



# Lupus News

## Features:

Walk Ambassadors . . . . .	page 2
Walk Proceeds Continue to Support Researchers . . . . .	page 3
Live a Strong Life . . . . .	page 4
Exercises to Help You Train . . . . .	page 5
Coolibar® Founders John and Mary Barrow . . . . .	page 6
LFM Schedule of Events . . . . .	page 6
Jeri Ryan Demonstrates Homegrown Success. . . . .	page 7
Heidi Stokes Earns Triumph Award . .	page 8
FREE Outdoor Concert After Walk: Rubber Soul to Perform . . . . .	page 9
Support Groups . . . . .	page 10
Contributors . . . . .	page 11
10th Annual Lupus Golf Classic . . .	page 12
Schedule Pickup Service. . . . .	page 12

## 2008 Walk for Hope Sponsored by...



## Walk for Hope...

### MARK YOUR CALENDAR FOR THE 2008 WALK

It's all about research again this year at the Lupus Walk for Hope sponsored by Sterling State

Bank. The net income of the event will be provided to medical researchers who are investigating promising topics related to SLE and autoimmunity.

So reserve either **Saturday, September 6, 2008 to be at Minnehaha Park in Minneapolis** or **Saturday, September 13, 2008 at Silver Lake Park West in Rochester** to do your part to support research leading to the discovery of the cause and cure for lupus!

It's a fundraiser so of course we hope that you'll use your energy to collect donations from your network of friends, family, coworkers and neighbors. But more importantly, this is an event to celebrate living well with lupus and we need you there with your supporters to lend your energy and enthusiasm to the day's activity. So come with donations or without—BUT COME and personally experience the inspiration of this very special day.

If you are unable to attend the Walk, participate virtually. Collect donations just as if you were actually participating. In turn, you'll be paired with an actual walker and be with us in spirit.

Everyone is invited to pay tribute to a loved one with recognition at a Walk for Hope. Your honoree

will be recognized on a sign along the Walk route. An order form is found in the Walk brochure.

There's a Walk brochure tucked into this issue of our newsletter. And much of this newsletter is devoted to the Walk. Read the inspiring stories of our Walk Ambassadors, hear from the researchers who are on the job everyday working to improve our health future, and learn more about both the Minneapolis and Rochester events.

Come join us in September and Walk for Hope! We'll provide a T-shirt for everyone who participates, healthy snacks and beverages, and great entertainment.

Your efforts and involvement will put us closer to the announcement we've dreamed about regarding THE medical breakthrough on lupus. When that inevitably occurs, we'll all think back to these years of the Walk for Hope and feel a sense of pride that we did our part to keep the researchers in the laboratory!

In the meantime we're here to help you in any way we can, just give us a call or email.

**See you in September!**



# Walk for Hope Ambassadors Demonstrate the Importance of the Honored Tradition

Since 2004, at this time of year, the Lupus Foundation of Minnesota chooses an individual to serve as the Walk Ambassador for our main annual fundraising event, *The Lupus Walk for Hope*. This is not because we want to single out any one person above the entire lupus community, but because we want to represent how every lupus story is specific and meaningful. The relationship between the Foundation and the Walk Ambassador has been a reciprocal exchange of hope, dedication, and the common goal of bringing together every single individual affected by lupus. Here are first person accounts from every past Walk Ambassador to demonstrate the importance of this tradition, as well as an introduction from Eric Roedel, the 2008 Walk Ambassador.



**SHANNON SHULTZ, 2004**

My name is Shannon Schultz and I have Lupus Nephritis (Kidney Involvement) and Reynaud's. I was diagnosed July 29, 2002, about a year after my only child Sophia was born 2 months premature. I had 11 out of the 13 symptoms of Lupus, so unlike many others, my diagnoses was very clear cut. My friend Kathy was the one that helped diagnose my symptoms. She told me about the Lupus website and the Lupus Foundation of MN and before

seeing the rheumatologist for the first time I already knew I had lupus. Some of my symptoms were, severe weight loss after Sophia was born, low white blood count, joint pain so bad I couldn't wring out my washcloth in the shower or squeeze my toothpaste, nose and mouth ulcers, the classic butterfly (mylar rash), sense of being overwhelmed, bad circulation in my toes and fingers, mildly elevated SED rate/ANA tests, and fatigue. With the excellent care that my doctors provide I've been living a great, but not always easy life over the last 6 years. My faith in God always gives me the strength I need. I do not know how anyone gets through life's challenges without Jesus Christ! I have been through many kinds of treatment in the last 6 years. I've been on drugs like Prednisone, Cellcept, Imuran, Cytosin (Chemo therapy for my kidneys in 2005) and many others to make living with lupus possible. I am an extremely busy person, in many activities and I don't let the disease run my life. Attitude is everything and listening to your doctors and following God's plan for your life is key to my success with this disease. So many people say, "Well you don't look sick!" Well, some days I beg to differ with them, but you just keep pressing forward and thank God for all the good days you have. Life is precious and you should make the best of every day that we're here! I also have great support from my husband Tom and friends and family.

The Foundation is an incredible resource for helping people with Lupus and other autoimmune diseases. I encourage anyone to get involved. I was honored by the Lupus Foundation in 2004 when they asked me to be their first ever Walk Ambassador at the Lupus Walk for Hope. The Lupus Walk for Hope is a wonderful fundraiser for the Lupus Foundation of MN. Since 2002, I have personally raised over \$30,000 dollars thanks to my friends and family. Your contributions can and have made a difference! We have made great strides over the last few years with the U of M team of researchers and doctors. Thank you to everyone at the Lupus Foundation of MN and all volunteers and contributors for all your hard work and dedication to this cause.



**DIANNE ZIMMERMAN, 2005**

The mission statement for the Lupus Foundation of Minnesota says "We serve those affected by lupus, raise awareness and fund research in an ongoing effort to improve the lives of others." I have been involved in the Walk for Hope since it started in 1997. I was the Walk Ambassador in 2005. I am very dedicated to raising money for the Walk because the only way we will find a cause and a cure for lupus is through the research that is ongoing.

The Walk for Hope is a great way to get involved, not just for raising money for research, but also for spreading the word and making more people aware of lupus. It is very exciting to hear about what the researchers are doing. I do believe with all my heart that they will find a cause and a cure for this disease.

The Walk for Hope is a fun-filled day with music, food, speakers and a beautiful walk around Minnehaha Park. You also can become more educated about this disease. Since my diagnosis in 1989, I am very grateful for the Lupus Foundation of Minnesota. It is comforting, as a person with lupus, that there is an organization that works for us.

Join us in September for the 11th annual Walk for Hope. We need your help! We, as a community, can help reach the goal of finding a cause and a cure. Life is great, but it would be better with a cure, and we need more dollars raised to give to lupus research!



**CAROLYN HYLAND, 2006**

I became acquainted with lupus in 1995, when my only child, RaeAnne Yat, was diagnosed with lupus. I attended the local support group in our community to learn more about this disease. The woman who facilitated this group, due to increasing ill health resigned her position. She asked me to be the new leader and I accepted. Since that time the Rochester group has flourished. Attendance varies from 6 to 12 on a monthly basis.

Realizing there was a yearly lupus walk in Minneapolis, I became interested in developing this in Rochester. After discussion with the Lupus Foundation staff, it became a reality. Our first walk was September 15, 2001, days after the 9/11 attack. We gambled and went ahead with the walk. We raised \$15,000!!

Without the continued support of the Lupus Foundation, Sterling Bank, Judy Nishimura, Cindy Kowalski, Haleh Malek, Lynn Clarey, my family, friends and the Rochester community, the Walk would not be possible. I was honored to be recognized as the Walk Ambassador at the 2006 Lupus Walk for Hope.



**CHELSEA WEST, 2007**

When I was diagnosed with lupus, my life changed forever. I thought I was never going to fit in anywhere, I was afraid and felt alone. That changed when I became involved with the Lupus Foundation through the Lupus Walk for Hope. I found a community within the Foundation that is available for you!

My family was able to work through the tough time of my diagnosis with lupus. When I was diagnosed, my friends were very supportive and helpful. They helped me when people were picking on me, and on the days I was very depressed. They found ways to do school projects and raise money for the Walk. They attend the Walk each year and have so much fun doing it.

Lupus has changed my life! I never thought I would feel so strongly about something and want to do something for it. I loved being the 2007 Walk Ambassador. I was honored to participate in radio ads and television public service announcements. Channel 5 news even did a story on me! I plan on continuing to support the Lupus Foundation and raise awareness to find a cure. I plan to start a group at the University of Minnesota: Twin Cities for students who either have lupus, know someone with lupus or just want to raise awareness. I am very thankful for the Lupus Foundation of Minnesota.



**ERIC ROEDEL, 2008**

I was diagnosed with lupus in college, when I was 23. I got a big red spot that started forming under one eye and then my toes all turned black when I went snowboarding one day. Unlike what I have heard about most other people, my diagnosis was done in about two weeks. I was referred to a dermatologist by a baffled general practitioner and the dermatologist walked across the room to me and said "I think you have lupus." I had no idea what it even was...

# Walk Proceeds Continue to Support Researchers

## Developing New Lupus Treatments that Bring Us All Closer to Finding a Cure...

From Minneapolis to Rochester to Oklahoma City, the Lupus Foundation of Minnesota has distributed grants from the proceeds of our annual Walk for Hope to a dynamic group of talented scientists who are at the forefront of developing new lupus treatments that bring us all closer to finding a cure. It has been the Foundation's privilege to help continue the important work of these physicians and researchers, and all who have participated in the Walk in the past should be proud of their support. The following are accounts of the seven researchers who received grants from the funds raised at last year's Walk for Hope. Let it be their way of saying "Thank You" for your generous support over the years.

### DAN MUELLER, M.D.

Systemic Lupus Erythematosus (SLE) develops when the immune system fails to remain tolerant of self-antigens. Under normal circumstances, T lymphocytes tolerate our own proteins in part because recognition of these antigens causes the T cells to become unresponsive or 'anergic'. Why anergy fails to prevent T cell-mediated disease in SLE patients is not clear. Regardless, therapies designed to re-program autoreactive T cells to become anergic are now feasible. In our study, we have investigated the physical structure of the genes in anergic T cells to establish whether altered chromatin remodeling contributes to the development or loss of immunological tolerance. Our preliminary data now suggest that unique patterns of chromatin modification do exist in tolerant T cells, and we have identified one remodeled gene called *NT5E* that fails to become acetylated and expressed as a T cell loses tolerance to a self-antigen. Based on these data, we predict that therapies designed to selectively control chromatin remodeling at genes important to immune tolerance can promote anergy induction and restore health in SLE patients.

### EMILY GILLESPIE, Ph.D.

The Gillespie lab is interested in identifying new markers for lupus that can be measured in a blood test and will improve our ability to offer treatment to patients with lupus. With funding from the Lupus Foundation of Minnesota, we are trying to develop new blood tests that will help us predict when a patient is at risk for a disease flare that will affect their kidneys. We have identified patterns of specific proteins that are found at elevated levels in patients with renal flare, compared to patients with other types of lupus flare or inactive disease. We are now testing whether these proteins can help predict a renal flare before it happens. If successful, these blood tests could be used to identify patients who would be good candidates to receive preventative therapy in the hopes of limiting or preventing renal flare.

### ERIK PETERSON, M.D.

Our laboratory seeks to understand the mechanisms whereby newly-discovered "lupus genes" cause systemic lupus. We use animal (mouse) models to ask questions about the roles of these genes in immune cell development and function. We are particularly interested in the PTPn22 gene, which U of MN researchers found is associated with human SLE. With LFM funding, we have engineered mice to carry the SLE-associated PTPn22 gene. We are now determining whether these mice get

lupus or have abnormalities in their immune systems. The results of our studies will allow better understanding of the cell types and biochemical processes affected by the PTPn22 "lupus" genes.

### BARBARA SEGAL, M.D.

Fatigue is a problem that contributes greatly to diminished quality of life in patients with SLE. The Lupus Fatigue Study sponsored by the Minnesota Lupus Foundation is designed to provide information about the causes of physical fatigue and decreased energy in individuals with lupus. The study is led by Drs. Barbara Segal, Emily Gillespie, Donald Dengel and Myron Gross. The goal is to determine whether oxidative stress causes abnormalities in aerobic exercise capacity and improper regulation of vascular tone. The new exercise study is based on the results of our previous study entitled: "Fatigue and Oxidative Stress in SLE," which demonstrated that measurement of oxidative stress in blood could be a valuable tool to better define the biologic pathways mediating chronic fatigue in SLE. Individuals interested in finding out more about the study should contact our study coordinator, Valerie Ferment at (612) 626-9038 or email at [ferm0016@umn.edu](mailto:ferm0016@umn.edu).

### PAT GAFFNEY, M.D. AND KATHY MOSER, Ph.D.

The work in our laboratory will continue to build on the tremendous progress seen in the genetics of Lupus over the past 6 months. Many new genes have been identified that demonstrate strong association with SLE. Our laboratory will continue to genetically characterize these associations with the ultimate goal of identifying the precise mutations that influence predisposition to SLE. With funding from the Lupus Foundation of Minnesota, as well as several other places, we are in the planning stages of a large genetic study that will evaluate our most promising genes in over 13,000 SLE cases and matched healthy subjects. Importantly, this study will include substantial numbers of subjects from racial and ethnic minority groups that have been underrepresented in much of the genetic work to date. Our hope is that this work will soon lead to new targets for therapy and better ways to manage and predict SLE in the clinic.

### VAIDEHI R. CHOWDHARY, M.D.

Systemic Lupus Erythematosus (SLE) predominantly occurs in women with a female to male ratio of 9:1. Although the exact reason for gender differences is unknown, the effect of female sex hormones, especially estrogen, likely plays a key role. Patients with SLE may have flare up of disease during high estrogenic states like pregnancy. Administration of hormone replacement therapy to postmenopausal women increases mild to moderate flares of the disease. Female mice with SLE exhibit an earlier onset of disease and shorter life span. Estrogen has diverse effects on the immune system and how it accelerates SLE is not known. With the grant money from the Lupus Foundation of Minnesota, we propose to study effects of estrogen in a murine model of lupus. The disease characteristics, autoantibody titers and kidney disease will be studied in these mice compared to mice that are not estrogen deficient. We hope that information from these and future studies will pave the way for novel therapies in treatment of SLE.

...After that for about the next 6 months I was flaring and it got progressively worse until I was referred to the Mayo Clinic by my rheumatologist in Colorado. I think that the critical event for me was when the week or so of numbness after being diagnosed wore off, and I made the decision to not let this change anything. Through the flares and the extreme photosensitivity I stayed in school and on track. I kayaked the Colorado River during my flare causing my paddling friends to nickname me the *blue ninja* since all of my skin was completely covered to stay out of the sun. The next spring I rode 100 kilometers on my bike in the Minnesota Ironman, and a few years ago I started competing in triathlons. I am just the same as all the rest of the athletes out there, but I am easily the most prolific user of sunscreen!

My family has been very supportive during the entire ordeal. Becoming a father has, of course, changed everything in my life for the most part. It changes your perspective on most everything in life, and things that seemed to be very important

in the past often fade into obscurity. I want my son to understand what it is to have a chronic illness, but more importantly I want him to understand that you can do anything you put your mind to, including managing something like lupus. Basically understand that your mindset has a huge impact on your life and if you believe that you can do something, and you put in the effort and the work needed, you are often right.

I really like the idea of the Walk because it's a celebration of the fact that people are pushing through their challenges and are coming out on top. Every time I go to something like the Walk I am impressed with everyone else and realize how good I have it and also how resilient and determined they all are. That's the big reason I was so surprised to be asked to be the ambassador. I think I have had it easy and so many others there have overcome so much more than I have ever had to deal with, it's humbling.

## Live a Strong Life

“You Are the Source, You Have the Power, Make Your Dreams Come True!”



**Judy Beyers**

Owner of **PowerSource Personal Training**  
and speaker on health and fitness

[www.powersourcepersonaltraining.com](http://www.powersourcepersonaltraining.com)

In this portion of our life—life on earth—we must travel in our bodies. The quality of our life and the ease with which we live our lives is dependent on the strength and health of our body.

**We need to be athletes in life**—to constantly feed ourselves and train ourselves to be as strong as we can be. No one can give us a pill or perform an operation that will magically make us fit and strong—we must choose to care for ourselves and train hard, to reverse the aging process, or to rehab injuries and hold our own against autoimmune diseases such as arthritis, fibromyalgia, or lupus.

As a personal trainer for over 16 years, I have heard the complaint on a daily basis, “I’m so weak...I have no strength...I have no muscle.” Deep within all of us is a tremendous untapped source of strength, endurance, and power. It is our muscle!

We have been taught to deny or to fear our physical resources, and to feel alienated from our bodies. We have been judged by our physical appearance, and yet told we are powerless to change our physiques, and that we are victims of aging, heredity, illness or physical setbacks.

On July 16, 2003, my life changed dramatically. I had to undergo open heart surgery for an ascending aortic aneurysm and to replace my bicuspid aortic valve. This meant that I’d be kept alive by a heart lung machine while my doctors worked quickly to replace the damaged part of my aorta and replace my defective valve with a porcine valve. Following my surgery, my breast bone would be fastened together again with little metal twist ties and then it was up to me to heal up!

I turned 61 years old in April. I’ve trained through the open heart surgery three years ago, and a torn rotator cuff and a broken foot this year and I feel stronger than ever. I have worked with many other people who have overcome muscle weakness due to childhood polio, fatigue due to breast cancer surgery, radiation and chemo, balance problems due to MS or polio, and weakness due to lupus and multiple surgeries. They have all chosen not to be victims, but to train back into strength.

### So what’s my message to you from this experience?

When dealing with a physical set back or crisis that stops you in your tracks:

- Find compassionate, caring doctors that support healthy lifestyle
- Be patient, do a little each day (don’t overdo but keep moving)
- Keep your eye on the goal—focus on your strength and your memory of being strong and keep moving forward, no matter how slowly

Simple strength training with barbells and dumbbells, and mental focus can improve your balance, triple your strength, and rehab injured areas in weeks, at any age. Only two or three workouts a week with weights combined with clean eating can have a profound impact on your health, not to mention your physique. A good looking body just goes with the strength training.

If you understand muscle and how it works, you can tap into your own fountain of youth. Here are some things you should know about muscle:

### MUSCLE IS YOUR ACTIVE TISSUE—IT BURNS CALORIES.

Even while you are at rest, your muscle will be burning calories. Muscle is your metabolism.

### AGING IS A LOSS OF MUSCLE TISSUE.

We lose 1% or more of our muscle tissue each year starting at about age 35 if we don’t do something to stop it. We can reverse the loss of muscle with strength training.

### MUSCLE GIVES US OUR SHAPE.

If muscle is not used, as when we put a cast on our leg, the muscle gets soft, and flat, and weak. A muscle that is used gets toned and shapely.

### MUSCLE IS MADE FROM PROTEIN.

To maintain and create muscle you must feed it complete protein in three or four small feedings each day. Complete protein is chicken, turkey, fish, lean red meat, egg whites, soy, rice and beans combined.

### YOU CAN DOUBLE OR TRIPLE YOUR STRENGTH AT ANY AGE BY TRAINING WITH WEIGHTS.

By training only two or three times a week for an hour at a time you can double your strength within a five- to eight-week period. So remember, you’ve got the same muscles as the top athletes, you just need to wake them up and use them.

We are not victims of aging, heredity, or physical setbacks such as illness or injury. Our bodies will heal, reshape, and get strong if we choose, on a daily basis, to treat them well.

**Remember... You are the source, you have the power, make your dreams come true!**

*“You’re never done moving forward until YOU give up —never give up!” — Judy Beyers*

# Three Strength Training Exercises to Help You Prepare for the Lupus Walk



The three full-body strength moves below involve several muscle groups to help you build strength in less time.

Do this workout three times a week with a day of rest in between each workout. **Be sure not to repeat any movement that causes pain in shoulders, knees, or back!**

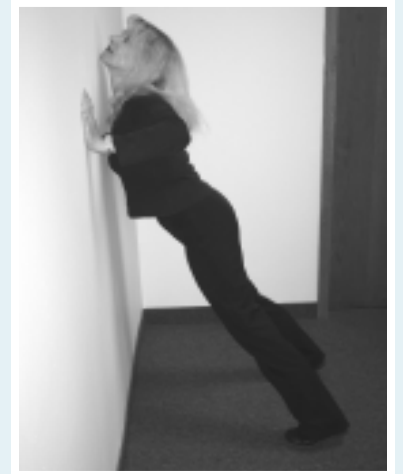
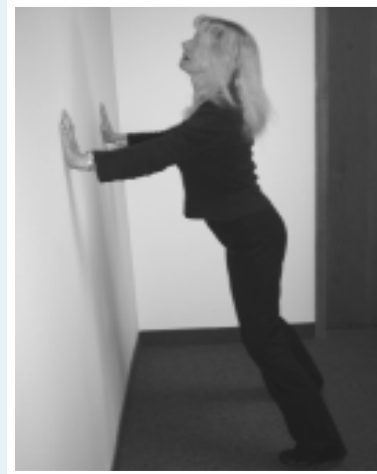


## CHAIR SQUATS

TONES BUTT, CALVES, FRONT AND BACK OF THIGHS

- Hold on to back of a stable chair.
- Stand with feet hip-width apart.
- With weight on your heels and knees behind your toes, reach your butt backward and bend your knees to about 90 degrees.
- Keep chest up and chin up.

(Do 3 sets of 12-15 reps)

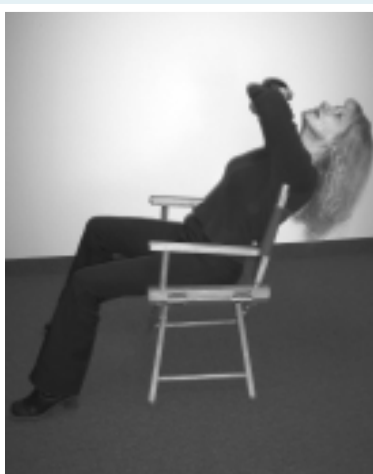


## WALL PUSH UPS

TONES CHEST, SHOULDERS, AND TRICEPS

- Place hands shoulder-width apart, mid-chest high on wall.
- Stand with weight on balls of feet, three feet from wall.
- Keep your back flat, abs and butt tight, chin up.
- Inhale as you bend elbows and touch breast bone to wall, keeping shoulders down, back wide and chest open.
- Push away from wall and exhale.

(Do 3 sets of 12-15 reps)



## SEATED CRUNCH

TONES ABS AND STRENGTHENS BACK

- Sit on edge of chair.
- Feet flat on floor, shoulder width apart.
- Fold arms in front of chest.
- Arch back reaching overhead with elbows, feeling a stretch in abs.
- Use abs to pull your body into a curve, reach elbows toward feet.
- Return to beginning upright position.

(Do 2-3 sets of 15-20 reps)



## TRAINING DIET

BOOK RECOMMENDATION

Get *The Eat Clean Diet* by Tosca Reno and follow it.

Cancer and auto immune disorders can very often go into remission by very clean eating; fresh, unprocessed foods with no chemicals added.

# Coolibar® Founders John and Mary Barrow Continue to Support the *Walk for Hope* and Raise Sun Awareness



Coolibar founders John and Mary Barrow know firsthand the dangers of the sun's harmful rays. Native to Australia, where the rates of skin cancer are higher than anywhere else in the world, John is keen to

the need of public awareness for sun protection. That is why John and Mary started the sun protective clothing company Coolibar, (deriving its name from the Australian Eucalyptus tree), and published the book *Sun Protection for Life: Your Guide to a Lifetime of Healthy & Beautiful Skin*, which garnered the Barrows the Gold Triangle Award from the American Academy of Dermatology for promoting dermatological awareness.

John and Mary Barrow first started the company back in 2001. Since then Coolibar has been named one of Inc. Magazines 500 fastest growing private companies. Through all of the Barrows' success, they still manage to be public proponents of providing the community with the means of protecting themselves from the adverse effects of the sun. Last year, one of the ways Coolibar gave back to the community was by being a sponsor of the 10th Annual Lupus Walk for Hope. Since then, Coolibar has been a friend to the Lupus Foundation of Minnesota by providing sun protective clothing to many people who need it.

Lupus patients know all too well the harmful effects of UV radiation. An estimated 30% of people with lupus will have some sort of photosensitivity issues during the course of their illness, and overexposure to the sun could possibly lead to a lupus flare. It is important for lupus patients to understand the role that sun can play in good health.

That is exactly what Coolibar does for the community. In addition to manufacturing sun protective clothing, Coolibar is an avid proponent for good public health, and an advocate for educating the community in terms of sun safety. Recently, Coolibar has endorsed SunAWARE, a non-profit group SunAWARE uses "aware" as an acronym for...



**Avoid unprotected exposure at any time but especially during the hours of peak ultraviolet radiation (between 10:00 AM and 4:00 PM)**



**Wear sun protective clothing, including a long-sleeve shirt, a hat with a three-inch brim, and sunglasses, and seek shade**



**Apply broad-spectrum sunscreen with a sun protection factor (SPF of 30 or higher to all unprotected skin twenty minutes before exposure and reapply every two hours while exposed**



**Routinely check your whole body for changes in your skin and report suspicious changes to a physician**



**Express the need for sun protection to your family and community**

The Lupus Foundation of Minnesota believes strongly in the principles and ambitions of the SunAWARE initiative of providing education about sun exposure to the public. Please visit [www.sunaware.org](http://www.sunaware.org) for extensive information regarding how to protect you and your family from the dangers of sun exposure.

## 2008 LFM SCHEDULE OF EVENTS

### JULY

13 monthly Support Group Meetings

#### 9 WEDNESDAY

##### 10th Annual Lupus Golf Classic

StoneRidge Golf Club  
13600 N. Hudson Blvd., Stillwater, MN

#### 16 WEDNESDAY

##### Buddy Lunch

11:30 AM – 1:30 PM  
LFM Office: The Atrium  
3rd Floor Conference Room  
2626 East 82nd St., Bloomington, MN

Please RSVP to Cheryl Como or  
Timberly Williams at (800) 645-1131

#### 19 SATURDAY

##### 2008 Vietnamese Summer Festival

10:00 AM – 7:00 PM  
Phalen Regional Park  
1600 Phalen Dr. E., St. Paul, MN 55106

#### 21 MONDAY

##### SMSC Wellness Conference 2008

10:30 AM – 6:00 PM  
Mystic Lake Casino  
2075 Wozani Ocanko N.W.  
Prior Lake, MN

### AUGUST

13 monthly Support Group Meetings

#### 13 WEDNESDAY

##### Buddy Lunch

11:30 AM – 1:30 PM  
LFM Office: The Atrium  
3rd Floor Conference Room  
2626 East 82nd St., Bloomington, MN

Please RSVP to Cheryl Como or  
Timberly Williams at (800) 645-1131



### SEPTEMBER

13 monthly Support Group Meetings

#### 6 SATURDAY

##### MINNEAPOLIS Walk for Hope

Minnehaha Park  
4801 Minnehaha Ave. S., Minneapolis, MN 55417

9:00-10:00 a.m. Registration

10:30 a.m. Walk

Post Walk Refreshments, Silent Auction and Musical Entertainment by Overdue

12 Noon Concert featuring Rubber Soul, A Beatles Review Band

#### 10 WEDNESDAY

##### Buddy Lunch

11:30 AM – 1:30 PM  
LFM Office: The Atrium  
3rd Floor Conference Room  
2626 East 82nd St., Bloomington, MN

Please RSVP to Cheryl Como or  
Timberly Williams at (800) 645-1131

#### 13 SATURDAY

##### ROCHESTER Walk for Hope

Silver Lake Park  
840 7th Street NE, Rochester, MN 55906

9:00-10:00 a.m. Registration

10:30 a.m. Walk

Post Walk Refreshments & Silent Auction Musical Entertainment by Overdue

# Jeri Ryan Demonstrates How the *Walk for Hope* Has Become a Homegrown Success

With the Walk for Hope in Rochester in its eighth year, influential players are taking shape, and the tight-knit community comes every year to the forefront of this annual event. Talking with Jeri Ryan of Wanamingo, a small town of about 1,000 people just 30 miles north of Rochester, evokes that very community-oriented aspect of the Rochester Walk. Jeri was diagnosed with lupus 12 years ago, just after her youngest child was born. Being a mother of four with a recent newborn was just one of the many challenges facing Jeri upon her diagnosis. Another was running her own floral shop in Wanamingo. Jeri remembers her doctor telling her to remain stress free. “I told him, I’m a mother and I own a small business, how am I supposed to do that?” Her doctor then encouraged her that she still needs to live her life, and that is exactly what Jeri has done.

Operating her own small business, a lovely floral shop called *Blossoms and Keepsakes* in Wanamingo, has been a challenge, but one that Jeri has gladly met. “It’s important to regulate your professional life when you have lupus,” she believes. Jeri found that when lupus poses obstacles, those obstacles must be overcome. She says she does so not only for herself but for her family as well.

Maintaining the things in her life that she loves the most, her family and her small passions including music, in the midst of lupus has been difficult at times, but sometimes it is these difficulties that have enabled Jeri to appreciate the good times even more. It was a difficult time a few years ago around Christmas, when Jeri lost 20 pounds in two weeks during a bout with pneumonia, that reinforced her belief that it has been her family and small town support that has helped her succeed in the face of a lupus diagnosis.

Jeri feels the closeness of family every year at the Rochester Walk. Not only because she rallies together her own family, but also because the entire Rochester community comes together in common interest to support each other. “You meet somebody every year that has had major complications, and it reminds you that most people don’t realize everything that goes on with an illness like lupus,” says Jeri. “It’s very emotional bringing everyone together.” The growing Rochester Walk has allowed many people, including Jeri, to bear witness to the obstacles facing people with lupus, but more importantly to the hope that they individually and collectively exhibit!

Lupus is arguably a widespread illness that still has been kept in the dark. Strangely enough it has only recently received public attention, and awareness is now starting to pick up speed. Whenever someone asks her about lupus, Jeri encourages them to go to the Walk because “everybody’s stories are so different and you have to witness them first hand.” These stories weave together a fabric that is knit tightly, much like the Rochester community, and the lupus community as a whole. It is a camaraderie that should lead everyone to believe they are not alone in their fight with lupus. “Every time I turn around I see somebody that is connected to lupus,” says Jeri.

*“Every time I turn around  
I see somebody that is  
connected to lupus.”*

— Jeri Ryan of Wanamingo, MN



## LUPUS FOUNDATION OF MINNESOTA STAFF

**Bill Jenison,**  
President  
[bjenison@lupusmn.org](mailto:bjenison@lupusmn.org)

**Cheryl Como,**  
VP of Client Programs  
[ccomo@lupusmn.org](mailto:ccomo@lupusmn.org)

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

**Gustavo Taberna,**  
Outreach Representative  
[gtaberna@lupusmn.org](mailto:gtaberna@lupusmn.org)

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

**Timberly Williams,**  
Director of  
Client Services  
[twilliams@lupusmn.org](mailto:twilliams@lupusmn.org)





## Former LFM Executive Director Earns Triumph Award

Heidi Stokes is an Inspiration to Us... And Others Have Taken Notice Too



In April, the National Pain Foundation (NPF) presented Heidi Stokes, a former Lupus Foundation of Minnesota Executive Director, the Triumph Award as part of their 2008 Triumph Dinner in San Francisco.

The Dinner is the organization's recognition of individuals who inspire and motivate everyone to continue to educate, support and empower people living with pain.

The Triumph Award is presented to an individual living with pain who has made a significant difference in the lives of others. NPF President Mark Rasmussen presented Heidi the award citing her amazing courage and strength in the face of daily pain and her ability to bring joy to those around her despite her own challenges.

In addition to her former work with the Lupus Foundation, Heidi has compiled quite an impressive list of accomplishments. She is currently a co-owner and director of marketing and business development for *Aaron/Stokes Music + Sound*, wife, mother, daughter, friend and more. Unless you know her, you would never know that Heidi has lived with lupus and excruciating pain since she was 17 years old.

Amazing and inspiring those around her, Heidi lives each day with a sense of gratitude and with an understanding that life is itself a gift. She says when you live each day with pain, you have a choice. "Everyday you have to make a choice that you are going to live with this the best you can. And choose not to be bitter. Choose to embrace the life that you do have. Don't postpone your life until you are well because it may never happen. Redefine joy."

It's Heidi's story of inspiration that earned her the recognition of NPF, but we too can be inspired by her in our own lives. We at the Lupus Foundation continue to be inspired by Heidi. It's her story and others that give us a dose of motivation to continue the work we do.

To learn more about the National Pain Foundation and to view a video about Heidi and her family, visit the NPF website at:

**[www.nationalpainfoundation.org](http://www.nationalpainfoundation.org)**

TOP

Triumph Award Recipient Heidi Stokes with her son Christian.

BOTTOM

National Pain Foundation CEO Mark Rasmussen presents the Triumph Award to Heidi Stokes.

*"Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude." — Thomas Jefferson*

# FREE *Walk for Hope* Outdoor Concert

## Rubber Soul to Perform Following the Walk



Pat McDonough is no stranger to the Twin Cities music scene. Though his former band *Dark Horse* is not a household name, they had a good run through the local bar/club circuit during the 70s. Add to that his folksy roots growing up in St. Paul listening to his father's country-western group and he has over 40 years of experience in local music. Today Pat is taking his first stab at promoting by spearheading a free outdoor concert in Minnehaha Park for the Lupus Foundation of Minnesota's 11th annual *Lupus Walk for Hope* on September 6. The *Walk* and concert will raise funds for lupus research.

It was not just his musical upbringing that led Pat to put together the benefit concert. "My gal Melanie," was his initial response when asked what motivated him to support the Foundation and lupus research. Pat's fiancée Melanie Manson, a talented musician and painter in her own right (though

Pat often teases that her and her former funk band were "lounge lizards"), has been living with lupus for several years. Melanie's lupus diagnosis led both her and Pat to raise funds for the Lupus Foundation through their connection to the Minnesota Comic Book Association. When they began looking for other ways to contribute Pat asked, "Why don't we put some music together?"

Pat has recruited the help of his brother Mike McDonough, along with Brian McGuire, Roger Jaworski, and Dwight Sheridan, also known as John, Paul, Ringo and George of *Rubber Soul*, one of the Midwest's premier Beatles tribute bands. **The concert will take place immediately after the walk at 12:00 Noon and will run until 2:00 PM. Plan your Walk Day on Saturday, September 6 to include the afternoon concert!**

The Lupus Foundation Of Minnesota presents  
**Rocking The Falls 2008!**  
 at Minnehaha Park  
 Featuring Rubber Soul, the Midwest's premier Beatles tribute band.  
 Two hours of Beatlemania presented for your listening pleasure  
 from 12:00 Noon to 2:00 P.M. Saturday, September 6, 2008.  
 Right after the 2008 Lupus Walk for Hope.  
**A splendid time is guaranteed for all!**  
[www.rubbersoulthetribute.com](http://www.rubbersoulthetribute.com)  
[www.lupusmn.org](http://www.lupusmn.org)

House of Tone Graphics

## Support Group Information

Support groups can contribute to the wellness of a lupus patient. Our support system includes people available for telephone discussions or monthly meetings conducted by volunteer facilitators. We encourage you to take an active part in one of the following groups.

### Twin Cities Area Groups:

#### BLOOMINGTON –

Christ the King Lutheran Church  
8600 Fremont Ave. S, Bloomington, MN 55401  
Third Monday, 7:00 - 8:30 p.m.  
Judy Johnson, (952) 831-4722  
Arlene Knutson, (952) 881-8558

#### BLOOMINGTON –

##### Young Adults

LFM Office: The Atrium, Suite 135  
2626 East 82nd St., Bloomington, MN 55425  
Call for dates and times.  
Jeri Hunt, (651) 481-8588 or  
hjh55126@comcast.net

#### INVER GROVE HEIGHTS –

Khoury's  
5660 Bishop Ave., Inver Grove Heights, MN 55076  
First Tuesday, 6:00 p.m.  
Mary Joyce, (651) 739-4919  
Nancy Palmer, (651) 894-9689

#### MINNEAPOLIS –

Sabathani Community Center  
310 East 38th Street, Minneapolis, MN 55409  
Angela Williams, (612) 242-8731

#### SAINT LOUIS PARK –

Park Nicollet Medical Center  
(Co-sponsored by Arthritis Center)  
7th Floor West Conf. Room  
3800 Park Nicollet Blvd., St. Louis Park, MN 55416  
Third Tuesday, 7:00 - 8:30 p.m.  
Joyce Johnson, (612) 721-5403  
Deb Turner, (763) 585-0342 or  
propturner@yahoo.com

### Outside Metro Area Groups:

**ALEXANDRIA** – Douglas County Hospital Board Rm.  
Karla Lysen, (320) 634-0276

**DULUTH** – Saint Mary's Hospital,  
Oncology Classroom (4th Street Entrance)  
Last Wednesday, 7:00 p.m.  
*No summer meetings (July - October)*  
Kathleen Pearson, (218) 722-0881 / [kateQi@aol.com](mailto:kateQi@aol.com)

**MANKATO** – Call for meeting location.  
Third Thursday, 2:00 p.m. and 7:00 p.m.  
*No summer meetings.*  
Nadene Sandon, (507) 345-8950 or  
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.*  
Carolyn Hyland, (507) 292-0945 or  
[curelupus@charter.net](mailto:curelupus@charter.net) and  
Judy Nishimura, (507) 282-2499

**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 1st Street, Willmar, MN 56201  
Last Thursday, 2:00 p.m.  
Janelle Joneson, (320) 796-5119

### Out of State Groups:

**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 Street, Rapid City, SD 57701  
Second Saturday, 9:00 - 11:00 a.m.  
Nickie Steinback, (605) 721-2864 (before 8:30pm, please)  
email: [lupus@rap.midco.net](mailto:lupus@rap.midco.net)  
website: [blackhillsarthritis.org](http://blackhillsarthritis.org)

## SUPPORT AVAILABLE VIA TELEPHONE...

Each volunteer has personal interest in and/or experience with lupus. It's nice to have a listening ear, as physically reaching a group isn't always possible.

**Brainerd:** Barb Worms, (218) 829-8535 or  
[bworms@charter.net](mailto:bworms@charter.net) and  
Yvonne Hjelm, (218) 829-3032

**Cloquet:** Susan Appleton, (218) 628-1659

**Dickinson, ND:** Alena Praus, (701) 483-9454

**Duluth:** Kate Pearson, (218) 722-0881

**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

**Monticello:** Nancy Moengen, (612) 295-5965

**Moorhead:** Rhonda Gilbertson, (218) 287-1924  
or [rhondagilbertson@hotmail.com](mailto:rhondagilbertson@hotmail.com)

**Rochester:** Carolyn Hyland, (507) 292-0945 or  
[curelupus@charter.net](mailto:curelupus@charter.net)

**Sioux Falls, SD:** Sioux Valley Healthformation,  
(605) 333-4444

**St. Cloud:** Karen David, (320) 393-4206

#### Twin Cities:

Patty Krageland, (651) 699-2332 and  
Patricia Walsh, (952) 929-3547 or  
[walsh21@msn.com](mailto:walsh21@msn.com)

### Get SPECIFIC needs met!

#### TWIN CITIES AREA

##### Habla Espanol

Sarys Gomez-Lira, (651) 735-0566

##### Habla Espanol/English:

Gustavo Taberna, (651) 707-7707 or  
[gtaberna@lupusmn.org](mailto:gtaberna@lupusmn.org)



We offer a list of guidelines to assist groups in running smoothly. Facilitators have access to these and you can also request them from the office.

If you have questions regarding support groups or services, please contact **Timberly Williams or Cheryl Como: (952) 746-5151 or 1-800-645-1131**

For the most up-to-date information, please refer to the Lupus Foundation of Minnesota website, [www.lupusmn.org](http://www.lupusmn.org).

# Thank You to Our Contributors

MARCH 1, 2008 THROUGH MAY 31, 2008

**Contributors:**

Glenda Aaland  
 Adventure Retail Limited  
 Adventure Retail Limited Customers  
 Alliance Bank  
 America's Charities on behalf of Tamara Connell  
 Ameriprise Financial matching gift by Scott Payne  
 Anchor Bank  
 Jay Anderson  
 Angela Zaccaria  
 George Atsidakos  
 Bryan Banck  
 Trevor Beckman  
 Bryan Robert Bedessem  
 Shannon Marie Berg  
 Lucas Bode  
 Jean Boles  
 Peggy Borchert  
 Dorothy Brisco  
 Jeffrey Brown  
 Terry Burton  
 Sean F. Camak  
 Lawrence Capeling  
 John G. Carlson  
 John Chromy and Nora Rodriguez-Chromy  
 Alberta Ciardelli  
 Daniel Reier Conklin  
 Brian Christopher Cory  
 Cory Cove  
 Courtney Cove  
 Suzette Cove  
 Kristen Crider  
 Dan Daggit  
 Brian Dahlke  
 Max K. Date  
 Judith Diffley  
 Nicholas R. Dircks  
 Alexander Donaldson  
 Joe and Agnes Drutschmann  
 Carol Engdahl  
 Lawrence Gregory Erickson  
 Marcus J. Esmay  
 Amy Farrington  
 Jason W. Farrow  
 Bradley Fenske  
 Kermit and Madelaine Folden  
 Sarah Elizabeth Frakes  
 Shane Geng  
 Jason Glad  
 GLS Companies  
 GMAC ResCap on behalf of Julie Sample  
 Jill Esther Goldstein  
 Lisa Greenwood  
 Milt and Judy Grimm  
 Patrick Gustafson  
 Mike Hanratty  
 John Hanson  
 Suellen Hanson  
 Alvina M. Hanson  
 Troy Harvey  
 Al and Janet Helgemo  
 Ruth Helgemo  
 Wendy Heying  
 Andrew David Hoeveler  
 Jeanette Hoglin

Aaron and Leah Holmgren  
 Ryan and Jenny Jackson  
 Joseph and Joan Janzen  
 Michael Jay  
 Bill and Darlene Jenison  
 Barbara Johnson  
 Brian Johnson  
 Jeff W. Johnson  
 Ronald A. Johnson  
 Dick and Arlene Jonckowski  
 Kate Jorges  
 Shari A. Kalk  
 Martin and Carole Kaplan  
 Quinn Karpan  
 Diann Kendall  
 Richard Knobel, Jr.  
 Robin Kohl  
 KPMG on behalf of Shannon Kirtz and Jodie Scott  
 Bob Kratzke, M.D. and Marian Kratzke  
 Floyd and Geraldine Krueger  
 James M. Kurtz  
 Benjamin Jay Landowski  
 Christine Lares  
 Mary LaRock  
 Kevin Lindsey  
 Yvonne MacMartin  
 Macy's West G.I.F.T. Campaign on behalf of Maryanne McNeary  
 Edward Martell  
 Calvin Martin  
 Christine McCarter  
 Louise A. McCarthy  
 Mr. and Mrs. George McDowell  
 Brandon B. McGuire  
 Microsoft Giving Campaign on behalf of Nancy Petersen  
 Microsoft Giving Campaign matching gift by Nancy Petersen  
 Janet Mielke  
 Gary and Kathryn Miller  
 Lara Michele Miller  
 Mark Adam Miller  
 Darlene Montgomery  
 Morgan Stanley Annual Appeal Campaign on behalf of Amy Labonne  
 Benjamin Douglas Morrow  
 Fuzu Moy  
 Dale and Linda Murray  
 Timothy Neis  
 John Nevison  
 Sande Nissen  
 Scott Northrup  
 Audrey Nyasio  
 John O'Connor  
 Susan O'Donnell  
 Tom Overman  
 Lawrence and Eleanor Paluck  
 Eugene and Joan Peters  
 Lee Peterson  
 Nathan Paul Petterson  
 Bob Pieczka  
 Ronald and Judy Pike  
 Andrea Pinney  
 Donald and Mary Ann Price  
 Marlyce Putnam  
 Robert Reed, Jr. and Karen Reed  
 Revord Family Fund of the Catholic Community Foundation

William Ries  
 Michael Robbins  
 Jesse Robertson  
 Sheri Robinson  
 Robyne Robinson  
 Nancy Rustad  
 Ryder Logistics and Transportation  
 Lisa Sanderson  
 Fannie Schanfield  
 Christopher Schoonover  
 Jennifer Seil  
 Terry Shima  
 Paul Sommer  
 Darryl Lee Sorensen  
 Trish Sorteberg  
 Patricia Spurr  
 Patrick Sroka  
 Joan Stein  
 Sterling State Bank  
 Fredrick and Sandra Strand  
 SunTrust Bank on behalf of Joanne Kappler  
 Tamara Titus  
 Carmen R. Traub  
 William and Elizabeth Velin  
 Christian S. Walker  
 Carol Waller  
 Colleen Walsh  
 Ben Walters  
 Washington Mutual matching gift by Joan Fuchs  
 Sue Wehling  
 Doris Weinrich  
 Wells Fargo  
 Wells Fargo Community Support on behalf of Ronda Bandy  
 Thomas Alan Wilebski  
 Timberly Williams and Tenisha Williams  
 Michael E Woodwick  
 Marilyn and Michael Woolley  
 Judith Yesnes  
 Christoph M. Young  
 Al Zerull  
 Antoinette Zwolski

**Community Funds:**

Ada One Fund  
 Blaine Eagles #4472  
 Community Health Charities MN (CHCM)  
 Detroit Lakes Aerie #2342  
 Fraternal Order of Eagles – Auxiliary #2339 – Fergus Falls  
 Auxiliary #2469 – Grand Rapids  
 Auxiliary #4195 – Warroad  
 Brd Aerie #287 – Brainerd  
 District 1 Auxiliary – Bemidji  
 Ladies Auxiliary # 3282 – Worthington  
 Ladies Auxiliary #34 – Minneapolis  
 Ladies Auxiliary #3405 – Marshall  
 Ladies Auxiliary #3718 – New Brighton  
 Ladies Auxiliary #4456 – Hibbing  
 Ladies Auxiliary # 3420 – St. James  
 Runestone Auxiliary #3063 – Alexandria  
 Sinclair Lewis Auxiliary #3847 – Sauk Centre  
 Women's Auxiliary Aerie #3891 – Windom  
 Greater Kalamazoo United Way  
 Greater Twin Cities United Way on behalf of: Beverly Anderson, Julie Clifford, Amy Dahl, Patricia Grazzini, David Hahn, Jane Nays, Kathy Reimler, Jill Schmaedeke, Eric Schned, Michelle Sjoquist, Judy Thompson  
 Madelia Community Chest  
 Paynesville Area Charity Fund

United Way of the Capital Area  
 Wanamingo Combined Charity Drive  
 Waverly United Fund

**In Honor of:**

**Shari Erickson**  
 Blanche Erickson  
**Amy Field**  
 Delores and Virgil Goebel  
**Nancy and Bob Foster**  
 John and Therese Cosgrove  
**Sarah Groven**  
 Randell and Karin Nikula  
**Bill Jenison's birthday**  
 Starr and John Benjamin  
 Leland and Norma Jenison  
**Ruth Stricker Dayton**  
 Edina Federated Women's Club  
**Your daughter**  
 Larry and Cheryl Haugen

**In Memory of:**

**Mae C. Cumming**  
 Minnhealth Family Physicians  
**Theodora Dolny**  
 Bob and Patricia Shauer  
**Agnes Ebel**  
 John and Therese Cosgrove  
**Norman Erickson**  
 Marian Gullekson  
 Charles and Phyllis Hanson  
**Evon**  
 Jean H. Hicks  
**Sally Field**  
 Ray Munsterteiger  
**Jeannette Fynboh and Jack Karich**  
 John and Therese Cosgrove  
**Merle Grudem**  
 Eugene and Barbara Louden  
**Sandra B. Johnson**  
 Co-workers at Parallel Technologies, Inc.  
**Irwin Letofsky**  
 Chris and Janet Foley  
**Lori Nutzmann**  
 Mary Grebinowski  
**Jay Pappas**  
 Dr. C.M. and Patricia Laubersheimer  
**Glenn Rehrman**  
 John and Therese Cosgrove  
**Audrey Reid**  
 Janice M. Phelan  
**Mary Lou Saari**  
 Michael and Karen Ackerson  
 Frances Brabender-Terrell  
 Claude Saari  
**Your daughter Shirly**  
 Agnes Krocak  
**Penny Jo Stanley**  
 Thomas Adams, Jr. and Julie Adams  
 Amy Dykstra  
 Stephen and Bonnie Francisco  
 James and Sally Hammes  
 Craig and Virginia Johnson  
 Daniel and Sheri Larkin  
 Wayne and Laura Nelson  
 Myron and Marlys Noreen  
 Crystal Ruznck-Friskney  
 Linda Talonen  
 Lois Vandyck  
**Beverly Stoll**  
 Dwaine and Mavis Abbe  
 Rita Day  
 Marvin and Elaine Fitzthum  
 Virginia Starken  
 Wayne and Marsha Wood



## 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 Lupus Foundation of MN!

### Store Locations:

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

## LFM BOARD OF DIRECTORS

**Lynn Clarey**  
Chair

**Stephanie Peterson**  
Past Chair

**Chris McPartland**  
Chair Elect

**Rick Dahlin**  
Treasurer

**Pat Pauls**  
Secretary

**Bob Boedigheimer**  
General Counsel

Shreyasee Amin, M.D.  
Robert Kratzke, M.D.  
Rick Meckstroth  
Renee Sayles  
Ron Weeks



# 10<sup>TH</sup> Annual LUPUS GOLF CLASSIC

Wednesday, July 9, 2008

StoneRidge Golf Club in Stillwater, MN

We're set to tee off at the 10th Annual Lupus Golf Classic.

Thanks to GLS Companies and all our sponsors for their generous support.

We look forward to a delightful day of golf with all proceeds funding vital research, some occurring right here in Minnesota at the University of Minnesota and Mayo Clinic.

There are still opportunities to join us for the tournament. Please call (952) 746-5151 or email to [info@lupusmn.org](mailto:info@lupusmn.org) or visit [www.lupusmn.org](http://www.lupusmn.org) for more information.

### BROUGHT TO YOU BY:



### PRESENTED BY:



### SHIRT SPONSOR:



### CART SPONSOR:



### DINNER SPONSOR:



### LUNCH SPONSOR:



### PAR 3 SPONSORS:



## MINNESOTA

*The William Flies family dedicates this issue of the Minnesota 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.*

Minnesota 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 1-800-645-1131. Our web address is [www.lupusmn.org](http://www.lupusmn.org).

