



# Lupus News

## Emerging: A Journey Through Diagnosis

By Ginger Sorvari Bucklin



Ginger Sorvari Bucklin

### Diagnosed at 16, Now Going Strong

"It's lupus," the doctor told me in early 1988.

*What a relief.*

After months of unexplained symptoms, pain and exhaustion, it was not leukemia. I could leave the cancer wing of Minneapolis Children's Hospital. Since this is "just" lupus, I could live like my aunt Karin, whose life with lupus seemed rather normal, except for the long sleeved-blouse she wore on her trip to Hawaii.

At 16 years old, I just wanted to return to my busy life of music, theater, and dance. My Broadway career waited.

*As soon as I can get out of this hospital, everything will return to normal. No problem.*

Over the next few days, doctors tried to educate me on lupus and what it would mean to my life. They didn't understand that I thought this was no big deal. Instead, they insisted on providing me with information to "give me hope." I didn't really need hope, but they seemed determined to provide it.

About a week after my diagnosis, still in the hospital with unexplained hip pain, one doctor shared what he considered to be a very encouraging statistic: "Lupus has a 95 percent five-year survival rate!"

I think he expected me to be excited. But, I was crushed. I broke down in tears. From this point on, my life would be measured in five-year increments. I would have to change everything. I succumbed to the idea that I was powerless to fight an incurable illness.

Indeed, over the next year, everything did change. That nagging hip pain remained undiagnosed for the next five months, keeping me homebound, annexed from my friends and activities, and eventually unable to walk on my own. Even after my hip abscess was correctly identified, my summer was spent undergoing multiple surgeries, intravenous antibiotics, and physical therapy.

That fall, I returned to my senior year of high school a completely changed young woman. I was depressed, convinced that I'd be in and out of the hospital for the rest of my life. No far-away college. What if I got sick mid-semester? No career that didn't provide good health insurance. No theatre. No dancing. No Broadway.

### Diagnosis #2

My college years were – in terms of my health – rather uneventful. I had no flare-ups, no serious illnesses. My lifestyle was pretty subdued and I felt good most of the time. I participated in activities, but shied away from sports. I chose jobs that weren't physically intense. I tried to get enough sleep. I didn't party too hard. In short, I led the life of one who's scared to take on too much.

Soon after graduation, I received a job offer in Michigan. Even before moving there, I found a new physician that seemed to have a good reputation.

In Detroit, my first visit with the new doctor was pleasant enough, by now, a quite familiar series of questions and blood tests. My second visit – when we reviewed my blood test results – was the shocking one: "Ginger, I don't know what you had six years ago, but it wasn't lupus."

My tests had come back completely normal – no positive lupus markers, not even marginal results. My body had no sign of lupus whatsoever. It was, in this doctor's words, impossible for me to have had lupus.

He met with me three more times, as we tapered down dosage of my medications and watched my blood work. Within six months, I was done, convinced that the lupus diagnosis was a fluke.

*Continued on page 2...*



LUPUS FOUNDATION OF MINNESOTA  
2626 East 82nd Street, Suite 135  
Bloomington, MN 55425

CHANGE SERVICE REQUESTED

Nonprofit Org.  
U.S. Postage  
PAID  
Minneapolis, MN  
Permit No. 1019

## Features:

Diagnosed: The Adolescent Experience	page 2-3
From the Desk of the President	page 3
Benlysta: New Lupus Drug	page 4
Lupus Golf Classic Recap	page 4
12th Annual Walk For Hope and 5K Trail Run	page 5
Technology Assessment: LFM Partners with St. Thomas University	page 6
Everyday Living Survey: LFM Partners with St. Catherine University	page 7
Summer Fellows Research Presentations	page 7
News Briefs	page 8
LFM Staff	page 8
Support Groups	page 9
Contributors	page 10-11
Schedule Pickup Service	page 12
LFM Board of Directors	page 12

From then on, I had no desire to see another waiting room, another needle, another bottle of pills. It had all been some crazy mix-up. Soon, my life with lupus started to fade from my memory. It had all been like a bad dream.

I was free.

#### It's ba-ack

By 1999, I had returned to Minnesota, working my way up the corporate ladder. Most of my time was spent at the office, and I lived for the day-to-day excitement of my career. In the evenings, my social life was busy and I had just started dating someone.

When my flu symptoms started, I tried to ignore them. Most days I went to the office, feeling worse by the day but convinced that – at some point – the nausea and fatigue would subside. Each evening, I would come home, go to bed early, and hope to feel better the next day.

After about four weeks, having collapsed into bed one night, a horrifying thought crossed my mind: *The last time I felt like this was high school.*

Not convinced that this was lupus – and wanting to avoid contact with my original set of doctors – I found a local rheumatologist. Just to be safe.

When the blood tests came back, the only thing my doctor could say was, “I’m so sorry.” We both knew that the flare had gone on for quite awhile, unchecked. It would take drastic action to address it.

Over the next six months, therapies didn’t work. My lupus flare intensified. My body ached, everywhere. I was tired all the time. Energy eluded me. My kidney function worsened. If not for my family and my boyfriend by my side, I would have given up completely. On the night when my kidneys failed, I fell in and out of

consciousness. I was convinced that I would die. That I had let the disease go too far. That every waking moment may be my last.

When I woke up two days (and several dialysis treatments) later, I knew that I had to change the way I managed my disease. I couldn’t let lupus rule my life again. But I couldn’t ignore it either. Somehow I had to become the one in charge of my health.

I spent the next ten years figuring out how.

#### The Balance

Today, I’m finally at peace, not only with my body, but with my life. My home is full of energy, blessed with a wonderful husband and our blended family of six great kids. My career is my own, having left the corporate world to start my own company. And, I’m dancing again, twice a week.

Along this journey, I’ve learned to be inquisitive. The more I understand about this illness, the more empowered I feel. I research all I can. Books, articles, web searches. Questions for my doctors. Long conversations with friends and family. Even hours poring over my own history of medical charts to understand what exactly happened when I was too weak to care.

Most importantly, I’ve learned to listen to my body. To stay healthy, I have to pay attention. Long before blood tests will show abnormalities, I may sense a change in how I feel. It’s up to me to be aware, to notice, and to act.

So, when I’m tired, I rest. When I need help, I ask (although that’s never come easily to me). And, when I do have energy to spare, I make the most of every minute.

Now, after years of succumbing to my disease, and more years denying its existence, I’ve finally come to a place where I am in control of my body. And my life.

**In This and Upcoming Issues:** The first-person stories in this current issue focus on the personal experiences of those who were diagnosed with lupus during adolescence. In our upcoming editions, we will focus on themes identified as relevant to our readers including:

**WINTER:** Faith communities...  
the impact and involvement of those affected by lupus  
**SPRING:** Adults and seniors reflecting on living a life with lupus  
*If you have ideas on these topics or wish to share your story with LFM, please contact Sara at 952-746-5151 or sotto@lupusmn.org.*

## Teens Living With Lupus – Sancerrea & Briana Share Their Personal Stories

### Sancerrea Sherrell Hardimon

*Sancerrea is a 17-year-old student at Roosevelt High School in Minneapolis. She was diagnosed at 15.*

When I was first diagnosed with systematic lupus in May of 2006, I was confused and angry. I just didn’t get it, I didn’t understand. Why me? Why was I the one with all the health problems? What did I do in my life that was so bad I had to be punished this way?

I became angry when the dermatologist told me lupus was an incurable blood disease. I was angrier when I found out what kind of lupus I had and what it is.

After reading articles, I was relieved of five and a half years of unanswered questions and started to feel a little bit better. But hopelessness returned. Every time I went to the doctor, something else was wrong and I wasn’t getting any better. Since my immune system wasn’t strong, in my mind, I just knew my doctor would tell me I had a new disease that was fatal. So there were many different thoughts, suicidal thoughts, running through my mind. I didn’t want to live anymore, I just didn’t want to go through this, and I didn’t want to live my life with this disease.

I was a 15-year-old freshman at Roosevelt High School and at that time I felt as if it was me against the world. Nobody knew what I was going through, no one understood how I was feeling; there wasn’t anyone I was able to connect with. If I needed support, there wasn’t a shoulder waiting for me and no one to wipe away my tears. In the beginning of my journey, I didn’t feel like I had someone to go to for comfort or even guidance. I felt so alone. It felt like my world had been turned upside down and it would never go back to normal.

I became angry because to me the Prednisone, Naproxen and Hydrochloroquine weren’t working. I was still having flare-ups and my entire body was always hurting. The other pills – Methotrexate, folic acid and CellCept – seemed pointless because I didn’t think I had whatever they were trying to cure me for. So I stopped taking all the

pills and started skipping doctor appointments because it was always three hours of bad news.

Eventually I matured and realized “Hey, things are getting worse!” I do need to get these blood tests done. I should take my pills and see my doctor so I can get better. I learned I can’t just give up if I really want to get better.



Sancerrea Hardimon (left) and Briana Jinks (right)

But taking pills everyday and not being able to go outside on a beautiful, hot day wasn’t making it any easier. I started to feel abnormal because I had to change activity times and couldn’t do my hair in the fashionable styles I wanted to. Before I was diagnosed with lupus, I never had to take multiple pills twice a day, so that was something I had to get used to putting in my schedule.

Even though I’ve been living with lupus for almost four years now, I’m still uncomfortable about telling people I have lupus, talking about lupus or hearing about lupus. When asked questions I tell them I have a “blood disease” and leave it at that, hoping they get the hint and stop asking.

Through this entire experience I would say the strength I gained was that I’ve learned to be strong and keep going. There were many times when I wanted to give up, lie in bed and never get out. But I couldn’t do that. I didn’t want life to pass me by. So no matter how much I hurt, I told myself there will be better days.

*Continued on page 3...*

# From the Desk of the President

By Jennifer Monroe, President

I am so excited to share with you some of the details around the fantastic success we had this year with our Walk for Hope and 5K Run events in the Twin Cities and Rochester. It is evident that the events in both cities had record attendance with over 800 participants.

In addition to our lead sponsor, Sterling State Bank, we also had two new corporate sponsors that helped to build visibility and recognition for the events.

With the addition of an online fundraising vehicle for teams and the addition of a new 5K run, volunteers and supporters came out in full force walking and running for hope. As a result we raised 30 percent more than last year!

THANK YOU to everyone who volunteered, donated, participated and wished us well! As you know 100 percent of the funds raised go towards research and direct client services **right here, right now in Minnesota!**

And, as we look toward improving and refining the level of services we can directly offer to clients, we are cognizant that it is critical to ask and evaluate exactly *what clients want*.

As a result, LFM is undertaking two comprehensive data collection initiatives that will provide us with the information we need to refine not only the direction, but the delivery of client services. Both efforts involve fresh new partnerships with local academic institutions and both are aimed at collecting feedback from the community about how we can better meet this core mission of the organization.

The first initiative, which was implemented from March through July, involved a partnership with the Saint Thomas University Graduate School of Business Communications and targeted individuals throughout Minnesota. The survey focused on evaluating access to technology and how to improve access to services to those who do not live in the metropolitan area. We were incredibly pleased with the high volume of responses (107) and with the detail respondents were willing to provide.

The second initiative, which is currently being launched, is in partnership with the School of Occupational Therapy at St. Catherine University and is aimed at identifying what types of clinical support or therapeutic services individuals within the Twin Cities metropolitan area are seeking. The survey also evaluates what type of information and support are preferred and assesses access to technology.

Information about both projects is outlined in detail in this newsletter, with outcomes as well as actions already implemented! Participants are still being sought, so look for ways you can become involved.

Thank you to all of you who have already participated or will participate in our efforts either through participating in fundraising and awareness events, or providing information and direction into client services!

*Continued from page 2...* The lesson that I learned, or re-learned, was to never give up no matter how hard it may seem to keep going. For a long time, I was in denial about having systemic lupus, a life-long, incurable disease. Then, after a while, it started to set in and I accepted my health condition.

The only question I have now is how close are researchers to finding a cure? I would like to tell people that lupus is not contagious and if you meet someone with lupus, don't shun them out of your life because that can really hurt that person in an incurable way.

The support I have now comes from my family and best friends. It became clear to me that I do have support and I'm not walking this road alone. Understanding is the most important thing to me. It makes me feel better about certain situations and things I am unable to do at times; and it makes me realize that I haven't let down the people who mean the most to me.

## Briana Jinks

**Briana Jinks is senior at Prior Lake High school anticipating her 2010 graduation. She was diagnosed with lupus at the age of 14.**

Living with lupus is not as easy as some people may think. What is lupus? That's the question I had for my doctor when I was first diagnosed.

It has been four years since I got the shocking news. Let's go back to how it all started. Toward the end of eighth grade in 2002, my family decided to take a vacation to Jamaica. After a nine-hour plane ride and four hours on the bus, we reached our destination. Everyone was tired and wanted to rest, but me, I stood amazed at the beautiful scenery. Seeking adventure, I explored the palatial resort. At first I was fine, but in a few days I became suddenly ill.

It started with sun sensitivity and I would take an awful amount of Advil. From there I went downhill with nausea, vomiting, headaches and fevers. I had to just wait the vacation out.

Once home, I started to feel a little bit better and most of my symptoms seemed to disappear. My mom thought I just was having a little trouble with the change of scenery. A week later, I noticed three little patches on my face and neck. I thought it was allergies, but a few days later they grew and spread. It looked like a thousand bees had stung my face all at once and I was so swollen that I refused to leave the house.

It took over 15 doctors' appointments before I was diagnosed. My first appointment with a pediatric rheumatologist was unforgettable. I explained my symptoms, all the other doctors I had seen and that I still had no conclusion. After an examination, blood tests and a biopsy of the rash patches, I finally had an answer. Lupus!

My rheumatologist, who I first thought was a little weird, but have grown to love, tried to explain as much as he could. The explanation included lots of colorful pictures and seemed long, complicated and never-ending. Not long after that, I experienced my first major hospitalization for decreased kidney function.

Since diagnosis, lupus has attacked my skeletal, cardiovascular, digestive, nervous and lymphatic systems. It's been very hard for me dealing with this illness and it seems like every time I go to the doctor I leave with another diagnosis. Over the years, because of lupus, I have developed anemia, arthritis, cardiomyopathy, stage 1 kidney disease, chronic headaches, Sjögren's syndrome, chronic abdominal pain, fibromyalgia and myasthenia gravis.

Recently, I have undergone heart procedures. What I find most frustrating is I can never get a break...it seems everyday I'm sick. My doctors don't know which direction to take because everything is so complicated and they are now considering a bone marrow transplant to try to settle down the lupus.

What I find most frustrating is trying to keep up with school between being admitted to the hospital or being too sick to go. I am a senior at Prior Lake. My school has been helpful these last three years, trying to accommodate my needs. Although I have missed more than 60 percent of my high school experience, they are doing everything possible to make my last year stress-free and see to it that I can graduate with my class in 2010.

People ask how I cope with my issues and still smile. I don't have an answer for that. I guess I try to look at the good things in the world instead of getting all worked up about my illness. I wouldn't say that I have a solid support system, but I have a lot of people who care. It's good to know if I do ever have a time of weakness, there is someone I can count on.

So in the end, I feel it's really hard to live with this illness. Most articles end with a happy thought, or a guarantee that everything will be fine. But for me, realistically, I don't know where my health is going to take me from here.

# BENLYSTA: Promising Hope in the Treatment of Systemic Lupus Erythematosus (SLE)

Cautious hope is being renewed in the lupus community about Benlysta™ as it reaches its endpoint in the final phase of Phase 3 Clinical Trials. Benlysta has shown much promise as it is believed to reduce the auto-antibody levels in SLE thought to correlate with disease severity.

In 2006, researchers were awarded an FDA Special Protocol Assessment declaration, indicating that the clinical design was deemed acceptable for FDA approval. Since then, the first phase of clinical trial BLISS-52, and second phase clinical trail BLISS-76, has gone on record as the largest clinical trial program ever conducted on lupus patients to date, with as many as 133 clinical sites in 19 countries around the world.

So far, BLISS-52 results in clinical trials have shown that Benlysta produces a clinically important reduction in SLE disease activity, significant improvement in response rate at 52 weeks. The study indicated that this drug is better tolerated and has shown a clinically meaningful reduction in steroid dose. The final clinical trial, BLISS-76 will report its findings in November.

There is a great deal of hope in the scientific and medical community that these promising results will prove to be a breakthrough that ushers in a less toxic era of treatment while decreasing disease activity for those who suffer with lupus.

If you would like to receive the full article, please contact our Client Services staff at 952-746-5151 or 800-645-1131.

## Fun and Fellowship at the 11th Annual Lupus Golf Classic



Gorgeous weather and course conditions welcomed all sponsors and participants for the 11th Annual Lupus Golf Classic held on July 8 at the beautiful StoneRidge Golf Club in Stillwater.

The \$43,700 raised at the annual golf tournament went directly to support clinical research into the cause and cure for lupus. And one part of that research funding consists of the Lupus Foundation of Minnesota's Student Summer Fellowship Program, which exists to foster 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.

We were honored to have the four 2009 student fellows with us at tourney. They pitched in to help sell raffle tickets and mulligans, run contests and even golf. Their enthusiasm inspired a wonderful live auction that raised over \$7,000 for the Student Summer Fellowship Program.

Special thanks to all who contributed to the auction, sponsors, donors and golfers. We'd particularly like to acknowledge the continued generosity of our title sponsor, GLS Companies, as well as lead sponsors: Fortress Financial Group (LLP), Knowledge Marketing, Schechter Dokken Kanter, and Unique Thrift Store.

Thanks also to KFAN's Cory Cove for hosting a poker contest hole and to Dale Berry for emceeding the dinner program.

More information on next year's Lupus Golf Classic will be available soon. Watch your mail and email. In the meantime, for more information on participation and sponsorship options, please contact Jennifer Monroe at [jmonroe@lupusmn.org](mailto:jmonroe@lupusmn.org) or 952-746-5151.



**TOP**  
Lupus Classic golfers enjoy a laugh on the course.

**MIDDLE**  
Title Sponsor GLS Companies President Gary Garner and LFM President Jennifer Monroe.

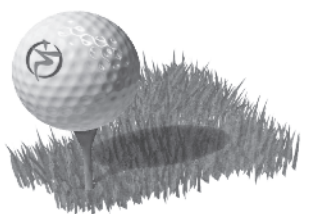
**BOTTOM**  
LFM's Student Summer Fellows John Doric, Tom Fewer, Kathleen Bauer and Tawny Herdegen helped raise funds for future fellowships.



**ABOVE**  
Representatives of GLS Companies were easy to spot on the course in their matching golf attire.

**UPPER RIGHT**  
Dinner program emcee Dale Berry acknowledges a generous gift that helped LFM raise \$7,000 in 10 minutes during the live auction.

**LOWER RIGHT**  
Dr. Mehrnaz Hojjati, U of M Assistant Professor and Director of the Lupus Clinic, talked about current lupus research and introduced the Student Summer Fellows.



# Walking and Running for Hope 2009



## TWIN CITIES

Saturday, September 12 at French Regional Park



Some of the largest-ever event crowds turned out for the 12th Annual Lupus Walks for Hope and new 5K Trail Runs on Saturdays, September 12 in the Twin Cities and September 19 in Rochester. An estimated 800 people took in either the Walk or 5K at the new event venues – French Regional Park and Essex Park respectively.

Both events generated critical funds to support research efforts into the cause and cure of lupus and gave us the opportunity to increase awareness of the availability of programs and services provided by the Lupus Foundation of Minnesota. One hundred percent of funds raised went to supporting research and grant funding and to direct client services offered throughout the state.

And raise funds you did! Both events exceeded amounts raised in 2008. Funds that stay here, providing hope and helping those whose lives are touched by lupus right here, right now. Thanks to all – whether you walked or ran yourself, collected donations, made an donation, contributed an auction item, and/or volunteered!

We are especially grateful for the continued, generous support of our Signature Sponsor, Sterling State Bank, and to Chaska Eye Care, our newest Hope Sponsor, as well as the many other corporate contributors who have supported this effort with in-kind donations.

Your combined efforts are what continue to inspire all of us here at the Lupus Foundation of Minnesota!

See the photos on these pages for a recap of the action. (Additional photos are posted in our Photo Gallery at [www.lupusmn.org](http://www.lupusmn.org).)

We look forward to seeing you again (or for the first time) at next year's Walks and 5K. Keep an eye out for further details and dates of those in future issues of "Lupus News" or on the website.

## ROCHESTER

Saturday, September 19 at Essex Park



# Technology Assessment: LFM Partners with Saint Thomas University's Graduate School of Business Communications

LFM has an active presence in the Twin Cities area where those affected by lupus have access to various levels of support. Yet as we evaluate steps in implementing our strategic plan, we were interested in evaluating and expanding our reach to those living outside of the geographical area of the Twin Cities. We were also interested in specifically which aspect of technology our current and potential clientele prefer to both participate in, and receive information through.

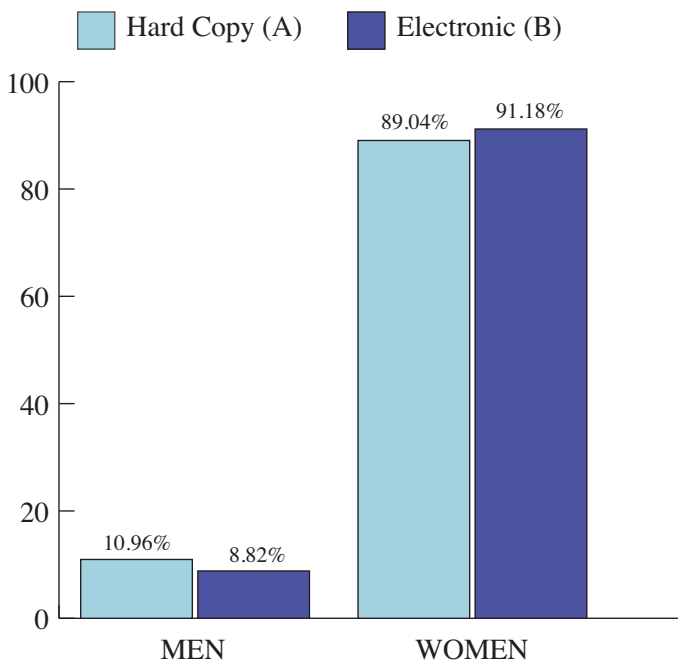
Therefore, in our first initiative, we conducted a research project to collect information with the following objectives:

- Improving how LFM reaches those affected by lupus through technology, paying particular attention to individuals with barriers to accessing support services.
- Gaining a thorough understanding of the impact that existing web-based resources offered by LFM are making on lupus patients, families and caregivers.
- Using collected data to efficiently and effectively target services offered by LFM.
- Formulate detailed analyses identifying specific information, communication and support-needs recommendations from participants.
- Identifying technologies available that will help facilitate LFM's message and the delivery of client services.

A web-based (and paper copy distribution) survey was developed aimed at evaluating client education, support and information needs. Findings are critical to our service delivery redesign, as well as beneficial in furthering LFM's new strategic vision. The survey consisted of a brief set of questions covering the following subject areas:

- Since the Foundation wants to understand capabilities for accessing information electronically, four demographic questions were asked, followed by five questions regarding the participants' current technological capabilities and their ability to access the internet.
- LFM currently maintains an active website, so four questions were asked to determine how many currently access the site and what information they are looking for when they do.
- In seeking to assess how we can use technology to expand our ability to reach constituents, four questions were asked that assessed the participants' willingness to seek information in a new format, other than the method by which services are currently available.
- Finally, three qualitative questions were asked, allowing participants to provide specific, detailed answers about what type of information they would like to see on the site, what other web based sources they use to access information and were asked for any additional comments they would like to share.

## Survey Responses By Gender



## Distribution and Response:

- 379 surveys were distributed including 254 hard copy and 125 electronic
- Stamped, self-addressed envelopes were included with hard copy distributions
- 107 responses were received by the deadline (a 29 percent return rate)
- Of the 107 received, 73 were hard copy and 34 were electronic
- A majority of respondents were female
- 56 percent in group A (hard copy) identified themselves in the 56+ age category while 24 percent of respondents in group B (electronic) identified themselves as 56+
- 30 percent of group B respondents were in the 20-40 age category compared with only 10 percent of group A respondents

**Findings:** A very high percentage of respondents indicated that they had access to the internet and were interested in participating in LFM online offerings.

The question, "What information would you like to have access to on the LFM site?" received some of the following suggestions:

- Up-to-date information
- Latest research
- New treatments
- Information about support groups

Participants were asked where they gather the majority of their information as well as which interactive sites, if any, they currently use or were most likely to use. We also asked in which current LFM services they had participated and any suggestions or feedback around those experiences, among other questions.

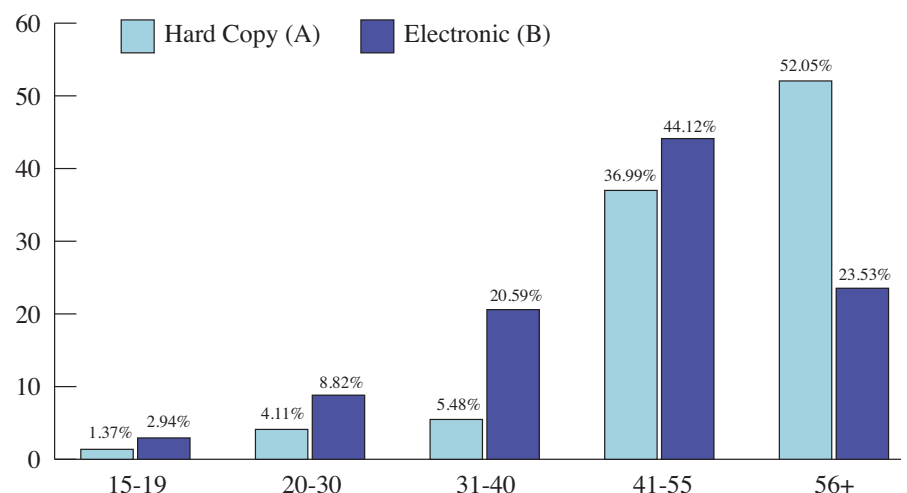
**Outcomes:** Based on the information gathered, a list of recommendations was developed to implement as we move forward in reaching out to lupus patients in the Greater Minnesota area and implement our strategic vision of utilizing technology to enhance the 'reach' of the organization.

Recommendations made and implemented include:

- Expand dissemination of the newsletter and e-blasts electronically to take full advantage of the fact that the newsletter is widely read (a survey finding) and seen as a valuable resource to many.
- Add on-line registration capacity to the current web page and integrate with organizational software for events management, client service enrollment and other efforts to link individuals with one another and the organization.
- Expand LFM's visibility on social networking sites. These sites are a highly effective way for individuals to connect, relate, support one another, and interact electronically, as well as market services offered by the organization.

For more information or copies of the survey and results, contact the Lupus Foundation of Minnesota.

## Survey Responses By Age



# Everyday Living Survey: A Partnership Between LFM and St. Catherine University's School of Occupational Therapy

## Seeking Survey Participants

If you are an adult (over the age of 18) living with lupus in the seven-county metro area and are willing to participate in a confidential survey, we invite you to join in an on-going research project we are currently implementing in collaboration with the St. Catherine University School of Occupational Therapy and graduate student Brenda Frie.

The *Everyday Living Survey* consists of a series of short answer responses to statements that will take approximately 15 minutes to complete. It will aim to identify challenges that those living with lupus experience during everyday living activities, including managing physical symptoms, and coping with emotional concerns. Participation in the survey can help to shape the future development of educational programs and delivery of services through LFM.

You may choose to complete the *Everyday Living Survey* in a hard copy paper format or take the survey online. To obtain a written copy, please contact Client Services and a copy will be mailed to your home address. An online link to the survey is available on the front page of our website at [www.lupusmn.org](http://www.lupusmn.org).

We deeply appreciate your willingness to participate in this research project. Look for the results in an upcoming edition of the newsletter.

If you have any questions, please call a member of Client Services at the Lupus Foundation of Minnesota at 952-746-5151.

## LFM and U of M Host 2009 Summer Fellow Research Presentations

On August 18, the University of Minnesota and the Lupus Foundation of Minnesota hosted an event in which the 2009 Summer Research Fellows presented summary reports of their findings. Approximately 40 guests attended including the general public, donors, research staff and staff members of both institutions.

The event was an opportunity to share the outcomes of this aspect of LFM's grant-making, as well as increase public awareness of our efforts, and served to demonstrate the tangible difference our grants are making toward cultivating a generation of future researchers.

2009 fellows represented four distinct educational institutions, but worked out of research facilities at the University of Minnesota with faculty researchers. The fellows, preceptors and the global objectives of their research projects were:

### **Kathleen E. Bauer, College of Saint Benedict**

*Faculty: Dr. Emily Gillespie*

Kathleen participated in two projects which were both aimed at identifying genetic variants associated with aberrant interferon (IFN) pathway activity. The first project's objective was to find meaningful ways to subset patients based on genetic variants in order to select research participants in a manner that would allow the researcher to observe and identify subtler trends. The second was to identify genetic variants associated with the IFN gene expression and protein signatures along with various clinical symptoms among participants who did not meet the criteria for SLE and yet were antinuclear positive to identify similar genetic variants.

### **John Doric, University of Minnesota**

*Faculty: Dr. Erik Peterson*

John participated in research focused on characterizing inflammatory immune cell-mediated signaling that can cause tissue damage, particularly in the kidney, as related to lupus nephritis. His study focused on a cytosolic protein that may influence neutrophil signal transduction and cellular activation which in turn can influence inflammation. Controlling neutrophil-dependent inflammation is an important goal in the management of lupus and many other diseases.

### **Thomas Fewer, St. Olaf College**

*Faculty: Dr. Dan Mueller*

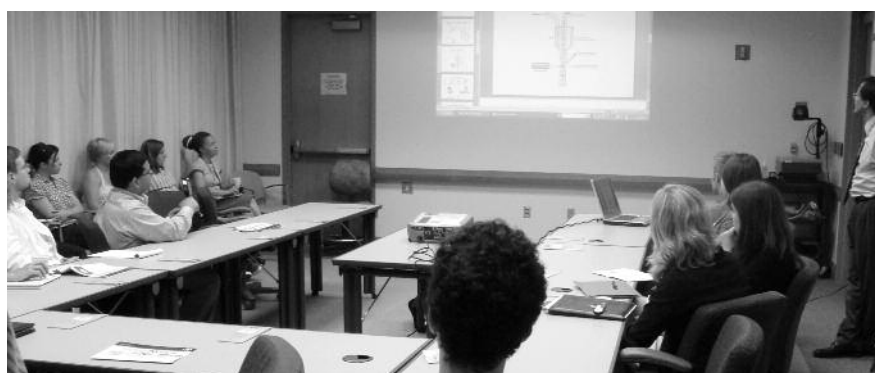
The goal of Tom's research project was to develop a stain to identify auto-reactive B cells in mice suffering from rheumatoid arthritis. The objectives of the goal were twofold as readily identifying autoreactive B-cells could first lead to the development of a similar stain for use in monitoring activity in patients suffering from SLE and secondly help paint a clearer picture of disease progression by providing a method of detecting auto-reactive B cells.

### **Tawny Herdegen, St. Catherine University**

*Faculty: Dr. Mehrnaz Hojjati*

Tawny participated in research focused on assessing lupus nephritis (LN) disease activity in patients through identification of a combination of serum and urinary (non-invasive) biomarkers that relate to LN activity. It can be extremely difficult to diagnose LN because it is often asymptomatic and some common patient complaints are difficult to relate back to the kidneys. Successful development of biomarkers would provide less-invasive methods for diagnosis as well as facilitate physician decision-making and establish new methods to identify patients at risk.

For more detailed information and for copies of the final 2009 research reports, contact the Lupus Foundation of Minnesota.



#### **TOP**

LFM's Student Summer Fellows and Preceptors: Dr. Emily Gillespie, Dr. Erik Peterson, John Doric, Tom Fewer, Kathleen Bauer, Tawny Herdegen and Dr. Daniel Mueller.

#### **BOTTOM**

Fellows developed PowerPoint presentations to highlight their research report findings.



## Connect with LFM on Facebook

The Lupus Foundation of Minnesota is now on Facebook!

If you're a Facebook user, log on. If not, create an account.  
*It's easy and free!*

Search for the Lupus Foundation of Minnesota and *become a fan*. Check out event photos, find out about upcoming activities, share comments, impressions and experiences and connect with others. Invite all your friends to join too!

## 2010 Research Grant Applications Now Available

The Lupus Foundation of Minnesota is now accepting applications for 2010 Research Grants.

Completed applications must be received in the Lupus Foundation of Minnesota office by 8:30 a.m. on Monday, October 19.

A downloadable application and instructions are available under the research tab on the LFM website at [www.lupusmn.org](http://www.lupusmn.org).

Please contact Jennifer Monroe at 952-746-5151 or [jmonroe@lupusmn.org](mailto:jmonroe@lupusmn.org) with any questions.

## Young Adult Get Together: A Fall Evening Out and About in Uptown!

Thursday, November 12, 6:30-9:30 p.m.

If you are between the ages of 17 and 21 and want to connect with other young adults who have lupus, you are invited to a young adult gathering hosted by Cheryl Como from LFM's Client Services. The evening starts with pizza (and introductions) at 6:30 at Davanni's in Uptown Minneapolis followed by a hilarious performance of "Comedy Night" at ComedySportz down the street.

For more information about the performance, visit their website at [comedysportz.com](http://comedysportz.com).

To RSVP for the event or for more information, contact Cheryl at 952-746-5151 or [ccomo@lupusmn.org](mailto:ccomo@lupusmn.org) by Tuesday, November 10.

## LFM Collaborates with Century College to offer Continuing Education Class on Managing Chronic Disease

In collaboration with Century College's Health and Helping Professions Department, Cheryl Como, Lupus Foundation of Minnesota Vice President of Client Services, will be conducting a continuing education class on managing chronic disease on Friday, October 23.

The class, entitled "Managing Chronic Disease: Professional Partnering with Patients through the Building Block Approach," will examine the patient/professional relationship and steps for building a collaborative partnership. The various techniques and tools are designed for professionals to help themselves and their patients move toward shared purpose and common goals while working together to reduce the impact of chronic disease. This program is applicable to any professional who works with chronic disease.

Offering six hours of continuing education credits, the class will be held at the UAW-Ford Training Center in St. Paul. Advance registration is required.

For more information, visit the calendar on the LFM website or register at Century College at [www.century.edu](http://www.century.edu).

For more information about the course content, contact Cheryl Como at 952-746-5151 or [ccomo@lupumn.org](mailto:ccomo@lupumn.org).



### LUPUS FOUNDATION OF MINNESOTA STAFF

**Jennifer Monroe**  
President  
[jmonroe@lupusmn.org](mailto:jmonroe@lupusmn.org)

**Cheryl Como**  
Vice President of Client Services  
[ccomo@lupusmn.org](mailto:ccomo@lupusmn.org)


**Sara Otto**  
Vice President of Development  
[sotto@lupusmn.org](mailto:sotto@lupusmn.org)

**Gustavo Taberna**  
Community Outreach Coordinator  
[gtaberna@lupusmn.org](mailto:gtaberna@lupusmn.org)

**Lina Wade**  
Office Services Coordinator  
[lwade@lupusmn.org](mailto:lwade@lupusmn.org)

# Community Support Groups

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 following is a list of groups that are being conducted around the state as well as outstate.

This symbol  denotes groups that are conducted by a certified LFM Support Group Leader and occur in consultation and in collaboration with the Lupus Foundation of Minnesota.



TWIN CITIES AREA GROUPS			
City	Address	Date & Time	Contact(s)
 Anoka/Ramsey	Committee Room, Anoka City Hall 2015 First Avenue North Anoka, MN 55303	Last Wednesday 6:00 – 7:30 p.m.	Maria Buchholz (763) 323-7155 paixao72@q.com
Bloomington	Christ the King Lutheran Church 8600 Fremont Avenue S. Bloomington, MN 55420	Third Monday 7:00 – 8:30 p.m.	Judy Johnson (952) 831-4722 jjohnson6@ties.net  Arlene Knutson (952) 881-8558
 Maple Grove	Community Room at Byerly's 12880 Elm Creek Boulevard North Maple Grove, MN 55369	Third Thursday 6:30 – 8:00 p.m.	Wanda Gross (763) 496-1138
 Minneapolis	St. Luke's Episcopal Church 4557 Colfax Avenue Minneapolis, MN 55407	Second Monday 6:30 – 8:00 p.m.	Anne Barnwell (612) 823-8314  Cheryl Como, LFM (952) 746-5151 ccomo@lupusmn.org
 Roseville	North Como Presbyterian Church Memorial Lounge 965 Larpenteur Avenue West Roseville, MN 55113	Third Thursday 7:00 – 8:30 p.m.	Steve Sarrazin (651) 488-2066
 St. Louis Park	Community Room at Byerly's 3777 Park Center Boulevard St. Louis Park, MN 55416	Third Tuesday 7:00 – 8:30 p.m.	Deb Turner (763) 585-0342 propturner@yahoo.com
OUTSIDE METRO AREA GROUPS			
City	Address	Date & Time	Contact(s)
Alexandria	Call for location.	Call for dates and times.	Karla Lysen (320) 634-0276
 Duluth	Saint Mary's Hospital Oncology Classroom (4th Street Entrance) 407 East Third Street Duluth, MN 55805	Last Wednesday 7:00 p.m. *No summer meetings (July – October)	Jody Anderson (218) 525-0677 jodette_99@yahoo.com
Mankato	Call for location.	Third Thursday 2:00 p.m. and 7:00 p.m. *No summer meetings	Nadene Sandon (507) 345-8950  Diane Beyer (507) 388-8991
 Rochester	Meadow Lake Senior Living Group 22 45th Avenue NW Rochester, MN 55901	First Saturday 9:30 – 11:30 a.m. *No summer meetings (June – August)	Carolyn Hyland (507) 292-0945 curelupus@charter.net
 St. Peter	Country Kitchen 814 N. Minnesota Ave. St. Peter, MN 56082	Third Thursday 1:00 p.m.	Sue Schott (507) 246-5247
Willmar	McMillan's Restaurant 2620 First Street Willmar, MN 56201	Last Thursday 2:00 p.m.	Janelle Joneson (320) 796-5119
OUT OF STATE GROUPS			
City	Address	Date & Time	Contact(s)
Bismarck, ND	Elks Lodge 900 S. Washington St. Bismarck, ND 58504	Second Thursday 12:00 p.m.	Dave & Jan Jundt (701) 258-6345
 Rapid City, SD	Black Hills Arthritis Association Office, Midtown Plaza 429 Kansas City St. Rapid City, SD 57701	Second Saturday 9:00 – 11:00 a.m.	Nickie Steinback Call before 8:30 p.m. please. (605) 721-2864 lupus@rap.midco.net

## Monthly Buddy Lunches

Second Wednesday of Each Month  
(October 14, November 11, December 16\*, January 13)

11:30 AM – 1:30 PM

Lupus Foundation of Minnesota Office

The Atrium, 2626 E 82nd St., Bloomington, MN 55425

The purpose of the buddy lunch is to connect clients and supporters in a relaxed setting with discussion centering on lupus-related topics. This is an open-ended service. For more information or to RSVP, contact a member of Client Services at (952) 746-5151 or (800) 645-1131.

\*Third Wednesday, due to community lupus presentation.

## Telephone Support

Telephone Support Volunteers have a personal interest in and/or experience with lupus and are available for those times you need to talk.

VOLUNTEER TELEPHONE SUPPORT		
City	Contact(s)	Phone
Brainerd	Barb Worms Yvonne Hjelm	(218) 829-8535 (218) 829-3032
Dickinson, ND	Alena Praus	(701) 483-9454
Duluth	Jody Anderson	(218) 525-0677
Eau Claire, WI	Allison Claussen	(715) 723-4362
Faribault	Linda Pansier	(507) 334-2677
Hutchinson	Sheila Mogard	(320) 587-6829
Maple Grove	Sandi Olson	(763) 550-1663
Rochester	Carolyn Hyland Alicia Farmer	(507) 292-0945 (605) 670-2951
Sioux Falls, SD	Sioux Valley Healthformation Line	(605) 333-4444
St. Cloud	Karen David	(320) 393-4206
Twin Cities	Patty Krageland Patricia Walsh	(651) 699-2332 (952) 929-3547

SUPPORT IN SPANISH		
City	Contact(s)	Phone
 Twin Cities	Gustavo Taberna, LFM	(952) 746-5151
Twin Cities	Sarys Gomez-Lira	(651) 735-0566

**Please take note it is important that you consult a medical professional for any concerns regarding symptoms, medication or care. Support services are neither staffed nor supervised by medical professionals.**

# Thank You to Our Contributors

JUNE 1 – AUGUST 31, 2009

## Contributors:

2 The Maxx Entertainment  
 Jacob and Marcy Abbott  
 Accord Electric  
 Kenzie Adam  
 Adventure Retail Limited  
 Erin Albers  
 John Alexander  
 Robert Altdorfer  
 Shannon Amundson  
 Matt Anderle  
 Steve Andreasen  
 APi Group, Inc.  
 Erin Arends  
 Emily Baechler Gillespie, Ph.D.  
 Rebecca Baechler  
 Jen Bailey  
 Gail Baity  
 James Barnes  
 Hannah Baron  
 Katie Bartelt  
 Marlon Batres  
 Keena Becker  
 Walter Bell  
 Derek Bennett  
 Matt Berg  
 Joey Bergdahl  
 Dale and Jean Berry  
 Katherine Bindert  
 Braxton Black  
 Joe Blumhoefer  
 Mike Boecker  
 Les and Sharon Boeckman  
 Josh Bonhiver  
 Ellen Bourgeault  
 James and Wendi Breuer  
 Kimberly Brunner  
 Maria Buchholz  
 Anne and Ross Burau  
 Kelli Burau  
 Heather Burke  
 Jeff Burnett  
 Sarah Burt  
 Michelle Cain  
 Dan Callinan  
 Larry Capeling  
 Rick Cardiff  
 Dawn Cardinal  
 Bridget Carey  
 Dale Carlson  
 Chris Carr  
 Jim Cashman  
 Margaret Cashman  
 Zach Chappelle  
 Paul Charchian  
 Chaska Eyecare and Vision Clinic  
 Vaidehi Chowdhary  
 LuRae Christensen  
 Dave Christopherson  
 Karen Clabaugh  
 Megan Clapp  
 Ruth Clark  
 Mike Conners  
 Jeffrey Conrad  
 Terry and Michelle Conroy

Anthony Cook  
 Shad Cook  
 Walter E. Cooney, JD, MA  
 Damon Cory  
 Suzette Cove  
 Allison Cowell  
 Carlene Crispen  
 Mary Cummings  
 Amy Dahlquist  
 Andrew Dahlquist  
 Ben Dally  
 Mike Darrow  
 Angela Darsow  
 Mary Daugherty  
 Jean Davidson  
 Cheryl Dehmer  
 Nathan Demars  
 Dennis L. Carlson Family Dentistry, LTD.  
 Doug and Sue DeRock  
 Eric DeRock  
 Kristin DeRock  
 Kathleen and Daniel Ditlevson  
 Jenna Dolan  
 Larry Donna  
 Kathy Dow  
 Scott and Diane Dubbelde  
 William Duncan  
 Ben Dwyer  
 Stephen and Nancy Dwyer  
 Ed Edmundson  
 eFRAME, LLC  
 Lisa Ekstedt  
 Blake Ellis  
 Jack Ellis  
 Makesh Elson  
 Emily  
 Sarah Enke  
 Etta and Jerry Erickson  
 Adam Erlandson  
 Alicia Farmer  
 Aimee Fearing  
 Jon Fiskewold  
 Tom Flavin  
 Roger Forman  
 Fortress Financial Group, LLC  
 Don Findlay  
 Sarah Frakes  
 Krista Frechette  
 Kelly Frey  
 Mike Fuhrman  
 Marty Gallagher  
 David Gaetz  
 Patty Gaetz  
 Kathleen Gardner  
 Amy Gelschus  
 Jennifer Gelschus  
 Karin and Ben Gelschus  
 Tiffany Germundsen  
 Mary Giles  
 Ron Giles  
 Debra Gilkey  
 GLS Companies  
 Garry and Barbara Gordon  
 Thomas Gort  
 Kevin Graf  
 Rob Gramlin

Leah Gray  
 Elizabeth Griesse  
 Robert Grimm  
 Allison Gruhn  
 Mark and Christine Guyott  
 Kiandra Haaf  
 Cassie Halm  
 Jolene and Ron Hamilton  
 Jack Hardin  
 Meri Hass  
 Chris Hawkey  
 Stephanie Hawkinson  
 Michael and Bonnie Hayden  
 Kayti Heber  
 Marilyn Heikes  
 Craig Helmer  
 Teresa Hemann  
 Brendan Henry  
 Donald Herdegen  
 Scott Hermann  
 Allison Hettinger  
 Amy Higuchi  
 Curtis Higuchi  
 Anthony Hilden  
 Ann Hitzhusen  
 Andy Hoeveler  
 Dr. Mehrnaz Hojjati  
 Kenneth Holloman  
 Susan Hooker  
 Patricia Hordyk  
 Bill Horn  
 Kelly Hoveland  
 Michael and Christina Huck  
 Anthony Hunt  
 Carolyn Hyland  
 Tom D. Jacobson  
 Jane Jaquith  
 Bill and Darlene Jenison  
 Chris Johnson  
 Karri Ann Johnson  
 Kevin Johnson  
 Tammi Johnson  
 Thad Johnson  
 William Johnson  
 Glen Jones  
 Tara Jordan  
 Debbie Ann Kaardal  
 Mike Kack  
 Shari Kalk  
 Mark Kane  
 Amy Kapplinger  
 Amy Karlen  
 Rebecca Katainen  
 Kate  
 Kelly  
 Mark Kelly  
 Noah Kessler  
 Kim  
 Brad and Linda King  
 Josh Klein  
 Melissa Klein  
 Chris Klett  
 Josh Klitzke  
 Knowledge Marketing  
 Dave Knutson  
 Mark Knutson

Robin Kohl  
 Rich Kooyer  
 Debbie Kordus  
 KPMG  
 Sarah Krantz  
 Robert Kratzke, M.D.  
 Dave Krause  
 Jon Kuhs  
 Larry and Barbara Lamb  
 Allan Lamer  
 Andrew Lamere  
 Sharon LaMott  
 Jesse Langhofs  
 Elsie Larimore  
 Christopher Larson  
 Joyce Larson  
 Le  
 John LeComte  
 Bob and Jude Ledebuhr  
 Josh Lemon  
 Katie LeVoi  
 Rea Lindberg  
 Ryan Lindbom  
 Stacy Lindbom  
 Carolee Lindsey  
 Steve Lodien  
 Donald and Lois Lunn  
 Karen Lyke  
 Kirk Mackin  
 Jody Magera  
 Chris Maier  
 Bonnie Maloney  
 Michael Manosack  
 Mary-Beth Maras  
 Richard Margotta  
 Tami Marienau  
 Cheryl Martin  
 Shelly Martin  
 Gary Mason  
 Andrew May  
 Kelly Maynard and Lynn Varco  
 Ron and Kathy McBroom  
 Eric McGregor  
 Barbara McNamara  
 Kevin McNamera  
 Chris McPartland  
 Jason Meggitt  
 Jeremy Melander  
 Kelley Jo Meyer  
 Kathleen Meyers  
 Richard Bruce Millard  
 Annette Miller  
 Janice Miller  
 Lee Miller  
 Susan Mitchell  
 Ben Moffitt  
 Spalon Montage  
 Darlene Montgomery  
 Jennifer Morris  
 Mary Munson  
 Erin Murphy  
 Dean Murray  
 Ronald and Beth Neil  
 Adam Nelson  
 Brian Nelson  
*Continued on page 11...*

# Thank You to Our Contributors

*Special Thanks to Michael Nelson...*  
for the 2009 Walk/5K brochure and logo design.



*Continued from page 10...*

Steve Nelson  
Bonnie Newman  
Martha Newton  
John Niemi  
Nina  
Jon Ninas  
Patty Nistler  
Beth Noyes  
Kimberly Nuckles  
Stephanie Nuttall  
Sean Oberts  
Lisa Ochsendorf  
Troy Ochsendorf  
Randy Olinger  
James and Jo Ann Olson  
Jess Olson  
Patricia O'Reilly  
Mitch Osterholt  
Evelyn Otto  
Sara Otto  
Mark Oyaas  
Betsy Parish  
Mary Partington  
Bill and Karen Patefield  
Christopher Patel  
Paul  
Todd Pederson  
Matt Peike  
Theodore and Jean Perrier  
Dave Petersen  
Mike Peterson  
Nate Pettersen  
Ryan Phippen  
David Pierce  
Pirtek Hoses and Assemblies  
Ken and Dorrie Ploof  
Julia Pohlman  
Kathy Poulos  
Paul Prentice  
Tim Prusha  
Qwest Communications  
Sara Ramsden  
Donald and Doris Rasetter  
Nicole Reed  
Randall Reeves  
Mary Reyes  
Jerry Ribnick  
Robert Rippe  
Andy Risvold  
Sheri Robinson  
Alfred Rocha  
Eric Roedel  
Mary Ann Roedel  
Matt Roedel  
Krysten Rohlik  
Staci Roth  
Erika Royer  
Pat Ryan  
Mark Rydberg  
Terry Rydberg  
Mary Salib  
Kristen Salmela  
Anna Sanchez  
Gage Sanders  
Gina Sanders

Dave Sauer  
Carie Schaitberger  
Jeanne Schaitberger  
Hubert Schaitberger, Jr.  
Beth Scharpman  
Amy Scheid  
Jack Schell  
Pam Schmit  
Sara Schmit  
Cindy Schneider  
Leslie Schroeder  
Ryan Schroeder  
Schwab Charitable Fund  
Peter Sciem  
Jason Sell  
Robert and Janet Selstad  
Steven and Theresa Setterberg  
Bob and Patricia Shauer  
John and Cleone Sherman  
Becky Silvers  
Beverly Simon  
Derek Simonson  
LeAnn Simpson  
Gary and Eleanor Singer  
Nancy Skaar  
Alan Smith  
Leroy Smith  
Mike Smith  
Trisha Smith  
Steve Sonner  
Karen Sorteberg  
Trish Sorteberg  
Patrick Sroka  
Aaron St. Marie  
Edna Strand  
Jim Strating  
Maggie Suby  
Summit Golf Ltd.  
Andy Swanson  
Frank Taylor  
Donald and Lola Templeton  
The Barry Foundation  
Amanda Theuer  
Benjamin Thul  
Ryan Thul  
Lonnie Timm  
Mike Timp  
Liz Tracy  
Mary Colleen Tracy  
Carmen Traub  
Kathleen Trescott  
Diana Trickle  
Mike Tubman  
Robert Valenor  
Monica Van Kirkf  
Tricia Van Riper  
Mike and Raye Anne Vanda  
Jeremie Vanryswyk  
Angela Vogt  
Greg Vrinkhaus  
Karen Wadleigh  
Rob Wagner  
Terri and Mike Walker  
Greg Wallace  
Craig Waller  
Tom Walz

Anne Warburton  
Waste Management  
Fred and Phyllis Waterman  
Josh Weise  
Doris Weiss  
Marjorie and Ronald Welde  
Robert Welde  
Keith Wendorff  
Sue Wessel  
Chelsea West  
Lorraine Westerlund  
Western National Mutual  
Insurance Company  
Jennifer Westpfahl  
Dan Wetzel  
Kathy Wetzel  
Carol Whalen  
Julie Whalen  
Mark Whalen  
Paul and Marilyn Whipple  
Kathryn Wiemer  
Brandon Wilkerson  
Robert Wilkins  
Monica Willits  
Tim and Nancy Woodland  
Barbara and Edwin Worms  
Nome Xaphakdy  
Katrina Yorkson  
Pam Yorkson  
William Yorkson  
Lisa Young  
Zero1Zero Innovations, Inc.  
Jana Zimmerman  
Antoinette Zwolski

## Community Funds:

Aetna Foundation  
Blaine Eagles # 4472  
Community Health Charities  
Minnesota  
Community Shares MN  
Macy's West G.I.F.T. Campaign  
Microsoft Giving Campaign  
Firstgiving  
Fraternal Order of Eagles –  
Auxiliary # 2469  
Greater Kalamazoo United Way  
Greater Twin Cities United Way  
Honeywell Hometown Solutions  
The Saint Paul Foundation  
Tolstoy Community Health Fund  
UWCNCT – Donor Designated Funds  
UWSEPA – Donor Designated Funds  
Washington Mutual  
Waverly United Fund  
Wells Fargo Community Support

## In Honor of:

**Meryl Bergman**  
Rose Linden  
**Anne Burau**  
EMC Insurance Companies  
**Amy Field**  
Delores and Virgil Goebel  
**Robyne Robinson**  
Keller Grayson Communications (KGC)

**Eric Roedel**  
Mary Ann Roedel

## In Memory of:

**Rose Castellano**  
Ronald Castellano  
**Joseph C. Fielder**  
Lucy Fielder and Mary McFadden  
**Jim Gerber**  
Carol Cline  
**Arthur E. Gort**  
Virginia England  
Shirley Gort  
**Carlos Hansen for Father's Day**  
Janis Hansen  
**Virgil Hatalla**  
Jean Hatalla  
**Geraldine (Gerry) A. Heck**  
1st Avenue – 701 Ventures Inc.  
Lee and Caryl Aanenson  
Pamela Aanenson  
Marcia L. Allen  
James and Midori Bard  
Gregory and Maureen Barth  
Nicole Beach  
Robert and Maura Bremer  
Daniel and Sheila Brown  
Mary Dempsey  
Donald and Cathy Donahue  
Martin and Mary Fischer  
Marianne Foussard  
Delores Haider and Donald Danneker  
David and Jennifer Hanlon  
Bernard and Sarah Jansen  
John and Sheila Culligan Family Trust  
Sean Kennedy  
Suzy and Larry Kennedy  
Roy and Ke Kim  
Kranz Family Trust  
David and Linda Kriesel  
Dale and Kathleen Krog  
Patricia Lambert and Susan Egan  
Jolene Madden  
Melvin and Sammie McCaa  
Robert and Antonia McLean  
Bryan and Mary Brigid Michalowicz  
Elizabeth Ofstead  
Mary Ramsden  
William and Shirley Rabuse  
Mary Saul and Wim Crabbe  
Michael and Kristin Schimek  
Cleone Swanberg  
Jane Thames  
Eileen Walsh  
Gregory and Lisa Walsh  
Thomas and Christine Walsh  
Roy and Delores Wendt  
John and Jeanette Whaley  
Marianne Wheelock and Scott Kajer  
**Joanne Johantgen**  
Alvin and Beverly Sether  
**Michael Klug**  
John and Therese Cosgrove  
**Patty Lu Minton**  
Janet M. Dunlap  
**Marlene Oster**  
John and Therese Cosgrove  
**Diane Schmall**  
John and Therese Cosgrove  
**Robert Schulze**  
John and Therese Cosgrove



## To Schedule Pickup Service

Call **651-748-0400** or go online to [www.lupuspickup.org](http://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!

## LFM BOARD OF DIRECTORS

Chris McPartland, MBA  
Chair

Lynn Clarey  
Past Chair

Pat Pauls, CPA  
Secretary

Shreyasee Amin, MD

David A. Barnes, MBA, CPA

Dale Allen Berry, CP

Scott F. Brown, MBA, CPA

Ginger Sorvari Bucklin

Walter E. Cooney, MA, JD

Donna J. Greeno, MA

Robert Kratzke, MD

Renee Sayles

Ron Weeks

## UPCOMING EVENTS

### Monthly Buddy Lunches

**Second Wednesday of Each Month** (October 14, November 11, December 16\*, January 13)  
**11:30 AM – 1:30 PM**

Lupus Foundation of Minnesota Office (Third Floor Conference Room)  
The Atrium, 2626 E 82nd St., Bloomington, MN 55425

\*Third Wednesday, due to community lupus presentation.

The purpose of the buddy lunch is to connect clients and supporters in a relaxed setting with discussion centering on lupus-related topics. This is an open-ended service. For more information or to RSVP, contact a member of the Client Services at 952-746-5151 or 800-645-1131.

### Monthly Support Group Meetings

**14 monthly meetings conducted throughout Minnesota, North Dakota and South Dakota**  
Refer to Page 9 for the complete listing and further details.

### Leaf for Lupus: *Jump in the Leaves for a Good Cause*

**Saturday and Sunday, October 17-18**

**Noon – 5:00 PM**

Hidden Greens Golf Course, 12977 200th Street East, Hastings, MN  
Hosted by Kristie Wilson, Hidden Greens Golf Course and Nicolai Avenue Marketing

• \$4 per person • Jump in giant leaf piles • Hayrides • Kids' tattoos • Pumpkin painting (while supplies last)  
• Fall crafts • Marshmallow cookout • 100 percent of proceeds for admission, concession stand sales and raffle ticket sales benefit the Lupus Foundation of Minnesota. For more information, call 651-437-3085 or visit [www.hiddengreensgolf.com](http://www.hiddengreensgolf.com)

### Managing Chronic Disease Continuing Education Class

**Friday, October 23**

Managing Chronic Disease: Professional Partnering with Patients through the Building Block Approach

See page 8 for story.

### Young Adult Get Together

**Thursday, November 12**

**6:30 – 9:30 PM**

If you are between the ages of 17 and 21 and want to connect with other young adults who have lupus, see page 8 for invitation.

### Lupus Presentation through Pillsbury United Communities

**Wednesday, December 9**

**12:00 – 1:00 p.m.**

Waite House, 2529 13th Avenue South, Minneapolis, MN 55404

Open to the public, the Lupus Foundation of Minnesota will conduct lupus educational presentations in both Spanish and English simultaneously. For more information, contact Gustavo Taberna at 952-746-5151 or 800-645-1131 or [gtaberna@lupusmn.org](mailto:gtaberna@lupusmn.org).

## LUPUS NEWS

### *The William Flies family dedicates this issue of Lupus News to the memory of their daughter Marette.*

*Marette 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](http://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](mailto:info@lupusmn.org).