

Lupus Ontario

ANNUAL REPORT

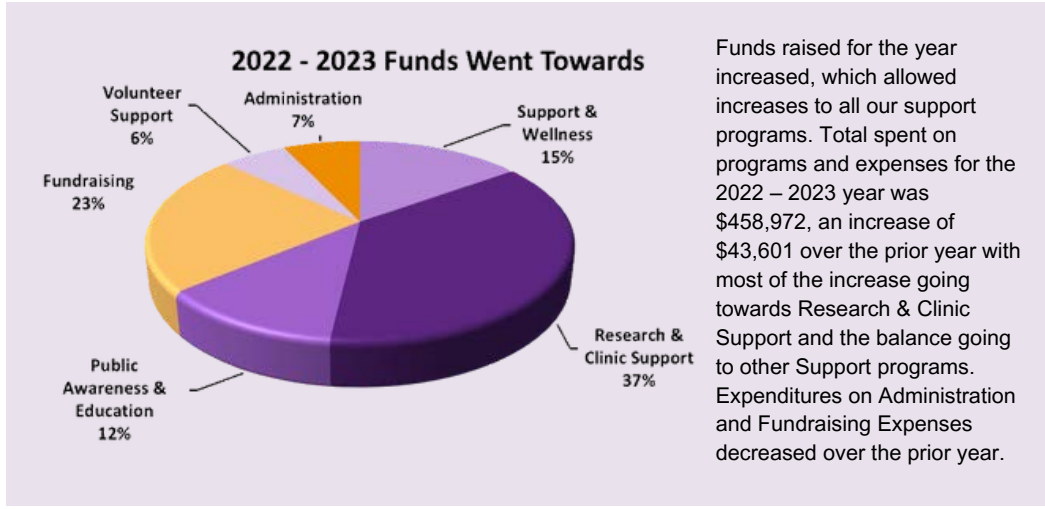
Fiscal Year Ending September 30, 2023



During 2023, we gradually recovered from our locked-in COVID19 pandemic experience and started to once again participate at in-person events. Our events and support group programs were delivered in both a virtual and in-person manner as our immunocompromised community enthusiastically emerged from Covid hibernation. Our joy at being able to gather was showcased at the 2023 WALK for Lupus as the community turned up in huge numbers to support the WALK resulting in extremely successful multiple WALKS across the province therefore surpassing preset goals and raising an incredible \$157,263 for all our programs. The Italian Dinner Dance was still limited by COVID-19 and continued as an online Silent Auction, raising an incredible \$22,955. We are also grateful to everyone who held third party events such as Hope Volleyball Toronto, 90's Dance, Research Fellowship Fundraiser and Ottawa Door-to-Door to raise awareness and funds for lupus. Other non-event-based income sources contributing to revenue included bequests, investment income, memorial and charity donations.

Thanks to the generosity of donors, sponsors and grantors we were able to increase our support for all programs. Research programs funded increased to \$168,385 and included The Geoff Carr Fellowship, The Lupus Ontario Anne Matheson Biobank at the McMaster University Lupus Clinic, The Dr. Murray Urowitz Chair in Lupus Research at the University of Toronto and funding for the six accredited Lupus Clinics. All projects support research by investigating better methods of managing lupus or gathering data for research so that someday we have a Life Without Lupus. Our Geoff Carr Fellow last year was Dr. Stephanie Wong who completed her lupus clinical experience and research project at SickKids Hospital in Toronto. Her project was "Therapeutic drug monitoring of Hydroxychloroquine (HCQ) is feasible in the childhood SLE population, allowing for individualized HCQ treatment with optimal efficacy and prevention of long-term toxicity". She is now practising at Alberta Children's Hospital in Calgary to serve the pediatric lupus community!

From an Education, Awareness and Support perspective, we continued our online support groups and presented valuable educational information through our webinars, podcasts, newsletters and Annual Education Symposium. Through on line programming we were able to serve people living throughout Ontario as well as those living out of province and from all over the world. We increased our advocacy efforts by continuing to forge new partnerships with other organizations, helped improve medical care in northern Ontario and filed with the Canadian Agency for Drugs and Technologies in Health (CADTH) for new biologics for lupus patients.

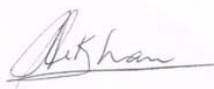


Funds raised for the year increased, which allowed increases to all our support programs. Total spent on programs and expenses for the 2022 – 2023 year was \$458,972, an increase of \$43,601 over the prior year with most of the increase going towards Research & Clinic Support and the balance going to other Support programs. Expenditures on Administration and Fundraising Expenses decreased over the prior year.

LOOKING FORWARD

We look forward with increased optimism as we realize that research in this area is escalating dramatically with multiple clinical trials under away by various pharmaceutical companies, leading to greater hope for a cure or an improvement in the quality of life for lupus patients. In the meantime, our plans for the coming year include more in person events which will allow us to better increase awareness and understanding of the impacts of lupus on patients, their families and the community in general.

I would like to thank all our sponsors, donors and dedicated staff and volunteers. Without your generosity we could not continue to provide high quality programs for the Ontario lupus community. Your commitment and dedication to improving life for the lupus community is outstanding and we sincerely thank you.

Sincerely,

June Alikhan
President, Lupus Ontario



ABOUT US



Our 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.

Lupus Ontario is the largest Canadian provincial organization focused on improving the lives of lupus patients and their families.



In 1978, Honey Agar and Linda Ethier, two lupus patients frustrated by the lack of knowledge and treatment for the disease, joined forces. Their goal was to create awareness and to educate.

We support the Lupus Community through:



SUPPORT

We provide 6 interactive monthly support groups to lupus patients throughout Ontario. Facilitators guide the meetings based on specific themes or key discussion topics.

Monthly Support Groups:

- Durham Support Group
- Ottawa Support Group
- Provincial Support Group
- Windsor Support Group
- Young Adults' Monthly Social

Bi-weekly Wellness Group:

- Dance and Medicine classes

Many supported:

- 431 attendees to Support Group Meetings and Wellness Classes
- Responded to 178 emails/calls requesting support/information

CONTACT SUPPORT

Email the Support team at
Support@lupusontario.org

We support a variety of research initiatives such as:

- The Geoff Carr Lupus Research Fellowship
- The Lupus Ontario Anne Matheson Biobank
- The Dr. Urowitz Research Chair at the University of Toronto
- 6 accredited Lupus Clinics in Ontario



2022 – 2023 LUPUS ONTARIO GEOFF CARR FELLOW

Dr. Stephanie Wong earned her Doctor of Medicine degree at the University of British Columbia in Vancouver. Subsequently, she pursued a clinical fellowship in Pediatric Rheumatology at BC Children’s Hospital. As a Geoff Carr Fellow, she gained clinical experience at SickKids Hospital, focusing on a dedicated SLE Clinic with a multidisciplinary approach. Additionally, she attended transition clinics at Mount Sinai and Toronto Western, as well as the Neonatal Lupus Clinic at SickKids twice monthly.

Her research focused on Hydroxychloroquine Blood Concentration in Childhood-onset SLE (cSLE), aiming to explore the feasibility of therapeutic drug monitoring of HCQ in this population for personalized treatment with optimal efficacy and long-term toxicity prevention.

Throughout her Fellowship, Dr. Wong was supervised by Dr. Deborah Levy and Dr. Linda Hiraki.



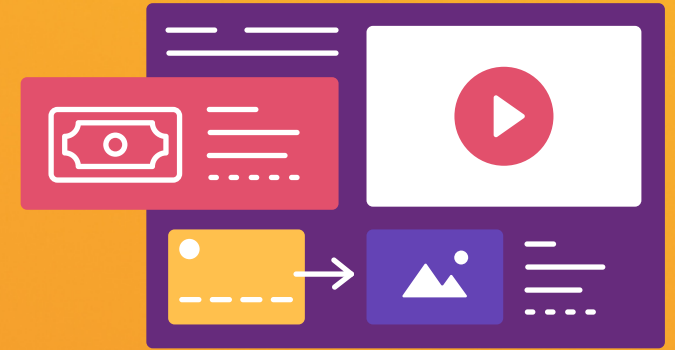
- Attended Queens Park Lupus Awareness Day recognition ceremony
- Responded to CADTH disagreeing with restrictions placed on new biologic medication
- Worked with St. Joseph's Health Care in Thunder Bay on ACPAC (Advanced Clinical Practitioner in Arthritis Care) shortage
- Set up Hamilton Lupus clinic as an additional resource for northern lupus clinics
- Continued to expand relationships with similar organizations



**Lupus Awareness Day
May 10, 2023
Queen's Park**

AWARENESSES

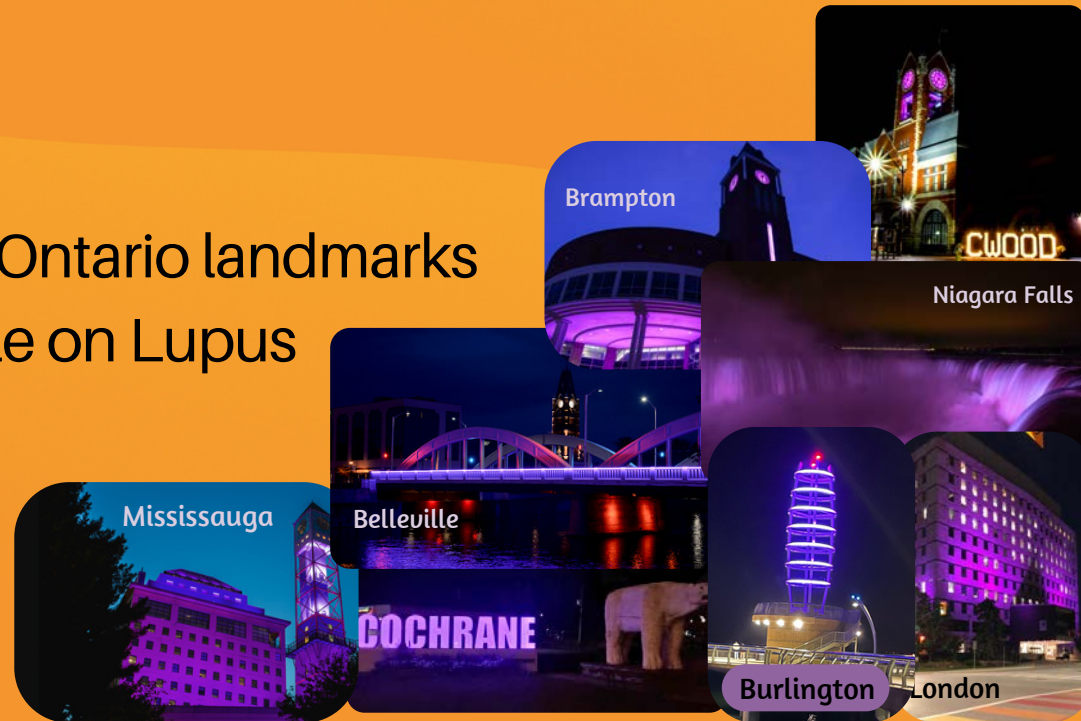
Raise awareness about lupus through social media, website, monthly newsletter, and Lupus Awareness Month in May.



Our recent advocacy efforts led to the recognition of Lupus Awareness Day in Ontario.

41

We also secured 41 Ontario landmarks to illuminate in purple on Lupus Awareness Day.

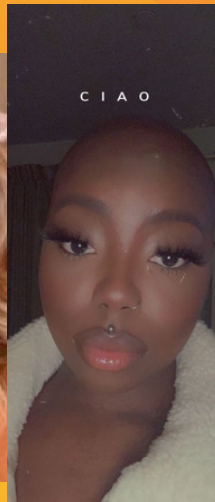




Newsletters:

- 1,600 recipients
- Average click rate 54.9%

8 lupus warriors featured in the newsletter and on social media from all across ontario



We provide education through our monthly support groups, webinars, podcasts, and an annual Lupus Symposium.



Podcasts:

- 1,885 listens worldwide
- 32 countries
- 10 Canadian provinces + 2 territories
- 32 US states
- Listeners 76% female, 24% male
- 69% below age of 45



Webinars:

- Views between 100- 460 annually



New Direction Symposium:

- 61 Registrants
- 890 viewers
- 8 Exhibitors

Lupus Ontario facilitates community members to organize walks, raises money for research initiatives through an annual campaign, and has organized a fundraiser, the Lupus Ontario Gala: Spring Soirée, for April 6, 2024.

HOPE VOLLEYBALL TORONTO

Thank you HOPE volleyball and all volunteers who participated, raising \$4,600.

RONA HEROES CAMPAIGN

We were honoured to be selected as the charity of choice for the Mississauga-Dundas store, raising \$5,508.

AJAX HIGH VOLLEYBALL TOURNAMENT

Thank you Rob Piccione and all who helped put together this tournament in support of Lupus Ontario, raising \$5,475.

TCS TORONTO WATERFRONT MARATHON

Thank you to those who participated in this great cause, raising \$1,394.

OTTAWA DOOR-TO-DOOR

We are grateful for this annual fundraising initiative led by Jodi Waiser and Brenda Cardillo, raising \$8,596.

MILL POND GALLERY ART EXHIBIT

Yuni Ko and her daughter Claire Seo put together an amazing art exhibit in support of Lupus Ontario. Their friends and family helped raise \$24,100.

ITALIAN DINNER & ONLINE SILENT AUCTION

We appreciate the incredible annual efforts of Sabrina Dussin & Anne Di Vizio for organizing the online silent auction, raising \$22,955.

90's DANCE

Thank you Alisia Kipp, family and friends for organizing such an amazing event, raising \$8,178.

WALK 2023 STATS

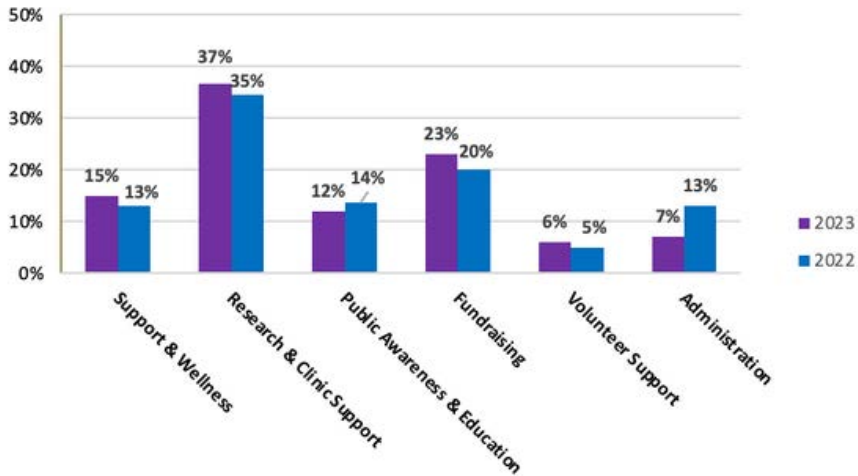
- Over 800 participants
- 1,300 donors
- Media coverage in over 15 regional outlets (tv, radio, online news, social media)
- Raised over \$157,000
- 12 locations:
 - Barrie
 - Durham
 - Hamilton/Halton
 - Kitchener
 - Mississauga
 - Ottawa
 - Richmond Hill
 - Sudbury
 - Thunder Bay
 - Toronto
 - Windsor
 - Woodstock



Spending

Spending on programs increased to 70% in 2023 compared to 67% in 2022 with Research & Clinic Support being the largest program. Spending on Fundraising and Administration decreased in 2023 by 3% to 30% as a result of the office going virtual.

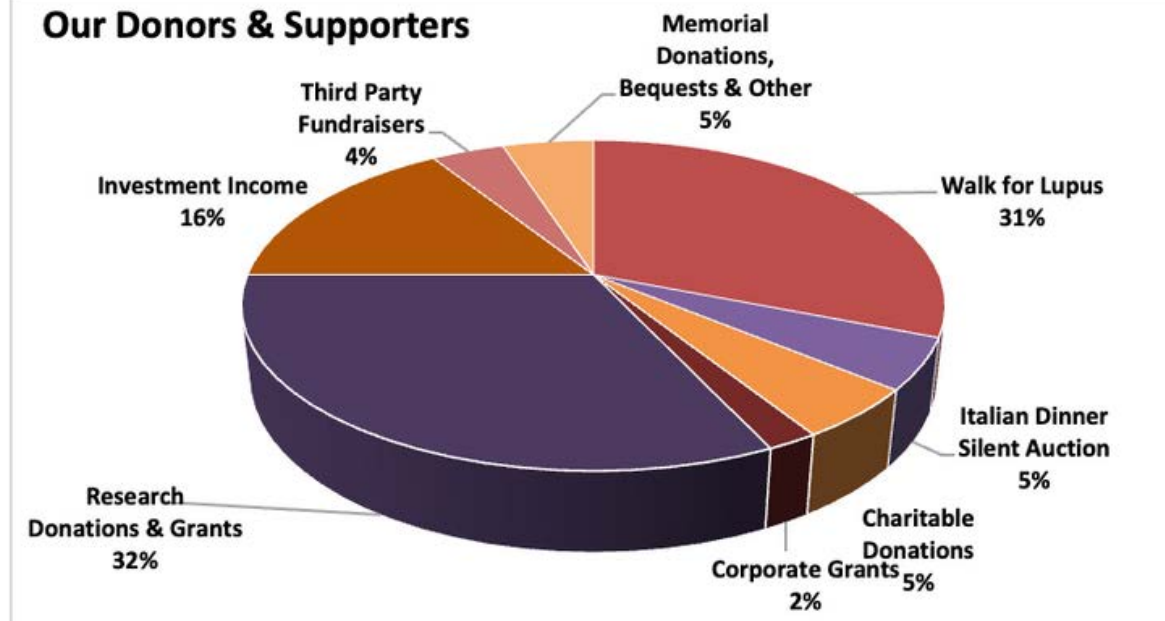
Our Programs & Expenses



Funds received from our generous donors and supporters:

Our largest fundraiser continues to be the WALK for Lupus Ontario and raised an amazing \$157,263 compared to the prior year amount of \$88,983, an increase of almost 77%. This huge success was reflected by the enthusiastic participation of the community at in-person events. Research Donations and Grants also increased as a result of more corporate grants being submitted and corporate recognition of Lupus Ontario research initiatives. Investment Income improved due to better market conditions this year compared to the prior year; which had a market crash as a result of higher interest rates and inflation combined with a worsening economy. The increased donations, sponsorships and grants collected permitted us to increase expenditures on research initiatives and support programs in the 2023 year.

Our Donors & Supporters



LUPUS ONTARIO
For the Year Ended September 30, 2023

YOUR GENEROSITY AT WORK	<i>For the year ending September 30,</i>		DONATIONS, GIFTS AND OTHER	<i>For the year ending September 30,</i>	
	<u>2023</u>	<u>2022</u>		<u>2023</u>	<u>2022</u>
<i>Support and Wellness Programs</i>	\$ 66,797	\$ 52,455	Walk for Lupus	\$ 157,263	\$ 88,983
Newly diagnosed			Italian Dinner Silent Auction	22,955	17,041
Ongoing support and training			Golf	-	25,385
Counselling			Charitable Donations	23,353	28,282
Lupus community education & webinars			Memorial Donations	11,616	15,855
Lupus educational kits			Research Donations and Grants <i>(includes Research Fellowship Fundraiser)</i>	163,964	143,136
<i>Research Funding and Clinic Research Support</i>	168,385	143,747	Corporate Grants	10,000	-
Lupus Clinics: Toronto Western Hospital, Mount Sinai Hospital, SickKids Hospital, McMaster Hamilton Health Science, St. Joseph's Healthcare London, Ottawa Hospital			90's Dance	\$ 8,178	-
Geoff Carr Fellowship			Ottawa Door to Door	\$ 8,596	7,682
Anne Matheson Biobank			Rona Heroes	\$ 5,508	6,938
<i>Volunteer Support</i>	27,295	18,954	Other Activities	1,681	-
Education and training			Deferred Contributions	289	12,600
Appreciation awards and recognition			Bequests	\$ 10,455	-
<i>Public Awareness and Education</i>	54,962	57,017	Investment and Other Income	\$ 81,977	(77,872)
Website: www.lupusontario.org			Books and Merchandise Sales	-	1,405
Social Media: Facebook, Twitter, Instagram					
Advertising and promotion at events					
Newsletter, posters, pamphlets					
<i>Fundraising</i>	110,111	85,563			
Direct fundraising expenses					
Event planning and execution					
Forms, event packages					
<i>Administration</i>	31,422	57,635			
Facilities rent					
Insurance					
Office expenses					
Audit					
Total Expenses	\$ 458,972	\$ 415,371	Total Receipts	\$ 505,835	\$ 269,435
Excess (Deficiency) of Receipts over Expenses	\$ 46,863	\$ (145,936)			

SPONSORS



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optometry centre



@JonnyOneThree



tbaytel for good.



MAJOR DONORS



Foundation for Human Development



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Services
(London)



- 1419394 Ontario Limited
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- The Freddie Liberta Charity Brunch
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- James Samuel
- Ron Bacon Estate
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- Anonymous (12)

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THANK YOU TO THE BOARD MEMBERS WHO HAVE LEFT THE BOARD



**Partner with us.
Volunteer with us.
Be part of the cure.**

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