%	11%
Facebook, Twitter, Instagram		
Advertising and promotion at events		
Newsletter, posters, pamphlets		
Fundraising	39,890	90,177
Direct fundraising expenses	14%	32%
Event planning and execution		
Forms, event packages		
Administration	24,017	33,559
Facilities rent	9%	12%
Insurance		
Office expenses		
Audit		
Total Expenses	<u>\$283,644</u>	<u>\$285,341</u>

**Your
Generosity
at Work**



Year Ending September 30,

	<u>2021</u>	<u>2020</u>
Walk for Lupus	\$89,479	\$58,579
Italian Dinner	-	77,515
Masquerade Gala	-	17,725
Charitable Donations	17,698	14,961
Memorial Donations	11,715	14,193
Research Donations	113,477	46,524
<i>Membership & Research</i>		
<i>World Lupus Day</i>		
Scotiabank Marathon	-	2,430
Membership Dues	-	5,210
Ottawa Door to Door	7,048	5,982
Deferred Contributions Recognized	-	604
Other Activities	-	1,400
Bequests	157,434	628,272
Investment and Other Income	176,424	(47,138)
Federal Government Grant	10,000	10,000
Books and Merchandise Sales	190	50
Total Receipts	<u>\$583,465</u>	<u>\$836,307</u>
Excess of Receipts Over Expenses	<u>\$299,821</u>	<u>\$550,966</u>

**Gift,
Donations,
Events &
Others**

