



LYMPHEDEMA  
ASSOCIATION OF  
ONTARIO

2021 E-VOLUME 1



## Message from the President

Dolores Steinwall | March, 2021

Dear Members,

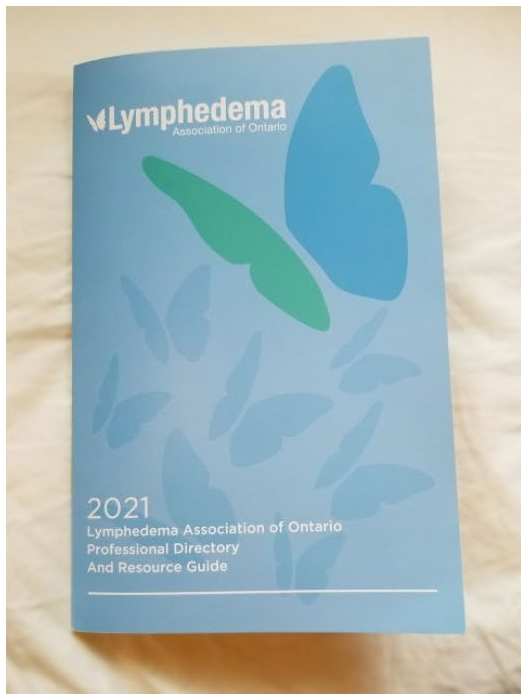
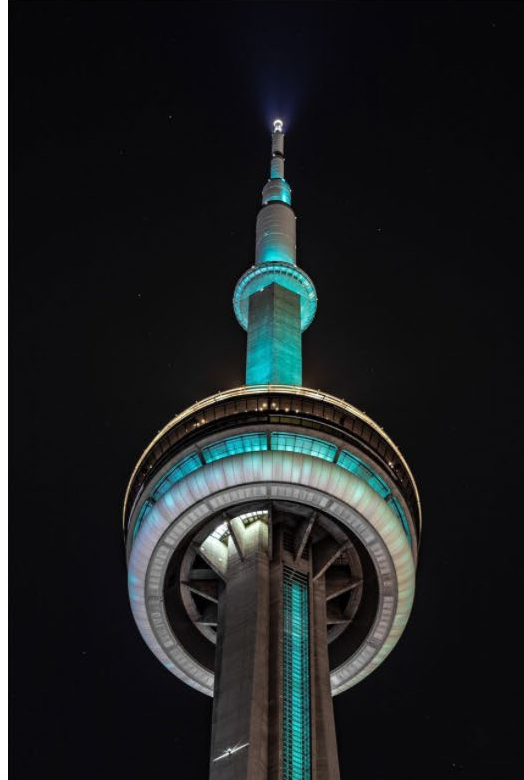
At our June AGM 2020, I spoke about the need for "Change" and am pleased to report that we have made a few.

To quote Barack Obama *"Change will not come if we wait for some other person. Or if we wait for some other time. We are the ones we have been waiting for. We are the change that we seek"*.

Lets work together to make the changes we need. We are relying on you, our members to step forward and help us to be an effective and dynamic organization.

Here are the things that we have been working on and launched since the last E-newsletter:

- **March 6th, World Lymphedema Day** - please check our website to access the CCSN webinar at which both myself and Ann DiMenna presented. [Here is the link](#)
- **The Mayors of Milton, Pickering, Toronto, Scugog, Markham, Whitby and Ottawa proclaimed this day on our behalf. The CN Tower was lit up in teal on March 6th**
- **We thank each of the volunteers who helped us reach our communities on World Lymphedema Day 2021**



### **New LAO Directory and Resource Guide 2021**

**This publication is the very first for the LAO. All the resources you need in one place, if you have Lymphedema. This is in the mail to you and we look forward to your comments.**

**It will be also available on our website in the coming weeks**

- **Advocacy:** If you have not already done so, please go to our website next week and send the templated letter out to your MPP. [We have included a link to find your local MPP.](#) Please copy us when you do this, so we can keep track of who has been contacted
- **Pilot Virtual Support Group:** We launched this for our members on March 6th, 2021. We are planning to host on a monthly basis and need volunteers from both Patients and Professionals. email us a [volunteers@lymphontario.ca](mailto:volunteers@lymphontario.ca). Please visit our website and complete the volunteer application and mail to [volunteers@lymphontario.ca](mailto:volunteers@lymphontario.ca).
- **E-Transfers:** We now have the ability to pay and receive your payments by email using [accounting@lymphontario.ca](mailto:accounting@lymphontario.ca). This is a big step for us, as this speeds up the process and has less administration. Please use the password "Lymph2021" when sending. This will help us reduce administration costs.
- **Webinars:** - which we launched in February 2020, will be continuing in 2021 and our Corporate partners will be presenting. Coming up: Encore of Jean LaMantia's Introduction of Intermittent Fasting, Sophia White from Essity will be presenting information on a new product. April 8th we have a webinar on "Cellulitis" by Ann DiMenna and on April 29th, Lindsay Ryback, L & R: Now that's a Wrap!  
*Featuring ReadyWrap & Tribute Wrap*
- **LAO Social Media:** We will be posting a "Member Spotlight" on Social Media for those Members that placed ads in our new Directory.
- **Town Halls:** We hosted Town Halls in November, Dec and January for our Therapist Members to get engage them and ask for their feedback on what they would like from their Association. We are working on some of the ideas presented. We plan to host townhalls for our Patients, starting March 11th @ 2pm
- **Compassion Fund:** We are continuing to accept applications for the Fund as our Virtual Fundraiser was successful and we have the necessary funds to continue. Please send your completed applications to:

Lymphedema Association of Ontario Compassion Fund  
PO Box 83527 Abbey Lane,  
Scarborough, Ontario  
M1B 0B2

- **New Project:** We are working on a Project with Sunnybrook and Dr. Gregory J. Czarnota M.D. F.R.C.P.C. M.R.M.D. (M.R.S.C.) Chief, Department of Radiation Oncology Head, Radiation Treatment Program, Radiation Oncologist and Clinician Scientist. The plan is to use ultrasound technology to diagnose and characterise Lymphedema. More details will be shared as soon as they become available

- **Pathways:** We have signed an Agreement with the Canadian Lymphedema Framework for one year to purchase the Pathways magazine for our members. You will be receiving the Spring issue by the end of this month. Please note that the CLF will be offering free digital copies of the magazine this year. You will need to go to the link provided to "opt-in". and provide your email address in order to gain online access. This option is yours to chose, if you wish.
- **Save the date: June 10th 2021, LAO Virtual AGM**

**Stay safe, remember to take time for yourself and focus on the positive.**

**Take care,**

**Dolores**

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## **Member Stories**

**Please continue to send us your stories so we can include in our e-newsletters.**

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