

Lymphedema MATTERS

LYMPHEDEMA
ASSOCIATION OF
ONTARIO

2023 E-VOLUME 16

September 21, 2023



Message from the President

Dolores Steinwall | September 21, 2023

Dear Members,

Fall is already here and the weather is turning cooler. We have been working on a number of things.

Here is an update on our current projects

- **Virtual Fundraiser - Challenge Lymphedema 2023 launched Sept 11 - October 13th** - 30 days of activity! Donations are being accepted to the end of **October**.

You can [register](#) with us and do fitness activity for 30 days, or form a Team and host a walk in the park and get some sponsors.

- **Therapists, Retailer/Fitters** - please consider running a raffle at your office - prizes can be a free treatment, some gift cards or a basket. Some of our therapists are doing that. We will reimburse you approx 5% of the donation for prizes - or you can submit for a donation receipt. These are some of the activities that we have been doing:
 - Dolores: Walk with Dee 2023, completed Sept 9th
 - Dolores: Fitness challenge - do some activity everyday, walk, golf, yoga for 30 days; also give up sweets.
 - Helen: Committed to walk 5kms for 30 days.
 - Team Luigi: Will run 100 kms over the next 30 days, sponsors required.
 - Markham Lymphatic: Raffle
- **Pediatric Lymphedema** - We are looking for information and patients with pediatric lymphedema as we would like to help support these families. If you have a patient with pediatric Lymphedema, please email admin@lymphontario.ca
- **Coming October 2nd -- The Compassion Fund Online Application Form!**
Since its inception in Sept 2020 - it has been a very manual process and takes a lot of time. In efforts to provide updated usability, this online version will make it easier for you to apply. This form will assist us with collecting and organizing the data we need to advocate for treatment.

Regards,



Dolores Steinwall

President of The Lymphedema Association of Ontario