



Lupus News



Join us for...

LFM Walk for Hope and 5K Trail Run

Solid investments destined for positive returns: both in the long-term and right now!

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Lupus affects thousands of people in Minnesota, and can create significant challenges for individuals who suffer with the disease, but it can also impact families, caregivers, and the greater community.

Research provides hope that one day we'll have a world free of lupus, and LFM created the **Walk for Hope** to ensure an on-going investment in that future by raising visibility and funds each year to work toward achieving that goal. In fact, since its inception in 1998, the Walk has generated over half a million dollars in funds that have gone to directly support the vision of a world without lupus by funding important research into the cause and cure. Over the course of this time, community-wide participation and interest in the Walk, as well as awareness of the disease, has grown significantly every year.

But, did you also know that in addition to investing in the future, LFM is also heavily invested in **the now** through providing direct support services aimed at improving the quality of life for people affected by the disease?

Every day, through the provision of individual and group support, timely and informative communications

and events, networking and educational opportunities, resource referrals and individual case management and support; LFM staff help people cope, connect, learn, share and gain knowledge and confidence!

This year, with the addition of the Lupus 5K Trail Run/Walk, proceeds from that event will fund the delivery and provision of client services that directly support those impacted by lupus. The 5K will complement the Walk – which provides needed funds to invest in research for a future cure – by providing participants and donors a new opportunity to invest in the now through support of client services. *Supporting those individuals whose lives are touched by lupus right here, right now.*

Provision of direct services is something few lupus foundations provide. It is a commitment LFM made over 30 years ago with its founding and one that remains today. In fact, LFM continues to develop new ways to improve upon, and refine the array of services we offer through new program development and strategic initiatives.

Continued on page 2...

Lupus News

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

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

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In the next edition of the Lupus News, we will share some of the outcomes of a constituent assessment survey which was conducted this past spring aimed at assessing ways we can better serve those impacted by lupus throughout the state. We surveyed hundreds of individuals about how LFM can improve the information we deliver, and the vehicles with which we deliver them. We are currently working on implementing those recommendations to better meet the needs of those we are working to serve!

So whether you come out in September to participate in, and support, the Walk or the new 5K Trail Run, you are supporting a significant mission and making a lasting contribution towards an investment in both the present and future that's sure to have significant short- and long-term returns!

LFM Launches 5K Trail Run

New event with Walk for Hope will provide support for those who need it: [right here, right now](#)

Come September, you'll have the opportunity to Walk or Run in support of the Lupus Foundation of Minnesota!

Walk for Hope and 5K Trail Run

TWIN CITIES

Saturday, September 12
French Regional Park, Plymouth

ROCHESTER

Saturday, September 19
Essex Park, Rochester

Besides being at new venues this year, the annual Walk for Hope in both the Twin Cities and Rochester will feature the addition of a 5K Trail Run. The 5K is for both runners and walkers, those who are looking for a little more challenge than the traditional Walk has previously provided. At both locations, the route will take participants through woodlands, around lakes and streams and over gentle hills on a combination of paved and turf trails.

The trail run is non-competitive, but with the help of Anderson Race Management, who brings loads of race experience and is directing and promoting the event, timed results will be available both onsite and on the web following the event.

A \$25 registration fee for the Trail Run will provide support to those affected by lupus right here, right now. 5K participants will receive a premier race shirt.

12th Annual Walk Going Strong

Designed for people of all ages and abilities, the Walk for Hope will remain a non-competitive, gentle walk on paved paths that will take you through beautiful parks. The approximately one-mile Walk remains free and is not timed. All participants will receive a Walk for Hope t-shirt.

The Walk and 5K will occur simultaneously and will be followed by entertainment, refreshments and silent auction, similar to past Walks.

Registration for both events will be available on the LFM website (www.lupusmn.org) and will provide the opportunity to create teams, of both runners and walkers, and solicit donations and pledges. Pre-registration for both events is encouraged.

So whether you're a walker, a runner or even someone who is aspiring to be either of those, we look forward to seeing you at the Lupus Walk for Hope and 5K Trail Run/Walk in September. *See the display on Page 3 about how to get involved, online registration and further details.*



2009 Lupus Ambassador Anne Burau with her husband Ross

Introducing the 2009 Lupus Ambassadors

Anne Burau and Jeri Ryan

The Lupus Foundation of Minnesota is pleased to have two ambassadors this year – Anne Burau representing the Lupus Walk for Hope and 5K Run in the Twin Cities and Jeri Ryan serving Rochester.

The Walk Ambassador tradition was started in 2004. Ambassadors willingly share their own personal story to serve as a positive influence and role model for those living with lupus. The role of the Ambassador seems to grow each year and each person lends their unique talents and experiences to the position and work in partnership with LFM to bring together all individuals affected by lupus.

Meet... ANNE BURAU

I was diagnosed with Lupus at the age of 20. However, at that age I was extremely ignorant and choose not to be treated. The side effects were bearable at the time, and I had convinced myself that the doctors had misdiagnosed me. I had no clue what lupus was and didn't care to find out. I thought if I just tried to convince myself I didn't have it, it would just go away. But it wasn't that easy.

Five years later, I had my first-born son and that is when the lupus flared up way beyond my control. A kidney biopsy produced horrific news that the lupus had attacked my kidneys uncontrollably (lupus nephritis) and gave me stage 4 kidney disease.

I was immediately given chemotherapy treatment, high doses of Prednisone, and multiple other medications that I could not pronounce. Most of the medications did not have anything to do with my kidneys, but were to prevent something that the other medication could give you.

My life was on hold. It was the time in my life when I should have been working hard at my career, spending quality time with my family, living my life to the fullest. However, it was all on hold. I had to cut my hours at work, cut my hours with my family, and cut my hours with myself.

I remember my biggest fear wasn't dying myself, or being on dialysis, but instead leaving my husband and son to live a life without me. I was mortified that I had brought this baby into this world and could barely take care of him. I worried that he would grow up and only know me as being sick.

I immediately started a blog to keep family and friends updated on how I was doing, and it turned into a huge therapy tool for me. I let out all my feelings on my blog – good and bad.

People that read it cried, laughed, and prayed right along with me. They sent me cards, emails, and gifts. My favorite gift was a prayer blanket made from my church back home. I also reached out to God. I remember my lowest point, and sitting in my room on my bedroom floor on my knees and praying, begging God to make me better, and promising him that if he made me better I would strive to live my life for him.

I had also lived by the song "There is a Reason" by Caedmon's Call. It is about holding on to the fact that there is a reason for everything. There is a reason I was diagnosed with lupus. I now believe that the reason is that God knew I would be strong enough to handle it and would strive to find a cure for it.

My goal was to be in remission by my son's first birthday. And as that rolled around, I was so overjoyed to declare that I had reached that goal and that God had indeed answered my prayers.

My family has also hosted a benefit dinner in honor of me in February this year, just as I reached remission. We had family, friends, and even some new faces attend the dinner, dance, and silent auction and raised almost \$4,000 that we gave to the Lupus Foundation of Minnesota. It was a great way to celebrate remission and support the efforts of LFM.

I urge you and your friends and family to support LFM by coming out and joining me and hundreds of others at the Walk for Hope and 5K Trail Run this September. Every cent, every dollar, makes a difference – striving to find a cure and better treatments.

Continued on page 3...

RAISING FUNDS • RAISING HOPE



12th Annual Lupus Walk for Hope and 5K Trail Run

LOCATIONS & DATES

TWIN CITIES

Saturday, September 12, 2009

French Regional Park, Plymouth

12605 County Road 9 (between 494 & Hwy. 169)

ROCHESTER

Saturday, September 19, 2009

Essex Park, Rochester

5455 West River Road NW

SCHEDULE FOR BOTH LOCATIONS

9:00-10:00 a.m.	Registration
10:15 a.m.	Welcome & Warm-Ups
10:30 a.m.	5K Start
10:40 a.m.	Walk for Hope Start
Post Walk/Run	Program, Refreshments, Silent Auction
12:30-1:30 p.m.	Live Entertainment

QUESTIONS?

Contact LFM at

(952) 746-5151 or

(800) 645-1131 or

email info@lupusmn.org

WALK/RUN INFORMATION

WALK FOR HOPE (approximately 1 mile): Designed for people of all ages and abilities and non-competitive. This shorter, gentler trail of paved paths will take you through beautiful woods and along the water of each park. The Walk is not timed.

LUPUS 5K (3.1 miles) Times Trail Run/Walk: For runners and walkers. Both Twin Cities and Rochester courses will take you through woodlands, around lakes and streams, and over gentle hills on a combination of paved and turf trails. Although this is a non-competitive 5K, (and not a certified distance,) your time will be available to you onsite and on the web following the event.

RAISING FUNDS • RAISING HOPE

Your money stays here, providing hope and helping those whose lives are touched by lupus... right here, right now.

SPONSORSHIP OPPORTUNITIES AVAILABLE

For more information on sponsorships and involvements, please contact Jennifer Monroe at the Lupus Foundation of Minnesota at (952) 746-5151 or via email at jmonroe@lupusmn.org.

ONLINE REGISTRATION

Register online at no additional cost by Wednesday, September 9. Visit www.lupusmn.org. Use the web registration to solicit donations and pledges, recruit a team of walkers and/or runners. Check for updates too.

REGISTRATION FEES (Not refundable/transferable)

Advanced Registration: Twin Cities & Rochester

\$25: Lupus 5K Trail Run (includes a premier race shirt, race bib and timed results)

FREE: Walk for Hope (participants receive a 2009 Walk for Hope t-shirt)

Race Day Registration

\$30: Lupus 5K Trail Run

FREE: Walk for Hope

FUNDRAISING INCENTIVES

Everyone collecting \$100 or more will be entitled to tickets good for entry into several prize drawings. For every \$100 raised, you'll receive 10 tickets. Spread your ticket entries into multiple prize drawings or drop them all into one. All prizes will be valued at \$50 or more.



2009 Lupus Ambassador Jeri Ryan with her daughters Whitney (left) and Ali (right)

2009 Lupus Ambassadors *continued...*

Meet... JERI RYAN

My name is Jeri Ryan, and I have had the privilege of participating in the Lupus Walk for Hope in Rochester for the past nine years, but this year is different. I am proud to have been asked to serve as the 2009 Lupus Ambassador for Rochester and am excited about taking an even more active part in raising awareness about a disease that affects millions around the world.

Thirteen years ago, I was given the diagnosis of lupus shortly after the birth of my youngest of four children. It was at this point, my life took a U-turn from what I had planned it would be. Of course I was still a mother, wife and small business owner, but now I was also someone who was going to need to learn to navigate an unpredictable disease that was not only going to affect me for the rest of my life, but also my family.

I have had several complications due to lupus since being diagnosed, but even with those challenges and the uncertainty of what lupus may bring in the future, I have been given an incredible and unexpected gift. I have been given the gift of a support system that starts with my family, continues throughout the Rochester

community and extends to all of those who contribute in so many ways to finding a cure while caring for those affected now.

Because of the care and concern I have received, witnessed and have heard stories of over the years, I have found the courage to face my diagnosis with the best attitude I can have, to live my life as a happy and productive person, be there for my family and community and make every effort to face each challenge in the best way I can.

Every year I have attended the Walk, I have felt humbled and elated by the caring, support and love shown to everybody, and every year that feeling seems to grow. This year is no different except that now I can add a new excitement to that list.

As I enter into my role as ambassador, I do so knowing that this year's walk is getting a new face and life. Not only has our location moved but a 5K run has been added which I feel will bring even more people into our lupus community. To me this seems so special because it feels like our Rochester community along with the lupus community is graduating. I feel like there is another more urgent message that a Run implies. It is time to start a race toward the cure. It is time to go at a race pace to bring more awareness and attention to the complications that are suffered because of lupus, while still holding on to the steady pace that the precious gift of connection, support and care give.

How wonderful to think that a disease can unite a community and in turn a community can unite to do what it takes to find a cure.

LFM Receives Certificate of Appreciation for Recycling Efforts

On May 20, the Lupus Foundation of Minnesota received recognition from the Solid Waste Abatement Advisory Team at Anoka County's Integrated Waste Management Department along with a certificate of appreciation from the Anoka Board of Commissioners for *"continued effort(s) to provide recycling services that help ensure resources for future generations."*

The county recognized the Foundation's reuse and recycling efforts through the operation of the LFM *Pick-Up Service*, which contracts a service to provide curb-side collection and distribution of individual donations of unwanted clothing, appliances and small household goods throughout the Twin Cities. Over 21.5 tons of goods have been collected in the last two and a half years.

LFM receives revenue based on the volume of goods collected which in turn provides critical resources for foundation operations and client service programs and functions at the Foundation. Items collected that are in good repair end up at thrift stores located throughout the metropolitan area for resale.

While providing a door-to-door pick-up service is a major commitment of resources, the benefits are multiple. The ease and convenience for those individuals looking to dispose of items directly from their curb is significant. Pick-up routes are planned for efficiency and eliminate the need for individuals to spend time and resources to transport smaller quantities of items. Donor contributions of clothing and small appliances help to make affordable items available to the general public, as well as create jobs for pick-up and distribution staff and, reduce over-all waste by keeping unwanted items out of dumps and landfills. *To schedule a pick-up online go to www.lupuspickup.org or call (651) 748-0400.*

LFM Announces 2009 Student Summer Fellowships For Research In Systemic Lupus Erythematosus (SLE)

The Lupus Foundation of Minnesota is pleased to announce this year's recipients of the 2009 Student Summer Research Fellowship Program. Recipients will be working in partnership with established researchers at the University of Minnesota throughout the summer on SLE-focused research.

2009 AWARDEES AND HOME INSTITUTIONS INCLUDE:

Student	Home Institution	Faculty Researcher
Kathleen Bauer	College of Saint Benedict	Dr. Emily Gillespie
Tawny Herdegen	St. Catherine University	Dr. Mehrnaz Hojjati
Tom Fewer	St. Olaf College	Dr. Dan Mueller
John Doric	University of Minnesota	Dr. Erik Peterson

The purpose of LFM fellowship grants is to foster an interest in SLE research among undergraduates by providing an opportunity to participate in basic or clinical research with an established investigator. This year, individual stipends of up to \$3,000 along with up to \$500 for supply budgets were approved for funding. Applications consisted of a personal statement as well as detailed curriculum vitae. In addition, potential grantees were required to have identified and received project approval from an established faculty researcher at the University of Minnesota.

Final submissions were reviewed in a competitive process by LFM's Research Committee which in turn made recommendations to the Board of Directors of the Foundation for final approval.

Students will share summaries and outcomes of their fellowships and answer questions about their experience and work from 4-5 p.m. on Tuesday, August 18, at 6-101 Hasselmo Hall on the University of Minnesota campus. The event will be open to the public, but an RSVP is required. Look for more information on the LFM website shortly.

On-Air for 24 Hours for Lupus Foundation of Minnesota

Efforts brought in over \$7,000

On Saturday, May 30 at 2 in the afternoon, Cory Cove took over the airwaves at KFAN 1130 AM and didn't give up the microphone until 2 p.m. on May 31. An entire 24 hours all in the name of the Lupus Foundation of Minnesota.

Cory Cove, "Sludge" on KFAN 1130 AM's The Power Trip Morning Show, is no stranger to LFM. He's been involved in the Lupus Golf Classic and has emceed the Walk for Hope in both Minneapolis and Rochester. But he conceived the idea of an on-air marathon for the first time last year. But this year, as he promised it would be just after that first 24-hour stint, was "through the roof," more than quadrupling what he raised in 2008. Setting up a donation hotline at KFAN and auctioning various autographed jerseys and sports memorabilia donated by the local professional sports teams, Cory's efforts brought in over \$7,000.

Cory will be the first to tell you that he didn't do it alone. Unpaid intern Pat matched Cory hour for hour, staffing the donation phone line.

Each of KFAN's regular on-air personalities made appearances (or two). Cory's connections to the Minnesota Wild, Timber-wolves and the Minnesota Vikings brought in auction items as well as visits from players – Wolves Kevin Love and Al Jefferson and Vikings Ben Leber and Bryant McKinnie and Minnesota Lynx Renee Montgomery.

Also joining Cory were Vikings radio analyst Pete Bercich and WCCO's Mark Rosen; music critic Jon Bream; band Quietdrive; American Idol's Casey Carlson; and many, many others.

Through connections to KFAN advertisers and friends, some donors were awarded gift cards to restaurants or retail stores. Anyone making a donation throughout the marathon, was eligible for two round-trip tickets on Sun Country Airlines. Prizes or not, KFAN listeners called in throughout the 24 hours with gifts.

This year's marathon featured personal vignettes from seven individuals with a link to lupus. Invited into the KFAN studios a couple weeks prior to the show, these folks recorded their stories to be played on air about what it is like to live with lupus, the struggles, and the affects on family and friends. The pieces were aired numerous times and will be on the LFM website as well.

In closing out the 24-hours, Cory was joined by LFM President Jennifer Monroe, where he alluded to a friend of his who has lupus. He cites that connection and the personal stories as the reasons behind this project. Yet Cory says, "Selfishly, it's fun to do. I don't want to do it every day... but it's fun."

And already, Cory is looking forward to next year saying he learned more this year and "so next year we'll grow this thing even better."



Cory Cove, "Sludge" from KFAN 1130 AM

Spring Evening Fundraiser Blossoming with Potential at Arboretum

The sun was shining. Birds were singing. Buds were appearing on the trees. The first tulips of the season were showing their colors. It was a beautiful spring day in Minnesota... and the Lupus Foundation of Minnesota was celebrating.

On April 21, LFM hosted 85 guests – a mix of familiar faces and some new – for a Spring Evening Fundraiser at the Minnesota Landscape Arboretum. Those in attendance were able to meet board and staff, learn a bit about the Foundation and also be treated to a meal and program.

The night consisted of an Italian buffet, networking and great conversation, a silent auction of garden-themed items, and was highlighted by a one-hour presentation by Master Gardener Rebecca Kolls.

Rebecca is a familiar face to many, as she created WCCO-TV's Rooftop Garden while an on-air meteorologist before hosting NBC's nationally syndicated show "Rebecca's Garden" for 11 years. She's also been the lifestyle and gardening contributor for ABC's Good Morning America since 1998.

She offered a bountiful array of gardening tips and also provided each guest with a copy of her magazine, "Seasons by Rebecca." Guests also received a purple lupine plant and had the opportunity to tour the Arboretum and art exhibits on display.

This event was the first of a series of planned quarterly events that will provide informative and fun venues in which to engage new friends in creative ways to support our efforts.



TOP

Attendees enjoyed the chance to chat and socialize with Rebecca Kolls (far right) over dinner.

BOTTOM

Over 85 attendees joined us in the Arboretum's Snyder Auditorium to hear Rebecca's delightful anecdotes and personal stories.

Anoka H.S. Student Orchestrates Senior Project of Lupus Awareness

On May 30, Dunn Bros Coffee in Anoka was the venue for a senior service project. Stemming from her love of her mom who has lupus, Rachel Neil set out to honor her, raise awareness of lupus and donate proceeds to the Lupus Foundation of Minnesota, and of course, get a passing grade on her project.

Rachel organized the afternoon's concert without the knowledge of her family, promoting the event through Facebook and other avenues. Coming from a long line of musical talent, she performed herself but also organized an assortment of vocal and acoustic performances throughout the afternoon.

In attendance were Rachel's parents, filled with pride, and many school friends who took the time to learn more about lupus in a relaxing environment. A representative from LFM was also there with information and materials about lupus and the Foundation.

Prior to the event, Rachel said: "I think that the afternoon will give us a chance to not only talk and answer people's questions about lupus, but to enjoy some music and coffee as well. My main goal is to raise awareness and contribute as much as possible to the research of lupus."

And the result of her senior service project... Rachel reports that her teacher deemed her presentation the **best in class**. She also raised \$142.72 for the Lupus Foundation of Minnesota. That earns her an A+ too!

Introducing New Board Members

Chris McPartland, Chair of the Board of the Lupus Foundation of Minnesota, announced five new board members to its roster.

Three new members were unanimously voted onto the Board at the Annual Meeting which occurred on April 21. They include:

David Barnes, MBA, CPA, CMA:
Vice President of Best Buy for Business

David has been in various leadership positions with The Best Buy Co, Inc. for the past seven years. David previously held senior positions in finance within both The Pillsbury Company and Coopers & Lybrand in Minneapolis. David has an MBA in finance from the Stern School of Business at New York University and is a Certified Public Accountant and Certified Management Accountant.

Walter E. Cooney, MA, JD:
Executive Director, Neighborhood Health Care Network

Walt has been Executive Director of NHCN for three years. His career includes senior level leadership positions in the healthcare industry including Director of Ambulatory Operations and Business Development for Abbott Northwestern Hospital and Business Development Manager for United Healthcare. Walt has a master's degree in health services administration and a law degree from William Mitchell College of Law.

Dale Allen Berry, CP, CP(c), FAAOP, LP:
Vice President Clinical Operations, Hanger Orthopedic Group

Dale has been with Hanger Orthopedic Group for 10 years. Previously Dale worked for NovaCare Orthotics and Prosthetics as Director, Prosthetic Clinical Support as well as Clinical Operations Director (among other positions). He has published numerous articles in his field. Dale is a licensed and certified prosthetist and completed his residency at the Glenrose Provincial Rehabilitation Hospital in Edmonton, Alberta, Canada.

In addition, at the June meeting, two additional members were presented and voted onto the board, they include:

Donna J. Greeno, MBA:
President and Managing Partner, Wellrose Consulting, LLC

Donna has been President of her own consulting firm for the past two years. Prior to that she was a Market Human Resource Leader at PricewaterhouseCoopers and held the position of Senior Manager, Consulting at RSM McGladrey, Inc. Donna has an MBA degree with a human resource concentration from the University of St. Thomas.

Scott F. Brown, MBA, CPA:
Senior Accountant, Governmental Auditing and Accounting, LarsonAllen Audit and Consulting Firm


Scott has been with LarsonAllen for the past four years. Prior to that, he was with the Wayfarer Literary Magazine. Scott has an MBA with concentrations in accounting and finance from the University of St. Thomas.

McPartland states "The addition of these dynamic new members helps to build on the existing talent and commitment demonstrated by the community and business leaders presently serving on the board. I can speak for everyone by saying that the members of the board of directors are looking forward to working toward heightening the visibility and awareness of LFM and its programs in the broader community, and providing guidance and governance as LFM moves forward in tackling its important work ahead."







Board members are elected for three-year terms and must comply with governance policies and standards as set forth in the bylaws of the organization. In addition, LFM meets all Accountability Standards for Governance as established by the Charities Review Council.




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 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
Wayzata 	Call for location.	Call for dates and times.	Cheryl Como, LFM (952) 746-5151 ccomo@lupusmn.org

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
(July 15*, August 12, September 8, October 14)

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 Lupus Golf Classic

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

MARCH 1 – MAY 31, 2009

Contributors:

Alliance Bank
 Ameriprise Financial
 Shreyasee Amin, M.D.
 Anchor Bank
 APOGEE Retail, LLC
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