

## MESSAGE FROM THE PRESIDENT

On this Thanksgiving day, I wanted to take a moment to reflect and say thanks for all the good things in my life, Friends & Family. It's been a long journey and I find myself rejuvenated and motivated to take on the challenges of the Lymphedema Association of Ontario (LAO). I know it won't be easy, but we have a great team in Tony Wight, Jaclyn Jones, Ana Stosic, Rob Caparelli and Charlotte Schultz. As we look forward we hope that our members will support us by joining as Board Directors, Advisory Board members and volunteers, so we can make 2019 a very successful year for the LAO.

## 2019 "WALK WITH DEE" MY STORY

In August 2014 I was diagnosed with stage 3 breast cancer. After surgery, chemotherapy, and radiation, "I'M STILL STANDING!" I am celebrating 5 years out this month, thanks to the care I received from Sunnybrook's doctors and clinical staff. One of the after-effects of the treatment is lymphedema.

Some people are born with lymphedema; while others develop it after their lymphatic system has been damaged by trauma, injury, burns, or most commonly, treatment for some cancers. There is no cure for lymphedema at this time. It is a lifelong condition. When diagnosed and treated early, however, you can manage it and prevent



2019 "WALK WITH DEE", PICKERING

it from leading to more serious health problems. Knowledge is the key to lymphedema prevention, early detection, diagnosis, and treatment. It helps to lessen our fears and move us to action. Here are the ways in which I have been giving back:

- Volunteer at Sunnybrook Patient Family Advisory Committee (PFAC) since 2015
- Volunteer at Wellspring Cancer Care Centre since 2016
- CIBC Walk for the Cure, 2015 & 2016
- Walk with Dee 2017 & 2018 to raise funds for Wellspring
- Volunteer Board Director of the Lymphedema Association of Ontario, 2019 since April 2019 and on August 27th accepted the position of President.

I will be donating the funds from the 2019 Walk with Dee to the Lymphedema Association of Ontario's Compassionate Fund, so that deserving patients can receive assessment, some treatment and self-care tips. My goal of \$2500 was exceeded. Total raised so far... \$3000!

**DOLORES STEINWALL**  
PRESIDENT

## ELLICSR COOKING CLASS

As reported at our AGM, the LAO participated in the monthly Cooking and Nutrition Class on August 15 at the ELLICSR facility at Toronto General Hospital. We are a Community Partner of ELLICSR which has an impressive facility providing support and education for cancer patients including a meeting room, educational resources, a gym and a monthly cooking class in a well-furnished kitchen. Approximately 35 attended this class in person, including patients and health care staff. It was also live streamed on You Tube to a wider audience. The “LAO Chef”, adorned in a colourful apron drawing ‘comments’ from audience members, and relying entirely on the leadership of an expert wellness Chef and Registered Dietician, participated in preparing three delicious dishes designed to benefit lymphedema sufferers or at risk persons indirectly: Sweet and Sour Zucchini Flat Bread; Roasted Arctic Char with Fennel and Orange; and Summer Berries with Sesame Brittle and Yogurt! The results were successful and shared with attendees who seemed to enjoy these tasty dishes. The class was an enjoyable and fulfilling experience and gave the “LAO Chef” an opportunity to talk about lymphedema and describe the LAO and what are objectives are. It appears we will be welcomed back for an encore next year! If you missed this session or would like to view it or other ones, they are available on You Tube (please see links below).



TONY WIGHT, LAO DIRECTOR, AT ELLICSR COOKING CLASS

- [https://www.ellicsr.ca/en/clinics\\_programs/ellicsr\\_kitchen/Pages/Zucchini\\_Flat\\_Bread.aspx](https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/Pages/Zucchini_Flat_Bread.aspx)
- [https://www.ellicsr.ca/en/clinics\\_programs/ellicsr\\_kitchen/Pages/Roasted\\_Arctic\\_Char\\_Fennel.aspx](https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/Pages/Roasted_Arctic_Char_Fennel.aspx)
- [https://www.ellicsr.ca/en/clinics\\_programs/ellicsr\\_kitchen/Pages/Summer\\_Berries\\_Sesame\\_Brittle.aspx](https://www.ellicsr.ca/en/clinics_programs/ellicsr_kitchen/Pages/Summer_Berries_Sesame_Brittle.aspx)

**TONY WIGHT**  
AWARENESS CHAIR

## GRAND ROUNDS PRESENTATION ON LYMPHEDEMA AT ODETTE CANCER CENTRE, SUNNYBROOK HOSPITAL

On September 30th, Dolores Steinwall, President, Lymphedema Association of Ontario (LAO) and Patient Family Advisory Council Member and Ann DiMenna PT (CDT), Clinic Director, Markham Lymphatic Centre, were invited to present to the Clinical staff at Sunnybrook Hospital.



INGRID WHITE RN, DOLORES STEINWALL, ANN DIMENNA PT (CDT), LESLIE GIBSON, OT

Ann focused on speaking about “Six things all Healthcare Professionals Should know about Lymphedema” to bring awareness to staff working with Cancer patients.

Dolores presented her story and experience with lymphedema and the things she does to manage her situation. She spoke about the drawbacks she has faced in living with lymphedema. She also spoke about the Lymphedema Association of Ontario and the work that is being done to raise awareness.

Leslie Gibson, OT Reg.(Ont), Occupational Therapist and Ingrid White, RN who run the Lymphedema Clinic at Sunnybrook also spoke about the process to refer patients to the Clinic for Assessment and to participate in the teaching class.

The presentation was very well received.

**DOLORES STEINWALL**  
PRESIDENT



## ANNUAL GENERAL MEETING RECAP

Thank you to everyone who joined us during our Annual General Meeting (AGM) on September 17th, 2019. We covered a lot during our tele/video conference and we are thrilled with the number of members who were able to join. For those of you who were not able to attend, we are pleased to provide you with a recap of the items that were covered:

- Formally acknowledge the contribution of former Board Directors: Pouya Arefi former President, Ben Ciallella, former Treasurer, Liisa Morley, Former Vice President and Communications Lead and Debbie-Ciotti-Bowman, former Advocacy lead and former President. We thank them for their service and wish them well in their new endeavours.
- Unanimous approval of the 2018 AGM minutes.
- A formal introduction of the current LAO Board of Directors: Dolores Steinwall, President, Ana Stosic, Events & Communications lead, Tony Wight, Secretary and Awareness lead, Charlotte Schultz, Advocacy lead, Rob Caparelli, Treasurer and Jaclyn Jones, Director.
  - Dolores Steinwall, Charlotte Schultz, Rob Caparelli and Jaclyn Jones were all nominated and unanimously elected. Their terms began during the 2018/2019 fiscal year.
- Treasurer’s report included a review of the comparative balance sheet, statement of operations, changes in fund balances, and statement of cash flows.
- Appointment of Melissa L. Coulson, C.A., as the Chartered Professional Accountant for the LAO.
- Review of Events and ongoing Member and public outreach and communications initiatives including participation in the Scotiabank Toronto Waterfront Marathon which raised \$7,615.00 through generous sponsorship, donations and fundraising. The 3rd Annual LaSalle/Windsor Walk was also highlighted—special thanks to Maddie Simone and Diane Leider for their role in organizing this fundraising event.

- Presentation of community awareness activities including Breast Reconstruction Day, official proclamation of Lymphedema Awareness Day in the City of Toronto (March 6th), Information booth at Princess Margaret Hospital and Guelph General Hospital, Juravinski Cancer Centre and Cooking and Nutrition Class at the ELLICSR Facility in Toronto.
- On the Advocacy front, a review of the Legislative luncheon reception with the Canadian Cancer Survivorship Network at Queen’s Park.
- Major fundraising initiative and a generous donation from the proceeds of the 2019 Hellenic Gold Plate Dinner in Ottawa.
- Looking ahead to the remainder of 2019 and toward 2020, the LAO endeavours to:
  - Activate Compassionate fund when funds are available
  - Research and create an LAO Advisory Board
  - Create awareness communication document, “6 Things your Doctor should know”
  - Support and develop fundraising efforts including working with community partners at the LaSalle/Windsor Walk, Pickering Walk and continued participation in the Scotiabank Toronto Waterfront Marathon.

If you have any questions about any of the information that was presented, please get in touch ([info@lymphontario.ca](mailto:info@lymphontario.ca)) or call our infoline 877-723-0033. Full details of the Annual General Meeting, including answers to chat-questions posed during the tele/video conference, YE 2019 financials, Director nominees, and committee updates are available on our website, [www.lymphontario.ca](http://www.lymphontario.ca) (under Home).

**JACLYN JONES**  
DIRECTOR

**Special thanks to Jean LaMantia RD, for presenting Nutrition for Lymphedema at the LAO’s AGM!**



JEAN LAMANTIA RD

### SPECIAL OFFER

Order your copy of *The Complete Lymphedema Management and Nutrition Guide* through the LAO Website and **get 10% OFF + 10% will be donated to the LAO COMPASSIONATE FUND**

Go to home page at [www.lymphontario.ca](http://www.lymphontario.ca)  
*Offer can end at any time*

## 3RD ANNUAL LYMPHEDEMA AWARENESS WALK LASALLE

It was another successful year in LaSalle for the 3rd annual Lymphedema Awareness Walk. The group surpassed the yearly goal for a third time, raising over \$4200! "I'm very proud and excited for the continued support and success achieved with our small but mighty group of close to 30 individuals. Raising awareness and education for lymphedema is my passion. Working with lymphedema clients each week and making a difference in their lives is an incredible feeling. I am privileged to be able to do this work and be part of wonderful change with lymphedema awareness. I will continue to work hard for my clients and for lymphedema," said Maddie Simone RMT CLT event organizer. A special thank you also goes out to Diane Lieder for organizing a successful raffle draw raising \$165 on event day. Thank you to the many volunteers and participants who raised a tremendous amount of donations. Thank you to our event sponsors and swag contributors. Without all your support we wouldn't be able to be as successful each year as we have been. We are truly grateful.

**MADDIE SIMONE RMT,** LASALLE WALK LEAD



MADDIE SIMONE AND DIANE LEIDER



TEAM LASALLE

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## BOARD OF DIRECTOR OPPORTUNITIES

Are you interested in serving as Volunteer Board Member of the Lymphedema Association of Ontario (LAO)? The Board of Directors acts in a position of trust for the lymphedema community and is responsible for the effective governance of the organization. The Board guides the development of services and programs in response to community need and sets the tone of responsible stewardship to ensure policies, procedures and performance are upheld.

We are actively searching for new Directors to help govern our Association as we begin a period of transformation.

We are particularly interested in receiving applications from those living with primary lymphedema, as well as from individuals living in Northern Ontario, London/Sarnia and the Ottawa

region. Our hope is to work alongside individuals that have a strong desire to help promote the awareness and education of lymphedema for residents of Ontario.

More details can be found at the bottom of the LAO Board of Director page under "Home" on the LAO website at [www.lymphontario.ca](http://www.lymphontario.ca).

Please contact us at [info@lymphontario.ca](mailto:info@lymphontario.ca) to request more information or to receive a Board of Directors application. The successful candidate will gain valuable board experience and an opportunity to build their network, competencies and skills in a not-for-profit organization.

**DOLORES STEINWALL**  
PRESIDENT