

Message from President • October 8th 2022



LYMPHEDEMA  
ASSOCIATION OF  
ONTARIO

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2022 E-VOLUME 10

October 8th, 2022



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# HAPPY THANKSGIVING!

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WISHING YOU AND YOUR  
LOVED ONES A WONDERFUL  
WEEKEND!





## **Thanksgiving Message from the President**

Dolores Steinwall | October 8th, 2022

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Dear Members,

As I write this, the weather and the colours outside have started to change. Time to pull out the warm duvets and blankets and snuggle up. It's time to give thanks for all the blessings that we have and too often take for granted. I would like to take this opportunity to **thank all our members** for staying loyal to the LAO and supporting the changes we have made with the best interests of the organization in mind. Thanks also for those that volunteer and give us your time. It is not an easy task to run this Association and we need to keep a focused and business like approach to all we do. The last three and half years have been a learning experience with many daily challenges, but it's also a rewarding experience. One of the things that I appreciate is your feedback, so don't hesitate to send it my way.

Admin Abbie will be leaving us soon and we are looking for a replacement - please check out [this link](#) if you know someone who can fill her shoes. We are also looking for volunteers so please let us know if you can spare some time.

### **Here are some of the things we did at the end of August and September**

- 1) Presentation to 100 Women Who Care (Markham) to obtain funding for the Compassion Fund - Dolores Steinwall and Ann Di Menna
- 2) Membership drive for Retailers/Fitters and Therapists continues
- 3) Virtual Fundraiser continues - please keep this in mind and make a donation so we can continue the work we do - we are at approximately \$6k of a \$20K goal. To donate or create a Fundraising Team, visit our Canada Helps page [here](#).
  - Diane Lieder and her team have completed their walk. They have shared some lovely photos that are feature on the main page of our website [here](#)
  - "Dance with Dee" was on Sept 3rd raising approximately \$2500
  - Team Lymphology Skincare with Maddie continues
  - Team Luigi (Rob Caparelli's team) continues

### **Upcoming events:**

- 1) Virtual Support Group October 12th, 2022 - thanks to Maureen Sawyer and Karen Jensen for their support facilitating the VSG's - [click here](#) to register
- 2) Yoga with Hannah - October 13th, 2022 - [click here](#) to register

We are sharing a patient story that highlights why we continue to fundraise for the Compassion Fund and have recently piloted the Garment Program. Lynda Chessman appealed to the Compassion Fund to request "health care funding that would lead to the reduction of [her] discomfort and pain and the burden that lymphedema poses on [her] quality of life". Lynda says that the "help from the Compassion Fund would allow for this and would truly be such a blessing in [her] life".



## Member Stories

Please continue to share your stories with us so that we can feature them in the next newsletter.

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