



Lupus News

Reaching Beyond Walls, Borders and Across Oceans

The mission of the Lupus Foundation of Minnesota shines bright through the Rodriguez Family

By Britt Aamodt

Six days before Christmas, Gustavo Taberna, Lupus Foundation of Minnesota's Outreach Coordinator, turned off Interstate 494 in Bloomington, arriving at a collection of buildings. The apartments were familiar, because Gustavo had arranged for accommodations there for the Rodriguez family.

The Rodriguezes had moved into their apartment in October. Gustavo had already met the parents, Ivette and Hector, but not Yackeline. Yackeline was the reason for his visit today. She was the reason Gustavo had met the Rodriguezes in the first place, the reason the Rodriguezes left Puerto Rico, the reason LFM and the Rodriguezes were united in a common cause.

Yackeline was—and still is—their cause. Yackeline Nicole Rivera Rodriguez, besides having a beautiful name, rich dark brown hair and a fondness for horror films, is a teenager with lupus. She's 17, and when Gustavo enters her room it's like meeting a friend. There is no awkwardness. Because though this is the first time they have set eyes on each other, Yackeline and Gustavo have developed their relationship over months.

It began last August when Yackeline's older sister, Shirley Zapata, telephoned LFM. Shirley lives in Minnesota; and when she heard the news from Puerto Rico, where her father, stepmother and Yackeline still lived, she knew she had to do something. Yackeline, like their madre and abuela, had lupus. Their mother and grandmother had died, and if something wasn't done fast, so too would Yackie.

Doctors in Puerto Rico had essentially told Hector and Ivette to buy a coffin. Shirley was going to lose her little sister? Not if she could help it.

First Contact

Gustavo Taberna was at work when he received Shirley's phone call. Shirley wondered if there was any way this Minnesota organization could help her sister



The Rodriguez Family: Ivette, Mia, Yackeline and Hector

in Puerto Rico. She knew this was a long shot. But was there some way her sister could be treated in Minnesota? Maybe under different care with different therapy and treatment options her sister would rally.

As LFM's Outreach Coordinator, Gustavo Taberna had already dealt with dozens of families in similarly complex circumstances asking for help and guidance. Lupus doesn't limit itself to the assault on an individual's immune system. It digs into pocket books and piles up medical debt. It pulls family members out of work to look after a sister, mother or son with lupus. It uproots families, who move to be near better health care. It forces patients and loved ones to navigate a complicated medical system and even more obscure network of social services. All of this on top of dealing with an autoimmune disease that demands the patient's full attention.

Gustavo took out his pen and paper. "Let's see what we can do," he told Shirley. He'd gone this route before with other families—well, maybe not the exact same route. Puerto Rico to Minnesota was not the typical journey for an LFM referral.

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2626 East 82nd Street, Suite 135
Bloomington, MN 55425

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But he knew which organizations to contact, which medical facilities to contact. Shirley knew what her first step had to be: Get Yackeline to Minnesota.

Two months later, October 2010, that first step became reality. Yackeline, in company with her dad, stepmom and Yackie's two-year-old daughter Mia, boarded a flight for Minneapolis. Yackie had to be carried on. She had lost the use of her arms and legs. But she made it to Minnesota; and when she arrived, Gustavo and LFM set to work.

Gustavo referred Yackeline to Dr. Mona LaPlant at Children's Hospital and Clinics of Minnesota. He found an apartment for the Rodriguezes—an apartment Yackeline would not see for another two months, not until she was released from the hospital four days before Gustavo's visit.

When they do meet, Yackeline and Gustavo greet each other with holas and smiles. Hector and Ivette follow him into the room, which now holds a hospital bed.

"How are you doing?" Gustavo asks.

"Good," Yackeline says. Her voice is whispery. It's hard for her to talk, but she tells him in her slow, patient voice that she has more energy than she's had in a long time.

"You're moving your arms, I see," Gustavo says. "You can move your arms and legs now? So it went well at the hospital?"

Hector and Ivette break in with rapid-fire Spanish. They don't speak English, but they don't need to. Gustavo was born in Argentina and has served as the Rodriguezes' interpreter and advocate for the past two months. All four of them exchange updates on Yackeline's progress. And the stress is on progress. In Puerto Rico, she had been in a coma for a while. She had been close to death. She had been immobile. Now when little Mia tumbles into bed next to her mother, Yackeline drapes an arm over her shoulders, a simple gesture she couldn't do before.

Puerto Rico

Yackeline's history with lupus, as with her own personal history, begins in Ponce, Puerto Rico. Located in the south of the island, Ponce incorporates lush forests, mountain ranges and coastal plain, and has rightfully claimed ownership of the titles La Perla del Sur (The Pearl of the South) and La Ciudad Señorial (The Noble City).

This is where Yackeline was born and where her mother died of lupus. Lupus wasn't something the young Yackeline thought much about.

"When she was five years old," her stepmom Ivette remembers, "she was always trying to get her teachers to go outside, to do something other than class work. And the teachers they would listen to her, too."

Yackeline was a persuasive child. She had a mind of her own; and as she matured into adolescence that self-determination hit a streak of rebelliousness. Yackeline and Ivette talk about those days like they were ancient history. So much has happened since.

"Yackie told her father I was causing problems in the family," Ivette recalls. "So, Hector bought another house so that we could live apart, Yackie and me."

But Yackeline's rebelliousness continued. Her defiance stemmed from losing a mother. But part of it was also just growing up and dealing with the same problems every adolescent deals with: hormones, school, family, love. Yackie was 15 when she discovered she was pregnant with Mia—and that she had lupus.

The symptoms weren't a mystery. "Most of the women on her mother's side had lupus," Ivette says.

Ivette worked at the Kmart in Ponce. Hector worked as an auto mechanic. They would drive two hours to visit Yackeline in her hospital room.

"I'd have to clean her myself because the nurses weren't doing it," Hector says. "She had a bedsore this big." He shapes his hands into a sore the size of a softball. "The bone was showing through."

The doctors did what they could, but their medicine was no match for lupus. One symptom piled on top of another. Yackeline was too sick to enjoy her new daughter Mia.

"I was so hard on my stepmother," Yackeline says now. "If I only knew then how much she would help me. She's been here for me through everything."



UPPER Ivette holding Mia in front of their Christmas tree.

LOWER Yackeline and her daughter Mia enjoying a book together.

Ivette and Hector quit their jobs in Ponce. They rented out their house. They left their home, their cars and their language behind to fly north with Yackeline and her hopes for a recovery. They wouldn't have it any other way.

Feeling Better

During Gustavo's visit, Ivette and Hector talk about the hospital bed. What a hassle. The delivery men called the apartment to make arrangements, but neither Ivette nor Hector could communicate in English. So Gustavo called, and a bed was waiting when Yackeline came home from the hospital.

"You never know what's going to happen," says Gustavo. "That's why it's helpful to have someone who can speak the language and who knows how the system works. Even families who speak English get confused by the medical system. There's a process to everything and you have to follow the process."

The Rodriguezes have relied on LFM and Gustavo to guide them through the process and to translate the medical terminology used by the doctors into Spanish. In the days after their arrival, LFM also helped the Rodriguezes secure a Horizon Emergency Grant and medical insurance for the family.

Ivette shows Gustavo around the apartment. They have a floral-print sofa, dishes, a kitchen table and even a Christmas tree thanks to LFM's connection to Bridging, an organization that provides furnishings for families in need.

Later, after Gustavo has caught up with Yackeline, he samples Ivette's arroz con dulce. Sweet rice. "Arroz con dulce is a Puerto Rican Christmas dish," Ivette explains.

Yackeline laughs, pats her tummy and jokes. "That's why I'm so fat. Me and my father. Because of her cooking."

"And the hospital food," adds Ivette. "She loves their meatloaf."

"Meatloaf and pancakes," says Yackeline, while Hector proudly announces that his daughter had gone from 98 to 130 pounds. Weight gain—not something a teen girl usually wants to admit. But this is a good thing. Yackeline feels better. She's home with family. It's Christmas. And her two brothers are flying in tonight to see her.

A Promising Future: Built on a Solid 35-Year History

By Jennifer Monroe, President



This newsletter looks a little different than those you may have received the past few years. In fact, you may have noticed a variety of changes at LFM that caught your eye over the past year or so. If you did, you're right on target. What you've seen are the tell-tale signs of more significant changes that have occurred since the launch of our three-year strategic plan two years ago, which are bubbling now, just ready to surface.

What is occurring will be different, but will take us to a new level ... **all wonderful ... and all good!**

We've worked hard to improve ourselves. Successes were built one upon another to improve how we impact the lives of those we are here to serve. With our goals of increasing grant-making for research and using technology to reach more clients, stake-holders and constituents, we have accomplished a great deal. Please take a few moments to review what we've done, and what lies ahead in 2011:

Areas of Development	2009	2010	Exciting Changes Ahead...
Summary:	Changes were implemented in the organizational structure and LFM launched some exciting new initiatives which were aimed at increasing public awareness of the foundation and its work. Two independent client surveys were implemented to ensure input from constituents went into refining our direction. The goal of increasing the dollar amounts of support for research, as well as expanding professional services for care-givers and clients were realized.	With structural supports in place, the foundation focused on continuing to increase grants paid out to support lupus research and total awards exceeded the prior year by 10 percent. We began reaching a broader audience using e-blasts and a variety of social media. Strategic partnerships were concentrated on strengthening linkages with medical and public health communities and as a result onsite services were made available at a series of clinical settings throughout the Twin Cities.	Our online strategy will be implemented which includes website updates, e-newsletter and blog launches and integrations, as well as expansion of social networking. LFM will launch its first capital campaign in almost a decade at our 35th anniversary event which will occur in July. The campaign will support an endowment aimed at long-term sustainability and growth of the Student Summer Fellowship Program. We're also proud to be adding a fellowship site at the Mayo Clinic in Rochester for the first time in 2011.
Technology:	Website developments were implemented including the addition of an online giving component and registration capabilities for events. LFM established a social media presence on Facebook and YouTube that offered frequent organizational updates and a mechanism to connect with individuals around the country and around the globe.	Webinars and e-blasts on a variety of interesting and informative topics were regularly offered to an increasing number of individuals. The number of Facebook "friends" of the foundation continued to grow. By year end, an online strategy for website, e-newsletter, blog and social networking approaches was crafted and vendor relationships initiated.	Moving forward to implement LFM's online strategy will include integration of our website with other sponsored and developed products including blogs, webinars and podcasts and e-newsletters. Interactive capabilities of the revamped website will include interactive event and program registrations, enhanced client services and programs pages, and an online store.
Development:	A series of quarterly events created more intimate opportunities for donor involvement. The Spring Fundraiser and the addition of a 5K Run to the existing Walk for Hope attracted many new friends. Event participation grew by 30 percent and 1,342 first-time donors made contributions to LFM.	With our second year of offering a 5K run, attendance continued to grow at our fall events with a 19 percent increase over 2009. Online Walk/5K donations came from 640 unique individuals. A handful of third-party fundraising events provided community engagement, awareness and contributions.	LFM will expand its annual Lupus Walk for Hope and 5K Trail Run in 2011 to include Duluth in its roster of cities in Minnesota in which we will host an event. Continued focus on e-communications and the launch of our first capital campaign in a decade will draw new donors and friends.
Philanthropy:	With an emphasis on enhanced fundraising and operational efficiencies the foundation was able to increase research grant awards in 2009 by over 60 percent from the previous year. \$156,464 was awarded to researchers and fellows in 2009. \$500 in Horizon Emergency Grants was provided to individuals in crisis.	Five individual researchers from three academic institutions were funded and five students from five undergraduate institutions were awarded summer fellowships. A total of \$169,524 was awarded to research funding in 2010. An additional \$2,600 in Horizon Emergency Grants was provided to individuals in crisis.	Work aimed at expanding our grant-making reach continues as we add the Mayo Clinic as a new Student Summer Fellowship site in 2011. With a capital campaign earmarked to support the program, and an increase in public awareness, we hope to attract the best and the brightest to careers in research working toward a cure!
Client Programs:	Client and constituent surveys conducted in partnership with local academic institutions helped inform the direction of Client Services. As a result, we were able to provide more diverse opportunities to support a wider range of individuals impacted by lupus. Programs were developed to professionalize support group leadership trainings and we began to provide CEU and CME credits for healthcare providers and caregivers.	Client Services mixed traditional mediums and technology to offer programs for clients and the broader chronic disease community throughout the state. This included webinars, podcasts and new venues for education to a larger audience of individuals, professionals and providers. Newly forged partnerships with Children's Hospitals and Clinics and the Lupus Clinic at the University of Minnesota helped expand our presence in clinical settings.	Exploration of opportunities to build new partnerships with health and human service providers in Duluth and northern Minnesota will continue as we expand our services more fully. A program focus will include the impact of lupus on families and children. Video-conferencing technology will extend our reach and LFM will partner with the Minnesota Academy of Family Physicians Foundation to bring train-the-trainers models to volunteers and clients.
Operations:	Improvements in operations included enhanced human resource management support, and IT service providers. An evaluation of LFM's fundraising software was conducted with changes made for implementation in 2010.	LFM selected a new audit firm after a competitive selection process. IT systems were overhauled as we transitioned to a hosted (cloud computing) network. IT improvements reduced on-going expenses and will reduce future replacement costs.	A long overdue new phone system will be needed to better respond to client needs and to improve communications. Synergy with our IT network will be a key factor as we seek to have a larger client service presence in the community at large.
Governance:	With the goal of strategic membership development, the LFM Board of Directors recruited five new members representing sectors as diverse as information technology, marketing, community health care delivery, human resources and organizational development.	A new treasurer and secretary were elected by the board, as well as an incoming chair whose term will begin in the spring of 2011. Ad hoc committees addressed planned-giving strategies for the organization and changes to officer descriptions were incorporated into the bylaws.	Changes in accountability standards throughout the nonprofit sector will guide an internal review of governance standards for LFM in 2011. These will include review of all four categories measured – public disclosure, governance, financial activity and fundraising. Board recruitment efforts for additional seats will resume in 2011.

Past, Present and Future

We have some particularly exciting activities planned this year that we feel honor and recognize our rich past, acknowledge and energize the present and, establish and solidify the future. So, finally, here are some big, happy overarching changes you'll see in 2011 at LFM:

A Celebration: LFM has been around for 35 years! In that time we've awarded \$1,831,088 in research grants, which funded 35 individual research projects and provided 99 summer fellowships to budding researchers. *If we don't take the time to celebrate now, we never will!* We have decades of current and past board members and staff, volunteers, donors and partners to thank. This much anticipated anniversary event will be held on July 20, so please save the date. We're planning a fabulous and fun afternoon and early evening event for all! (See the "ad" on Page 8.)

A Launch: LFM will launch a two-year capital campaign with the purpose of establishing an endowment to ensure the sustainability and growth of our Student Summer Fellowship Program. The July anniversary event will provide the venue to kickoff the campaign. With interest in the fellowship program increasing, and as we continue to expand academic placement partnerships, this campaign will ensure that opportunities for youth exploring careers in lupus research will be made available for many years to come!

A Look: Along with big changes in our website, we will be making some changes to the *Lupus News*. This year, we will produce three editions with one in the spring to launch our "event season" and another at year-end to more effectively and properly recognize donors, partners and volunteers over the year. You will, however, continue to hear more from us utilizing some of the other mediums listed above. So, while the mediums may change, our message will remain!

Lupus Foundation of Minnesota Grants \$150,000 to Researchers

Continuing its dedication to funding lupus research, the Lupus Foundation of Minnesota announced its grant awards for 2011. Totalling \$150,000, the grants have been given to five researchers who study different aspects of lupus, including neonatal lupus, medications and other areas to better understand the disease and its effects on lupus patients. 2011 Grantees and their projects are as follows:



Jill Buyon, M.D., New York University School of Medicine

Project: Will evaluate whether hydroxychloroquine prevents the development of congenital heart block in infants born to women with antibodies to SSA/Ro or SSB/La proteins.



Brian Fife, Ph.D., University of Minnesota

Project: Aims to improve understanding of auto-reactive T and B cell migration/cellular interactions in order to develop approaches to limit autoantibody production and SLE disease flares.



Emily Gillespie, Ph.D. University of Minnesota

Project: Will utilize current lupus clinic bio-repository samples to evaluate why African Americans are disproportionately affected by SLE in order to improve clinical tools and treatments.



Daniel Mueller, M.D., University of Minnesota

Project: Will work to identify biomarkers that would be able to identify and characterize self-reactive B cells in individuals with SLE to accelerate discovery of the pathogenesis of rheumatic diseases.



Krystle Strand, Ph.D., Concordia College

Project: Will measure differential gene regulation in lupus-prone mice to help identify molecular predictors of disease progression and improved therapeutic strategies.

Annually, the LFM Investment Committee approves award amounts and the Research Committee reviews and recommends grant applications. Funding recommendations are then presented to the Board of Directors for approval.

Look for reports on these research projects in subsequent issues and e-newsletters.

LFM Grant Helps Move Clinical Test Closer to Market

University of Minnesota researchers are getting closer to developing a test that could help doctors see when flares are imminent in patients with lupus.

The Lupus Foundation of Minnesota granted Assistant Professor Emily Baechler Gillespie, Ph.D., and her team \$25,000 to help support her research efforts, along with funding a student summer fellow on the project. The research seeks to identify flares before they occur in lupus patients by using a chemokine test, which monitors lupus disease activity. The clinical test could help physicians better manage lupus.

“Our research shows that a test could be developed that is predictive for the majority of lupus patients, so it should help physicians to more effectively manage the disease and hopefully improve patient quality of life,” said Gillespie. Before the researchers received the Lupus Foundation of Minnesota grant, their genetic studies had been limited to Caucasian patients.

“Aiming to improve the lives of lupus patients, the Lupus Foundation of Minnesota has awarded more than \$1.94 million dollars to fund a variety of research initiatives over the past two decades,” LFM President Jennifer Monroe stated. “We have worked diligently to continue to raise funds in support of lupus research and are proud to support Dr. Gillespie in these groundbreaking efforts.”

The technology currently in development by Dr. Gillespie is based on a research project that began in 2002. Using an algorithm developed by Jason Bauer, a former postdoctoral associate in Gillespie’s lab, the test analyzes blood samples for a panel of four chemokines, a group of proteins that are released by an activated immune system.

The change in these chemokine levels can indicate that the patient is at greater risk for a flare, which may enable the physician to adjust the treatment regime to prevent or mitigate the effects of the flare. Physicians presently have no reliable way to predict a flare, which means that patients are usually not seen until after symptoms have developed and irreversible organ damage has occurred, resulting in increased pain and risk for more complications, and requiring additional medications.

Testing for the chemokines will now be done in additional patients from multiple clinical sites around the country, said Dr. Gillespie, and ultimately an interventional trial will be designed in which preventative treatments are used in an attempt to reduce the frequency and/or severity of flares in patients with elevated chemokine levels.

2011 Student Summer Research Fellows Sought

The Lupus Foundation of Minnesota is seeking applications for its annual 2011 Student Summer Fellowship program.

Funded by LFM, the program fosters an interest in systemic lupus erythematosus (SLE) research among undergraduates by providing an opportunity for promising young scientists to participate in basic or clinical research with an established investigator. The students are connected with an established

faculty researcher at a local institution (University of Minnesota and new in 2011 the Mayo Clinic).

Fellowships are generally 12 weeks, but final hours and schedules are based on researcher and project specifics.

LFM is seeking the best and the brightest! The fellowship program application is available online at lupusmn.org, under the “research” tab.

Applications are due on May 6. Spread the word to any ambitious college student who may be interested.

The LFM Research Committee considers fellowship opportunities to be very important in raising awareness and interest among a new generation of lupus researchers towards ultimately finding a cure.

LFM Elects New Board Chair

Lupus Foundation of Minnesota Board Member Walt Cooney will take over LFM's board chair position in March. A board member since April 2009, Cooney has an interest in systemic lupus erythematosus (SLE) as well as has an extensive background in health care access and delivery.

Currently the executive director of the Neighborhood Health Care Network, Cooney has specific experience in ambulatory program management, business development, fundraising and health policy advocacy.

Cooney will replace Chris McPartland, who has fulfilled his two-year term as board chair. However, McPartland will remain on LFM's board of directors.

"As LFM enters its 35th year, all of our board members will continue to work diligently to support the organization's mission in growing awareness and understanding about the disease as well our efforts to support research," said Cooney.

"The board holds true to the organization's efforts," added McPartland, "and with Walt as our new board chair, we look forward to undertaking the tasks ahead to realize our strategic goals and make forward progress on our new capital campaign."

Made up of 13 board members, LFM's board members must comply with governance policies and standards as set forth in the bylaws of the organization.

"As LFM enters its 35th year, all of our board members will continue to work diligently to support the organization's mission in growing awareness and understanding about the disease as well our efforts to support research."

— Walt Cooney, Board Chair

Workplace Health Promotion: Offered by LFM in Cooperation with Community Health Charities Minnesota

More than 2.1 million Minnesotans are affected by chronic illness. Community Health Charities Minnesota (CHCM) has launched a program to educate Minnesota's workforce about chronic illness with help and resources from 33 of Minnesota's trusted health charities, including the Lupus Foundation of Minnesota.

According to CHCM, about 42 percent of the population faces chronic illness, which means that one in four employees is affected by chronic illness either as a patient or a caregiver. With so many affected, CHCM offers its corporate partners Health Matters at Work (HMatW).

Health Matters at Work offers a variety of presentations on current health issues in a "Lunch and Learn" format. You can select from disease-specific topics on prevention, risk factors, warning signs, healthy eating and treatment options.

The Lupus Foundation of Minnesota and CHCM invite you and your workplace to take advantage of more than 40 free educational programs. By doing so, employers and employees have the opportunity to learn about lupus and other chronic illnesses.

As a member charity of CHCM, the Lupus Foundation of Minnesota has several presentations about lupus within the HMatW program including "Living with Lupus," "Chronic Disease – What is a Family to do?" and "Managing Chronic Conditions."

"By just taking the time to educate yourself, you're supporting the millions of Minnesotans with chronic illnesses," said Debi Pehrson, senior director of program services, CHCM. "We offer these programs to gain awareness of these chronic diseases, and so communities throughout Minnesota can better support chronic illness patients."

Programs work best for groups with eight or more employees, notes Pehrson. The presentations run 30-45 minutes, and time can be added for a Q&A session at the end.

"It's important to remember these educational programs are free and flexible," added Pehrson. "We understand everyone has busy schedules, so we do our absolute best to accommodate our employers."

Employers also have access to information and services, including screenings, wellness information, health and benefit fairs as well as one-on-one conversations with charity representatives.

The Lupus Foundation of Minnesota also works with CHCM to raise funds for both organizations through the Workplace Giving program. CHCM corporate partners fundraise through workplace campaigns and offer giving options through employee payroll deductions. Employees can make a specified donation each pay check or a one-time lump donation. They can also choose whether they pledge to a specific member charity that is important to them, or can simply contribute to CHCM for even distribution to all 33 member charities.

To find out more about Health Matters at Work or Workplace Giving, visit healthcharitiesmn.org or call the Lupus Foundation of Minnesota at 952-746-5151.

LFM to Partner with the Minnesota Academy of Family Physicians Foundation

Providing Scholarships for Nationally Recognized Leadership Training

LFM will be providing scholarships and covering the cost of materials for volunteers to complete a four-day intensive leadership training program offered by the Minnesota Academy of Family Physicians Foundation.

Developed by a team of researchers at Stanford University, "The Chronic Disease Self-Management Program (CDSMP): Living Well with Chronic Conditions" offers new strategies that give participants the confidence, motivation and skills needed to manage the challenges of living with a chronic health condition.

The training of trainers certification program will provide individuals with the certification needed to move forward to facilitate the curriculum. Topics covered will be symptom management, nutrition management, developing a suitable exercise program, and problem solving and goal setting.

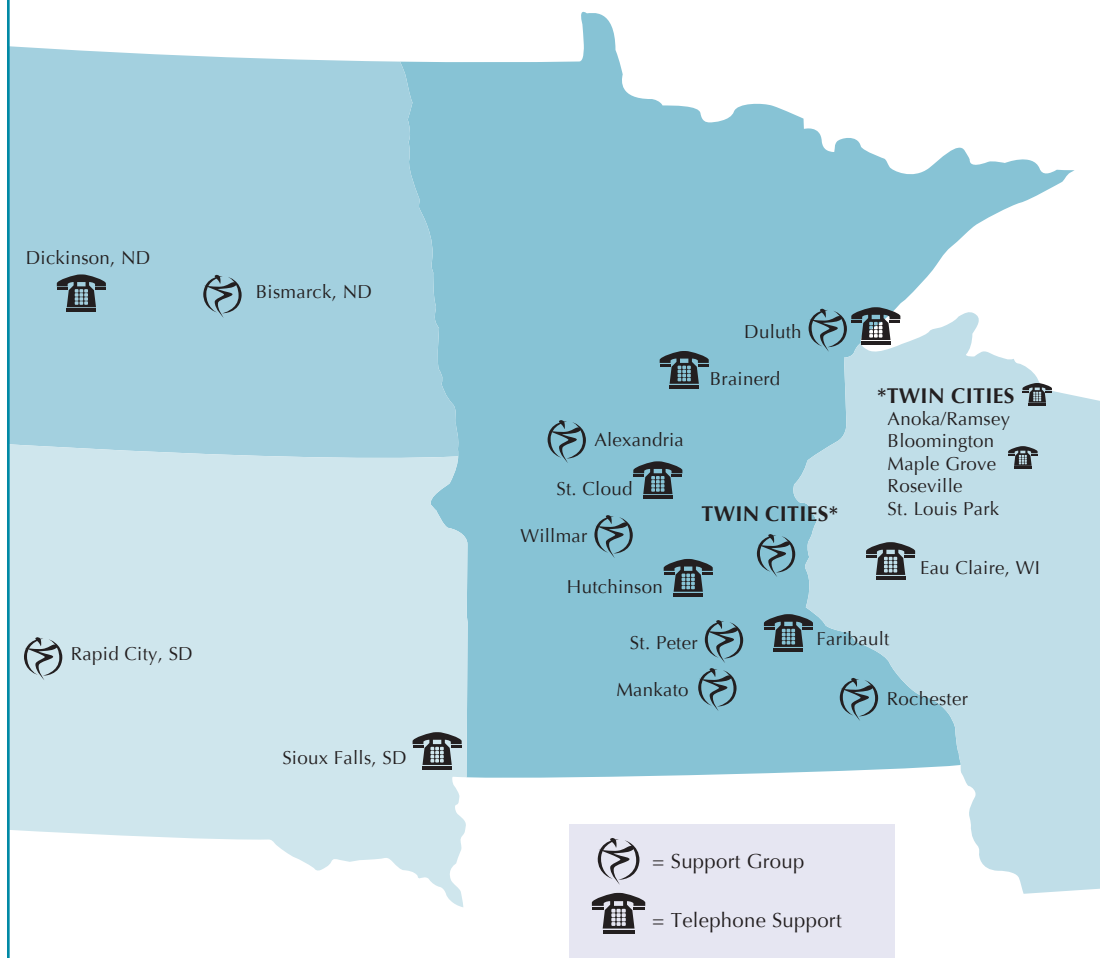
Once an individual completes the training and is certified as a CDSMP leader, they can then partner to co-lead the course, which consists of two-hour interactive workshops over a six-week period. Trainers are also expected to facilitate at least two six-week community programs within the following 12 months. Participants must attend the full training and facilitate a program to become a CDSMP Leader.

It is strongly recommended that leaders be individuals living with a chronic condition, and at least one individual be a peer or lay leader, rather than a health or social service professional.

CDSMP is for adults with chronic health conditions such as arthritis, diabetes, heart disease and lung disease. The program may be particularly beneficial for people who have more than one health condition or whose health problems have begun to interfere with their valued life activities.

To apply for the scholarship or for current information on upcoming dates/times and locations, contact LFM.

Community Support Groups and Phone Support



Support groups have been shown to have a positive effect on the wellness of a lupus patient. It is a way to share personal stories, be introduced to educational materials and resources, and socialize with others who understand the challenges of living with lupus.

The map shows locations of support groups and telephone support volunteers. For more detailed contact information, visit lupusmn.org and click on the "Client Services" tab. Or call LFM at 952-746-5151/800-645-1131.

Year in Review: Client Services

In 2010, the Client Services division of the Lupus Foundation of Minnesota experienced a mix of opportunities that were both familiar and new, but all were designed to increase awareness, build collaboration and address the needs of those affected by lupus. Here is a brief wrap-up of the year.

Increasing Awareness: LFM was a part of 40 outreach events, 21 of which LFM hadn't previously attended. As a result, a combined total of over 2,700 individuals were provided direct information about lupus, LFM services and the mission of the foundation.

Collaboration: New collaborations were grounded in the offering of services that addressed disease management and living with lupus – bringing LFM programming to clinical community partners including Children's Hospitals and Clinics of Minnesota for an "All about Lupus" program; "Creating your New Normal" to Pathways Health Crisis Renewal Center; and "Traveling a New Path" at the University of Minnesota Lupus Clinic.

Workshops and Webinars: Educational opportunities were an important part of 2010. In addition to the continuing education class for care providers offered through Century College, two additional workshops for both providers and community participants were conducted.

LFM also introduced education through technology with three webinars, which included continuing education credits for community participants and professionals, addressing a variety of issues that affect the chronic disease community.

Client Services: LFM addressed financial and other barriers for those impacted by lupus. \$2,600 in financial assistance through the Horizon Emergency Grant program satisfied critical needs for families in crisis. Client Services provided resources, support, consultation and referrals to 137 families throughout the year.

Finally, in addition to our monthly luncheons, monthly Lupus Dinner Discussions began in July, providing another opportunity to connect with others touched by lupus for information and support.

For further information on any of LFM's Client Services offerings, please visit lupusmn.org.



In Memory of Cary Zwolski

Cary, an LFM employee from 1999-2006, passed away due to a glioblastoma, after winning a courageous 26-year battle with lupus.

Through her role as manager of Membership Services, Cary's dedication, knowledge and commitment towards improving the lives of those impacted by lupus provided a bright light to many, which will continue to shine on in the many lives she touched so profoundly.

Our sincerest sympathies to Mark, Laura and Katie and all her family and friends. We will miss her deeply.

LUPUS FOUNDATION OF MINNESOTA STAFF

Jennifer Monroe
President

jmonroe@lupusmn.org

Cheryl Como
Vice President of Client Services
ccomo@lupusmn.org

Karin Gelschus
Communications Coordinator
kgelschus@lupusmn.org

Sara Otto
Vice President of Development
sotto@lupusmn.org

Gustavo Taberna
Community Outreach Coordinator
gtaberna@lupusmn.org

Thank You to Our Contributors OCTOBER 1 – DECEMBER 15, 2010

Contributors:

Deanna Alexander
 Danny and Barbara Alstrom
 Shreyasee Amin, M.D.
 Mary Anderson
 Sheri Lynn Judge Arnett
 Wally Arnold
 Sandra Atkinson
 Lorraine Aysta
 Marlyn Barber
 Anne Baron
 Virgil and Gloria Beecher
 Stanley Bennyhoff
 Emily Berg
 Cynthia Bergman
 Elaine Bergman
 Wendy Bielen
 Blue Cross and Blue Shield of MN
 Joanne Boentges
 Katie Jo Booth
 Ward and Debra Brossoit
 Ginger Sorvari Bucklin
 Lois M. Burgoyne
 Laura Capaldini
 Gail E. Casey
 Vaidehi Chowdhary
 Lynn and Brenda Clarey
 Rebecca Clark
 Dale Cook
 David and Rita Cronin
 Shannon Crow
 Cynthia Dahn
 Donald Decramer
 Cresta Deeds
 Michael J. Doyle
 Michael Ellingsworth
 Leslie Elvert
 ERJ Dining IV D.B.A. Chili's
 Blanche Erickson
 Gladys Erlandson
 James and Janice Etter
 Julie Fedeler
 Robin Fields
 Timothy Finne
 First Alliance
 Anita Fischer
 LeAnn Fischer
 Susan Fischer
 Luis E. Fong De Los Santos
 Nancy Jane Fredrickson
 Mary Fuchs
 Dianne Gibney
 Laurie and Steve Gilseth
 Edythe Goldberg
 Caroline Gort
 Diane Gray
 Donna J. Greeno
 Vickie Grube
 Sandra Hamilton
 Kim Hammes
 Lee and Joelle Hansen
 Rita Hansen
 Alvina M. Hanson
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 United Way of Central and
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 Wells Fargo Community Support Campaign
 on behalf of Julie Sample, Jack Soriano
 and Patricia Tanaka

MISSION STATEMENT: We serve those affected by lupus, raise awareness and fund research in an ongoing effort to improve the lives of others.



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To Schedule Pickup Service

Call 651-748-0400 or schedule online at www.lupuspickup.org

Your generous contributions will enhance the service mission of the LFM!

STORE LOCATIONS that accept contribution items designated for LFM:

- 1) Unique Thrift Store
1657 Rice Street
Roseville
651-489-5083
- 2) Unique Thrift Store
2201 37th Ave NE
Columbia Heights
763-788-5250
- 3) Unique Thrift Store
4471 Winnetka Ave N
New Hope
763-535-0200
- 4) Unique Thrift Store
14308 Burnhaven Drive
Burnsville
952-898-0988
- 5) Valu Thrift
2145 Hudson Road
St. Paul
651-702-5920

Thank you to all of our faithful contributors who use the pickup service to make donations to the Lupus Foundation of Minnesota!

As a helpful reminder, we aren't able to take your computer monitors or TVs bigger than 25" or those having turn style knobs, and no console TVs, please. Again, we're grateful for your generous donations!

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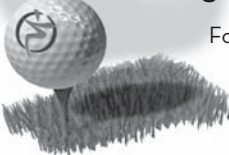
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Upcoming Events...

13th ANNUAL LUPUS GOLF CLASSIC

Wednesday, July 20, 2011
StoneRidge Golf Club, Stillwater



For more information on participation and sponsorship options, please contact Sara Otto at sotto@lupusmn.org or 952-746-5151

Client Luncheons & Dinner Discussions

Second Wednesday
of Each Month
(January 12, February 9,
March 9, April 13)
11:30 AM – 1:30 PM

Fourth Wednesday
of Each Month
(January 26, February 23,
March 23, April 27)
5:30 – 7:30 PM

LUPUS FOUNDATION OF MINNESOTA OFFICE
THE ATRIUM, 2626 EAST 82ND ST.
BLOOMINGTON, MN

For more information or to RSVP,
contact Client Services at 952-746-5151 or 800-645-1131

MARK YOUR CALENDARS!



TWIN CITIES
SATURDAY, SEPTEMBER 10
French Regional Park, Plymouth

ROCHESTER
SATURDAY, SEPTEMBER 17
Essex Park, Rochester

DULUTH *New!*
SATURDAY, SEPTEMBER 24

WALK OR RUN FOR HOPE IN THREE CITIES!

For more information on sponsorships, please contact LFM at 952-746-5151 or 800-645-1131 or info@lupusmn.org



LUPUS FOUNDATION OF MINNESOTA'S

35th Anniversary Celebration

Wednesday, July 20, 2011
StoneRidge Golf Club, Stillwater

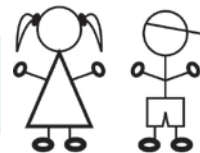
(in conjunction with the Lupus Golf Classic)

In appreciation of current and past board members and staff, volunteers, donors and partners, you are cordially invited to join LFM for an afternoon of celebration and entertainment in a food-and-wine-fair atmosphere.

- Enjoy food prepared by some of the area's top chefs
- Sip beverages from area wineries and breweries
- Kick off LFM's capital campaign for the student summer fellowship program

Save the Date...

More Information Forthcoming!



For parents/guardians of children with lupus...

ALL ABOUT LUPUS

Bimonthly – Third Thursday
6:30 – 8:00 PM

See calendar at lupusmn.org for location or contact Cheryl at LFM at 952-746-5151

In collaboration with
Children's
HOSPITALS AND CLINICS
of Minnesota

Charlas sobre Lupus (Chat about Lupus)

A Group Designed for Spanish-speakers
Third Friday of the month
6:00 – 7:30 PM

Lupus Foundation of Minnesota; first floor conference room
Contact Gustavo at 952-746-5151

LUPUS NEWS

The William Flies family dedicates this issue of Lupus News to the memory of their daughter Murette. Murette was committed to educating others about this disease.

We honor her for her determination to make a difference in the world.

We miss her dedication, her resolve ... and her smile.

Lupus News is published quarterly by the Lupus Foundation of Minnesota. Please keep us informed of address changes. The Lupus Foundation's phone numbers are 952-746-5151 and 800-645-1131. Our web address is www.lupusmn.org. If you're interested in receiving an electronic copy of this newsletter, please send a request via email to info@lupusmn.org.