



## President's Message

Dear LAO members, colleagues, and the lymphedema community at large,

As summer draws to a close, I hope that everyone was able to enjoy the nice weather and some downtime before the hectic rush of the Fall is back upon us! At the LAO, it was an eventful and exciting summer, and we are eager to keep you updated and inform you on all that has happened, and everything planned for the next few months.



Cindy DeGraaff

The LAO ensures it maintains a dynamic Board, and we are pleased to introduce our newest Board Director, Tony Wight, as he transitions into his role and will assume

responsibility for leading key awareness initiatives around the province. As we continue to recruit Directors, we acknowledge the work and contributions of those that have been with the LAO throughout the years. As a result, it is with a heavy heart that I inform you of Cindy DeGraaff's formal resignation from the Board of Directors. During her tenure at the LAO, Cindy has continuously dedicated her time to advocating and supporting the lymphedema community. On behalf of the entire Board of Directors, we extend our

sincere appreciation to Cindy, who will not only continue to be remembered for her contributions, but for the friendship and support that she has brought to all of us at the Board.

Ana Stosic and Tony Wight were also officially presented and confirmed as a new Board Directors at the Annual General Meeting, hosted this past June. This year, the LAO hosted a virtual AGM with the goal of ensuring accessibility for all members across the province. We are pleased to say that the event was a success!

We would like to take this opportunity to thank Ann DiMenna, who provided a very informative and comprehensive presentation as the guest speaker. We would also like to thank Ramona Herman, who presented at the AGM and subsequently held the Ram Rodeo in Rutherglen, during which the LAO was chosen as the official event charity.

In terms of upcoming events, the LAO will be participating in the Scotiabank



Ann DiMenna

Charity Walk this year, which is taking place on Sunday, October 21st. We would like to encourage and ask all members to consider participating in this walk, as it not only provides an opportunity to fundraise, but also raises awareness amongst thousands of attendants. Those interested can support the LAO by joining as a walker, supporting a walker, or donating directly to the LAO.

You can also consider joining the LaSalle Walk in support of the LAO on Sunday, September 23, 2018. The LAO sincerely appreciates and will continue to support satellite walks and facilitators. If you're interested in setting one up for your community, please let us know how we can be of support!

In the coming months, the LAO will work to ensure success at these fundraising walks and will continue all current services and initiatives. More specifically, we have made great strides in establishing formal relationships with academic research institutions and hope to begin working on collaborative projects that will deliver population-level evidence in support of the need for increased lymphedema resources in Ontario.

Above all, we always welcome comments and inquiries of all kinds that allow our members to be more involved with their organization and allow us to improve the services that we provide!

I look forward to working with the Board, for and with you.

Pouya Arefi ■

# Behind the Story: Rutherglen Ram Rodeo



**“Don’t be afraid to start over. It’s a brand-new opportunity to rebuild what you truly want” – internet, unknown author**

I’ve been working as a Registered Massage Therapist for 19 years, and as a Vodder trained CDT for nine years. I had created a wonderful business for myself in Burlington Ontario. It was nearly effortless, with new clients regularly being referred to my business from local hospitals. Treating lymphatic issues, including lipedema and lymphedema, has always been my passion. I love the challenge and enjoy teaching clients how to be self-reliant.

However, I started learning and desiring more by listening to my lymphatic clients. There was a recurring theme... I heard of their desires to retire to all these wonderful places including cottages up north, or condos somewhere tropical. Many worked their



whole lives hoping for such a reward, only to be left with health issues requiring them to be close to major city centres to receive proper care.

This made me quickly notice the poor work/life balance I had. I realized we’re doing things the wrong way around, and wondered why people don’t start their careers where they want to retire, and then if their health changes they can move back closer to the city. Suddenly, my circumstances allowed me to make a major move. I chose to walk away from my business that I had run for over 20 years and start over. A big risk, but now I live east of North Bay and wake up and see the lake every day. It feels like I’m living at the cottage. I wish I had done it sooner.

My boyfriend and I started a business to bring a professional rodeo tour to our small northern Ontario community. I was introduced to the sport of rodeo a couple of years ago. The Ram Rodeo Tour has been popular in Southern Ontario for over 21 years. It honours and highlights the history of our Canadian cowboys and cowgirls. It features junior and senior categories of barrel racing, pole bending, bucking bronc, saddle bronc and the world’s most dangerous

eight-second ride – bull riding.

I choose the LAO to be the provincial charity that we would support. Although I couldn’t guarantee a financial donation, I chose to focus on education and awareness. I’m sure that thousands have now at least heard the word “lymphedema.” We had three newspaper articles written about the event, each mentioning the LAO as our charity. We ran 63 fifteen-second commercials that reached as far south as Gravenhurst, east to Deux Rivieres, north to Temiscming, and west to Sturgeon Falls and Temagami. The LAO was featured on the rodeo website which got thousands of hits, as well as on our Facebook page. We even had LAO decals made for the truck. At the event itself, I had a LAO booth set up and we had a few good conversations with people. Plus everyone received the LAO brochure. We also had banners in the main arena and announcements from centre stage. We had just under 2,000 people attend. It was an exciting weekend and I was so happy to have the LAO be a part of it!



Ramona Herman and JoAnne Raditz

I feel I succeeded in education and awareness but I realize it’s just the start and there’s so much still left to do! Hopefully we can make this an annual event and in upcoming years I will be able to support the LAO again!

By Ramona Herman ■

# Scotiabank Charity Challenge

## Sunday October 21, 2018

The LAO will be participating in the Scotiabank Charity Challenge to create an opportunity for individuals affected by lymphedema to come together and join forces against this incurable disease, by raising both funds and awareness. In 2017, participants raised \$3.5 million for 199 community charities through the Scotiabank Charity Challenge, which is offered through the Scotiabank Toronto Waterfront Marathon.

Raise support and awareness by walking, donating, fundraising, or sponsoring the LAO during the Scotiabank Toronto Waterfront Marathon!

### Event Details

**Marathon, Half Marathon, or 5k**

**DATE: Sunday October 21, 2018**

**TIME: 8:00 AM**

**LOCATION: Toronto, Ontario, Canada**

### How Can You Participate?

#### Sign up as a Runner/Walker

Register as a runner/walker through the Scotiabank Waterfront Marathon Website under the LAO. Runners will be provided with personalized information to fundraise in support of their walk and charity.

#### Support a Runner/Walker

Support an individual or team participating in the Scotiabank Waterfront Marathon.

#### Donate to the LAO

Make a direct donation to the LAO on behalf of an individual or organization. Details available on our website.

#### Sponsorship

Upon request, the LAO will provide a package for those interested in sponsoring the LAO in the Scotiabank Waterfront Marathon.

For more information, please navigate to the Events tab on our website [www.lymphontario.ca](http://www.lymphontario.ca). You can also contact [events@lymphontario.ca](mailto:events@lymphontario.ca) with any inquiries, or any interest in leading an LAO walk in your area.



Find a link to join or support our walk on our website home-page at [www.lymphontario.ca](http://www.lymphontario.ca)

2nd Annual

# Lymphedema Awareness Walk

## LaSalle, ON

Sunday, September 23, 2018

LaSalle, Windsor, Essex unite in fundraising efforts for the Lymphedema Association of Ontario!!



By Maddie Simone

Our event was started in 2017 to join in the efforts of the LAO in creating awareness for lymphedema in our area. We raised over \$3,200 last year and hope to surpass that this year! It is critical to create awareness, resources and knowledge for lymphedema. In our efforts, so far, we created a lymphedema awareness group that meets monthly, and are in the process of putting together packages for distribution to local physicians, and naturopathic doctors etc.

You can **register** to join the LaSalle Walk via a link right on the LAO's website home page at [www.lymphontario.ca](http://www.lymphontario.ca).

# Get to Know Our **New Board Members!**



## **Ana Stosic, Oakville • Director • Events Committee**

Ana is currently working on completing her Master in Science, specifically in the field of cancer genetics, at SickKids Hospital with the Faculty of Medical Science at the University of Toronto. Her exposure to various medical conditions for which there is a lack of awareness and recognition drove her to join the LAO in hopes of bringing change in the field of lymphedema. Her background in research, science, and medicine, as well as her skills attained in numerous volunteer positions, will cater and assist the work of the LAO, bringing awareness to the condition through fundraising and events.



## **Tony Wight, Toronto • Director • Awareness Committee**

Retired after a lengthy career with an IT multinational, and having acted as the principal caregiver for a close family member suffering from secondary arm lymphedema, Tony wants to help the LAO achieve its important goals of early lymphedema awareness and treatment services guidance. Based on his proximity to the relative suffering from this debilitating condition, he recognizes there is an urgent need in Ontario for further patient, caregiver and health care provider education as to what to watch for, where to seek immediate help and the availability of required financial assistance. He believes that his service as Charter President of a Rotary Club and his many years of service in that organization will also help prepare him to assist the LAO in its critical work.



Please make note of our  
**new mailing address:**

**262-2869 Bloor St. W.,  
Toronto, ON M8X 1B3 Canada**

info@lymphontario.ca  
416-410-2250 | 1-877-723-0033



In Ontario, the *Pathways* magazine and the *Lymphedema Matters* Ontario newsletter insert are distributed by the Lymphedema Association of Ontario

One of our patient members, Hannah Senitt, is starting an information group which she hopes to hold quarterly.

*"I've decided to call the group Guelph Lymphedema Movement (GLM) in the hope to create both a bigger scope than just a support group (advocate and educate) and in the hope that we will incorporate some sort of movement activity at each event."*

—Hannah Senitt

GLM is hosting it's first event:

## **LYMPHEDEMA 101: A LEARNING & SOCIAL EVENING**

Monday October 1st: 6-8pm

Guelph Community Health Centre - Lower Level

176 Wyndham Street North, Guelph ON

GLM strives to create and encourage a supportive community environment that is inclusive and welcoming to all. While everyone is welcome, this evening is best suited for people living with lymphedema, people that are supporting someone living with lymphedema, service providers and those who would like to learn more about lymphedema.

Please contact Hannah at [lymph.guelph@gmail.com](mailto:lymph.guelph@gmail.com) for more details or to RSVP.

## ONTARIO LE SUPPORT GROUPS, PROGRAMS/EVENTS

### BRANTFORD

Call Pamela Renneberg at  
519-751-7096 x3414

### BURLINGTON

905-332-6542 or  
info@headtofootoasis.ca

### GUELPH

Oct 1, 2018 6-8pm  
LE 101: A Learning and Social Evening  
lymph.guelph@gmail.com

### KINGSTON

Breast Cancer Action Kingston  
613-531-7912  
admin@bcakingston.ca  
www.bcakingston.ca

### KITCHENER/WATERLOO

Call Barbara Shaw  
519-585-7748 for details on both  
Lymphercise Class & Support Group

### LASALLE/WINDSOR

Contact Maddie at 519-890-3068  
or maddie.simone@yahoo.com

### OSHAWA

Hearth Place Cancer Support Centre  
Yoga for LE, Aqua Therapy for LE,  
LE Education and Assessment Clinic  
905-579-4833 Janette@hearthplace.org  
www.hearthplace.org

### OTTAWA

Breast Cancer Action Ottawa  
613-736-5921 or www.bcaott.ca

### PETERBOROUGH

Call Bridget at 705-876-3333 or  
Janice at 705-876-8561  
to register for a future meeting


In Ontario, *Pathways* magazine is distributed by the Lymphedema Association of Ontario to active members.

LAO membership sign up or renewal options:

Membership includes an annual quarterly subscription to *Pathways*

 **Online:** Go to [www.lymphontario.ca](http://www.lymphontario.ca)

 **Phone:** Call 416-410-2250 or **1-877-723-0033**

 **Mail:** Please make your cheque payable to: **Lymphedema Association of Ontario**. Call or email us for membership forms.

**Lymphedema**  
Association of Ontario

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