



Lupus News

It's a Bird, It's a Plane, It's a Geek! Superheroes Support LFM

By Britt Aamodt

Pat McDonough has been called a geek. There's a story to this. He attended an LFM Halloween party in Maplewood for children with lupus. A gal bounced out of her chair and made a toast, of sorts. It went something like: "My family is being helped by a bunch of geeks."

Pat just grinned. He was one of the geeks. For a decade, he and his pals at the Midwest Comic Book Association (MCBA) have elevated fandom to philanthropy. Twice a year they throw a comic book convention (a "con") at the Minnesota State Fairgrounds, and twice a year the Lupus Foundation of Minnesota receives a check from them.

"I loved it," Pat says of his geek outing. "The woman meant it from the bottom of her heart. And geek is actually a term we use in the community. We call ourselves comic book geeks."

So you're probably wondering: *How in the name of krypton did the MCBA and LFM team up?* There's a pretty simple answer. Pat met a woman. Her name is Melanie Manson, and she has lupus. She's also a comic book



Nick Postiglione, Pat McDonough and Brian Wilson (left to right) are the "geeks" behind the MCBA and LFM connection. They plan the conventions and keep them running smoothly.

geek, which meant that sooner or later she and Pat would cross paths. One year they did at an MCBA convention. They started dating, and little by little Pat learned about this autoimmune disease called lupus.

Sometime later, the fellows at MCBA were knocking around ideas for charitable donations. MCBA conventions are all-volunteer affairs. No one gets paid. Pat and his pals Nick Postiglione and Brian Wilson invest time and sweat capital into the organization, and their dividends *Continued on page 2...*

Raising Funds, Raising Hope Right Here, Right Now

The countdown is on to the Lupus Walk for Hope and 5K Trail Run in September. And there's lots to look forward to:

Lupus Ambassadors

The Streeters have a lupus-inspired song which you'll hear at the Walks/5Ks. See their story on Page 3.



Build a Team

New this year, top teams will be eligible for corporate, friend/family, fundraising average and spirit awards.

Fundraising Incentives

Collect \$100 or more and receive a LFM-logoed aluminum fitness bottle.

For every \$100 raised, receive 10 tickets which you can enter into prize drawings.

For more details, follow the link on the LFM website at www.lupusmn.org.



TWIN CITIES

September 11
French Regional Park
Plymouth

ROCHESTER

September 18
Essex Park
Rochester

Register today. Form a team.
Start working toward the fundraising goal.



LUPUS FOUNDATION OF MINNESOTA

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Bloomington, MN 55425

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are the satisfaction of seeing so many fans together and the joy the fans take away from meeting their favorite comic book artists. But the MCBA wanted to do more.

"The guys knew Melanie and really loved her. So they said, hey, why don't we do something for lupus?" says Pat. They invited the LFM to participate in the cons.

That's why, if you attend SpringCon in May or FallCon in October, you'll see LFM employees pacing the convention floor and staffing a table under the LFM banner. You'll also hear lupus mentioned at the live auction, all proceeds of which are channeled to MCBA's designated charities — the LFM and the Comic Book Legal Defense Fund (a charity that supports the First Amendment rights of comic book dealers, artists and publishers).

Behind the Superhero Mask

In most superhero comics, the superhero wears a mask to conceal his identity. Bruce Wayne, millionaire playboy, hides behind a bat mask. Peter Parker, a.k.a., Spider-Man, slips into a red bodysuit.

The MCBA may trade in stories of alter egos and secret identities, but the organization itself does not shy from its mission. That mission is to support the comic book medium, provide a venue for artists and fans to meet, have fun and do as much good as they can while they're at it.

Convention attendees get half-price admission with a food shelf donation. Novice artists host booths next to big-hitters employed by DC Comics, Marvel and Dark Horse. And both categories of artist get booths for the same price: free. This is a prime opportunity for beginners to network with pros, introduce themselves to comics readers and maybe get a business card from a publisher or editor. By comparison, other conventions charge artists for booths and limit the slots to professionals.

MCBA's Origin Story

"MCBA started with a bunch of guys hanging around a comic book store," says Pat. The organization officially began in 1988. "I call comic book stores the new barber shop, guys sitting around shooting the breeze while they get their hair cut. Comic book stores are like that. These guys got to know each other through the store. They noticed other cities had comic book conventions and figured we could have one too."

Pat and Brian Wilson were among the founding volunteer members. Today, Pat still volunteers as a trouble shooter. Brian manages the floor, figuring out how to fit more booths and displays into the same space every year. The convention started at the Thunderbird Hotel near the Mall of America but outgrew the space and transferred to the state fairgrounds.

As the convention grew, the organizers realized they needed help. Pat had his eye on Nick Postiglione, a book dealer who sold comics at the conventions. "Nick is a born salesman," says Pat. "He could sell sand to a thirsty person. He has the gift of gab and a great ability to sell." Just the kind of guy the MCBA needed to interface with venue management, pay bills and coordinate volunteer staff.

Nick later became part-owner of The Source, a comics and game store in Falcon Heights, which also does its part to support the LFM. "We place coin jars at the counter," says Nick. "People ask us what lupus is. And when we tell them, they put some money in. We give the foundation a check twice a year, so the customers get to know when that time is and say, 'Oh, I better put my change in today.'"

SIDEKICK HEROES



By Daniel Olson

Geeks Support Lupus

What Nick doesn't mention is that The Source matches the money from the coin jars. That adds up to a couple thousand dollars each time. The live auction adds additional thousands, as fans outbid each other on items donated by artists, dealers and volunteers. To get a sense for the size of these events: at SpringCon 2010, nearly 5,000 fans from the five-state area converged on the Grandstand. Artists exhibiting at the con number in the dozens; and though mostly from Minnesota, artist guests past and present have flown in from around the country.

"From the little guys to the big guys, the artists jump in. They donate art and books. A lot of them don't even know what lupus is. Many actually know someone affected," says Pat. "The artist Gene Ha makes people do silly things to earn a sketch and the money goes to lupus. One time he had a guy sing the theme song to the Spider-Man cartoon show."

If you stop by the State Fairgrounds in October, you'll see the LFM there, and you'll see Pat. So what about Melanie, the gal who brought MCBA and LFM together? She and Pat are engaged.

I Want to Get Involved... But How?

You'll be surprised by how many people are willing to support you and your participation in a worthwhile charity event. Set up a team for the Lupus Walk for Hope and 5K Trail Run on our website. Email 10 friends to ask for a donation or to join your team. Then tell them to each forward the email to 10 people and so on. You can also see if your employer has a company match program for charitable events. If so, our staff here can help you set it up.

Are you on Facebook, LinkedIn or Twitter? Use your accounts to tell all your connections about your efforts.

Not sure how to use Facebook? Come to our training on July 16 and learn how to set up a page. It's free. See page 8 for more details.

Finally, make your asks personal. Tell how you're connected to the cause and what it means to you. **You'll be amazed by the results!**

It's a Family Affair

Streeters Stand Strong with Communication and Love

By Renee McGivern



One person's chronic illness affects every family member. And every family member makes a daily choice to provide help, support and encouragement to the one with lupus.

Lorie Streeter has lupus and her husband, Roger, and 11-year-old son, Rhett, adjust and adapt to her sudden flare ups as automatically as other Minnesotans do a sudden temperature drop.

Roger describes having to be careful about spraying weeds on a windy day and working with supplies stored in the garage. He buys low-odor paint and has Lorie smell a whiff of cleaning products before buying them. He offers to replace her on a trip to the store when he sees how tired she is. All of these things can affect Lorie's symptoms.

"A lot of people take these things for granted, but we have to think everything through," said Roger. "Just because Lorie is the one with lupus doesn't mean that Rhett and I aren't affected."

Rhett knows his mom isn't like other moms. She rests every afternoon, she doesn't wear perfume, and he and his dad do a lot to support her.

The Streeters, who reside in LeSueur, are like many families who cope with a chronic illness with patience, flexibility and lots of communication.

"The direct connection between Roger and I depends on our communication," said Streeter. "He recognizes when the illness is getting the best of me and he'll say, 'I'll go and do that for you' or he knows to tell me to have a nap."

While Roger is like a lot of men who aren't comfortable talking about feelings, he has learned to insist that Lorie share hers.

"It's very important that she tells me what she's feeling and what's going on in her body," said Roger. "I have to remind her that some things she wants to do don't take precedence over resting. I have to rein her in."

Roger knows that Lorie sometimes feels like a burden or guilty and that she's frustrated because she can't function at full capacity.

"Understanding in your family is important," said Roger. "We laugh, we cry, we play, we do all of those things but just not the same as families without lupus."

Their lives didn't always revolve around lupus. Lorie had been reasonably healthy until she had complications during and after Rhett's birth in April of 1999. By November of that year, she was experiencing joint pain, blurry vision, and rashes. The family was living in California and doctors there could not explain, and even dismissed, her symptoms. Her lab work did not match her symptoms.

"I was so scared about what was happening to me that I thought I might die," said Lorie. "It was very hard to go back each time and tell my family that they couldn't find anything wrong with me."

In 2006, the Streeters moved to Minnesota. By that time, her labs were shifting, giving clues that she was flaring. She also found a doctor in LeSueur who listened.

"The doctor here believed everything I was telling her and she never diminished my symptoms," said Lorie. "When I moved from California to Minnesota, there was a very big difference."

After visits to the Mayo Clinic and many more tests, Lorie had a checkup with Dr. Barb Segal at the...

Continued on page 4...



Streeter Family Named 2010 Lupus Ambassadors

Lorie, Roger and Rhett Streeter are remarkable, not just for their love and honest communication, but for a very special song that Lori and Rhett wrote and recorded in Nashville on Rhett's 11th birthday. The Streeters are the 2010 Ambassadors for the Lupus Walk for Hope and 5K Trail Run.

Wherever You Float is on YouTube, where it's already been enjoyed by thousands of people so far. And the Walk/5K site has a direct link (visit www.lupusmn.org and click on the Walk/5K logo).

"It was inspired by patients with autoimmune and life changing illnesses," said Lorie. "I know from reading emails that the song is helping people."

After her lupus diagnosis, Lorie had worked up the courage to again pick up singing and writing music, something she had put on hold. She won a series of contests that ultimately led to her singing as the opening act for a Rascal Flatts concert.

You can see her and Rhett sing *Wherever You Float* at the Lupus Walk for Hope and 5K Trail Run, set for September 11 in Plymouth and September 18 in Rochester.

"We want to help people with lupus and touch their hearts," said Rhett. "I think it's a privilege for us to be doing all these things."

Roger wants other families to know that his family will help them as much as they can. He is aware, too that he might be able to provide something unique to husbands and fathers.

"If a guy can come to me and say, 'I'm frustrated,' then I can be the person who's there to help him. It's hard for men to talk about their feelings."

The Streeters are looking forward to interacting with a lot of families and being spokespeople for the Lupus Foundation of Minnesota.

"We're a living, breathing example of wanting to make sure that when we are well enough to do what we can, we do it," said Lorie.

"Lupus is unique to the individual but the thing that is common is that we all have family."

— Lorie Streeter

It's a Family Affair *Continued from page 3...*

...University of Minnesota who finally diagnosed the lupus in 2007, eight years after Rhett's birth.

The Streeters learned a lot over those very frustrating years.

"Be strong in what you know you feel," said Roger. "Don't let doctors off the hook. Fight for the right for the right diagnosis."

Lorie and Roger have never hidden her illness from Rhett or other family members and believe their honesty has helped everyone cope with it. And yet, despite that openness, individually they struggle with accepting that Lorie has lupus.

"I know that it's there but there's a piece of me that keeps fighting it," said Roger "I don't think I've completely accepted it."

Like her husband, Lorie said, "I like to pretend that I'm okay because it keeps me going. But your body will remind you with a symptom."

After she was diagnosed, the Streeters had a long conversation about Lorie's career.

"We made the conscious decision that I would maintain my own business and that we are going to be a family that keeps the mentality that we have to watch our health as much as our wealth," said Lorie. "It's a challenge because I'm a Type A."

"What I do is get up at 5 or 6 in the morning but by 3 in the afternoon, I go to my bedroom and shut the door to sleep for 2 1/2 hours," said Lorie. "Then I can have a normal, functional evening with my family."

Lorie feels lucky because she has symptoms that last for only hours or maybe a few days. "I have to look at my health as a bank account. I get up and think, 'My account is full today' — even though it is a lupus bank account," she said, "I know it gets depleted and that rest fills it back up."

This lesson really came home last December when Lorie broke her ankle and she rested in bed with her foot up.

"I thought it was going to throw me into a giant flair, but my lupus didn't flair," said Lorie. "It taught me that rest is critical. It reiterated that for my family as well."

Lorie regularly connects on Facebook with other people with lupus and she is honest about that connection.

"One part of me relishes my connection to people with lupus," she said. "On the other hand, it reminds me to think about how bad lupus could get at some point for me. I see them suffering and think, that could be me." She describes the experience as "bittersweet."

Lorie's business is successful and she knows that lots of things are possible for people with lupus, especially with an understanding family that provides support.

"Lupus is unique to the individual but the thing that is common is that we all have family," said Lorie. "For the most part, it's because we love each other so much that we can make it work."

13TH ANNUAL



TWIN CITIES

Saturday, September 11
French Regional Park
12605 County Rd. 9, Plymouth
(between 494 & Hwy 169)

WALK FOR HOPE (approximately 1 mile):

For people of all ages and abilities and non-competitive. **FREE.** All participants receive a 2010 Walk for Hope t-shirt.

LUPUS 5K (3.1 miles) Timed Trail Run/Walk:

For runners and walkers. Although this is a non-competitive 5K, results will be available. **\$25 Registration Fee (\$30 on event day). Includes a premier race shirt, race bib and timed results.**

ROCHESTER

Saturday, September 18
Essex Park
5455 West River Road NW

ONLINE REGISTRATION

Register online by Wednesday, September 8. 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.

SPONSORSHIP OPPORTUNITIES AVAILABLE

For more information on sponsorships and involvements, contact the Lupus Foundation of Minnesota at 952-746-5151.

SCHEDULE FOR BOTH LOCATIONS

9:00-10:00am
10:15am
10:30am
10:40am
Post Walk/Run
12:30-1:30pm

Registration
Welcome & Warm-Ups
5K Start
Walk for Hope Start
Program, Refreshments, Silent Auction
Live Entertainment

RAISING FUNDS, RAISING HOPE

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

QUESTIONS?

Contact LFM at 952-746-5151 or 800-645-1131 or email info@lupusmn.org

Collaborating for the Kids: Lupus and Families

LFM and Children's Hospitals and Clinics of Minnesota developing programs for kids with lupus

Any lupus diagnosis is hard to comprehend, but when it is a child being diagnosed with lupus, the child, parent and family face many questions, fears, challenges and changes.

The Lupus Foundation of Minnesota in partnership with Children's Hospitals and Clinics of Minnesota's Pediatric Rheumatology Department and pediatric rheumatologist Dr. Mona LaPlant and Rachel Sullivan, Registered Nurse and Certified Nurse Practitioner, are joining together for kids with lupus. LFM's program, "All about Lupus" will be offered bimonthly to parents/guardians at both Minneapolis and St. Paul's Children's Specialty Centers with the

first being held from 6:30 – 8:00 p.m. on Thursday, July 22, in St. Paul. This 90-minute workshop will provide an informative, educational and resource-filled session for families living life with lupus. For more program information, visit the calendar at lupusmn.org or call 952-746-5151.

For the Kids

Connection, fitting in and enjoying life is part of what being a kid is all about. Having lupus complicates the "work" of being a kid and collaborative programs for kids and parents can provide help and support in sorting through those challenges.

LFM is currently developing new programming to address this unmet need including: "Kids2Kids" for ages 8-12 and "Teen Connection" for ages 13-16. Both programs are geared to help kids learn to communicate, connect with others and develop strategies for success.

In addition, a connection program for adults, "Time to Talk" will be offered simultaneously, providing techniques and tools for parents and to address the questions and the concerns of families living with lupus.

From the Desk of the President: Your Presence is Requested

By Jennifer Monroe, President

It's hard to believe that summer is here. Things get active this time of year in Minnesota and invitations start flying — to parties, weddings, picnics and outdoor events of all sorts. Therefore, we'd like to take this opportunity to formally request the honor of your presence at any and all of our upcoming events.

We have a variety of activities and workshops scheduled including trainings and support groups and even a workshop on how to set up a Facebook page so you can link more readily with organizations like LFM and other individuals whose lives are impacted by lupus.

If you have not yet received information about the Lupus Walk for Hope and 5K Run (scheduled for September 11 in the Twin Cities and September 18 in Rochester), please visit our website or contact our offices directly and we will gladly make sure to get all the specifics into your hands.

Your presence will help make everything we do a success. Our program offerings are all free, the greater the participation, the greater the outcomes. The funds generated at our events support programs and services, grants to individuals in need, and research funding. Best of all, they provide a fun opportunity for staff, board, clients, donors and the general public to gather together and dialog. That is, for us to update you on the current work we are doing, and for you to share your thoughts, input, personal stories and perspectives while at the same time increasing public awareness. There are a wide variety of options for ways to participate (see the article on page 2 for ideas and suggestions).

Finally, don't forget to visit us and stay connected in between events through our website at www.lupusmn.org which includes information and online registration for current and upcoming events, workshops and classes.

LFM Announces 2010 Student Summer Fellowships for Research in Systemic Lupus Erythematosus

The Lupus Foundation of Minnesota is pleased to announce this year's selection of participants in the 2010 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.

This year LFM received applications from a diverse array of students representing eight different academic institutions located within Minnesota and beyond.

Funding awarded for five fellowships this year totaling \$24,000. Awardees and their home institutions include:

Student Researcher	Home Institution	Faculty
Amanda Louiselle	University of St. Thomas	Dr. Emily Gillespie
Naima Mohamed	University of Minnesota	Dr. Brian Fife
Dane Schaleben-Boateng	University of Minnesota	Dr. Erik Peterson
John Titcombe	Macalester College	Dr. Dan Mueller
Laura Zwilling	Bethel University	Dr. Mehrnaz Hojjati

The purpose of a student summer fellowship 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.

Applications consisted of a completed application, a series of academic references, personal statement as well as detailed curriculum vitae. 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.

On Monday, August 9, from 1–2 p.m. award fellows will share summary outcomes and answer questions about their experience and work. This event will be open to the public and will be held at room 1-110 MTRF (McGuire Translational Research Facility) at 2001 Sixth Street SE on the University of Minnesota East Bank campus.

Look for more details on our website shortly at www.lupusmn.org.

"We all take pride in providing the Lupus Fellows with a mentorship opportunity that may have a lasting effect on their scientific career direction."

— Dr. Dan Mueller, Director, University of Minnesota Rheumatic and Autoimmune Diseases Division

LFM's Outreach Coordinator Joins Executive Committee of New American Services Collaborative

In April, Gustavo (Gus) Taberna, Community Outreach Coordinator at the Lupus Foundation of Minnesota, was invited to join the Executive Committee of New American Services Collaborative (NAS), which is led by 360 Communities.

Gus's experience with connecting to wider metro-area organizations and immigrant communities aligns well with NAS initiatives said Meg Hesch, NAS Manager. He has a powerful message and a wealth of experience in engaging diverse communities through education, translation services and resources, particularly for issues created by chronic conditions.

As part of this eight-member team, Gus will help plan, give direction and participate in increasing awareness of other organizational resources, expand awareness in the use of culturally specific resources and provide community education through cross-training activities offered to other professionals.

The collaborative was established in 2007 and operates as an united group of professionals from over 50 social service agencies throughout the Twin Cities area whose goal is to address the unmet needs of new immigrant and refugee populations by helping cities, schools, businesses, city chambers and faith communities better meet the needs of visibly growing New American populations.


Reaching Beyond Four Walls: LFM Kicks Off Webinar Series

On May 21, the Lupus Foundation of Minnesota offered its first webinar. An interactive presentation on "Navigating Health Coverage Options and Public/Private Disability Claims" brought participants together via the internet where Nydia Carver and Alicia Howes from Portico Healthnet and Frank Levin, disability attorney, steered participants through an information- and resource-filled two-hour session.

In an effort to create greater accessibility to information and education throughout Minnesota and beyond, LFM will be offering future webinars on a variety of topics. Watch for announcements through eblasts, our website and Facebook page.




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.




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 PM	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 PM	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 PM	Wanda Gross 763-496-1138
Roseville 	North Como Presbyterian Church Memorial Lounge 965 Larpenteur Avenue West Roseville, MN 55113	Third Thursday 7:00 – 8:30 PM	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 PM	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 PM *No summer meetings (July – October)	Jody Anderson 218-525-0677 jodette_99@yahoo.com
Mankato	Call for location.	Third Thursday 2:00 PM and 7:00 PM *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 10:00 AM *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 PM	Sue Schott 507-246-5247
Willmar	McMillan's Restaurant 2620 First Street Willmar, MN 56201	Last Thursday 2:00 PM	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 PM	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 AM	Nickie Steinback Call before 8:30 PM please. 605-721-2864 lupus@rap.midco.net

SPECIALTY GROUP(S)

Group	Address	Date & Time	Contact(s)
The Young Adult Get Together	The Edge Coffee House 2399 University Ave W. St. Paul, MN 55114	Last Thursday 5:00 – 7:00 PM	Amie McArdell 612-282-7621 amiemcardell@yahoo.com

Monthly Client Luncheons

Second Wednesday of Each Month
(July 14, August 11, September 8 and October 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 client luncheon 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.


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

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, 2010

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Community Funds:

Ada One Fund
 Community Health Charities MN (CHCM)
 Community Shares MN
 Detroit Lakes Aerie # 2342
 Fraternal Order of Eagles – Auxiliary # 351
 Fraternal Order of Eagles – Auxiliary # 2339
 Fraternal Order of Eagles – Auxiliary # 2469
 Fraternal Order of Eagles – Brd Aerie # 287
 Fraternal Order of Eagles – Crookston
 Fraternal Order of Eagles – Grand Rapids
 Fraternal Order of Eagles –
 Ladies Auxiliary # 620
 Fraternal Order of Eagles –
 Ladies Auxiliary # 1460
 Fraternal Order of Eagles –
 Ladies Auxiliary # 3405
 Fraternal Order of Eagles –
 Ladies Auxiliary # 3718
 Fraternal Order of Eagles –
 Runestone Auxiliary # 3063
 Fraternal Order of Eagles –
 Willmar Ladies Auxiliary
 Fraternal Order of Eagles –
 Windom Auxiliary # 3891
 JP Morgan Chase & Co Employee
 Giving Campaign
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 on behalf of Nancy Peterson
 Ladies Auxiliary to Fraternal Order of Eagles
 Revord Family Fund of the Catholic
 Community Foundation
 Thrivent Financial for Lutherans
 Employee Giving Campaign on
 behalf of Becky S. Oliver
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 Northeastern Connecticut
 United Way of Roanoke Valley, Inc.
 United Way of Tri State
 Vanguard Charitable Endowment Program
 Wanamingo Combined Charity Drive
 Warroad Eagles Auxiliary # 4195
 Wells Fargo Community Support Campaign

In Honor of:

Diane Dubbelde
 Harriet and Melvin Moret

Amy Field
 Delores and Virgil Goebel

Eric Roedel
 Coulter 2006 Management Trust

Kyndra St. Aubin
 Ann Destaubin

Diane Zimmerman
 Wells Fargo Community Support Campaign
 on behalf of Gail Richardson

In Memory of:

Lynn Bredeson
 Janet Forstrom

Sandy Christopherson
 Donald and Lois Lunn

Thomas Ecker
 John and Therese Cosgrove

Mavis Evenson
 Donald and Lois Lunn

James Freerksen
 Diane Dietz
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Marlene Springer
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Betty Trainor
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Chris Trainor
 John and Therese Cosgrove

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To Schedule Pickup Service

Call **651-748-0400** or go online to www.lupuspickup.org

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

STORE LOCATIONS that accept contribution items designated for LFM:

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

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

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

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UPCOMING EVENTS

Monthly Client Luncheons

Second Wednesday of Each Month (July 14, August 11, September 8, October 13)

11:30 AM – 1:30 PM

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

The purpose of the client luncheon 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.

Monthly Support Group Meetings

14 monthly meetings offered throughout Minnesota, North Dakota and South Dakota

Refer to Page 6 for the complete listing and further details.

FREE Facebook Introduction and Training

Friday, July 16

1:00 PM – 3:00 PM

Bloomington Center for the Arts (Dakota Room)
1800 Old Shakopee Road, Bloomington

LFM Board Member Ginger Sorvari Bucklin, who owns her own social media consulting firm, will facilitate a free Facebook training suitable for all skill levels – whether you're signed on already or haven't even begun to dabble.

If you have a laptop with Wi-Fi capabilities, we encourage you to bring it along. Otherwise, computer stations will be available. Space is limited, so contact Cheryl at 952-746-5151 or cocomo@lupusmn.org to reserve your spot for this interactive training. Refreshments will be served.

Student Summer Fellowship Presentations

Monday, August 9

12:00 PM – 1:00 PM

McGuire Translational Research Facility Building, Room 1-110 MTRF
2001 Sixth Street SE, University of Minnesota, East Bank

LFM's 2010 Student Summer Fellows present their research to the public at the University of Minnesota. Call LFM at 952-746-5151 or email to info@lupusmn.org for more information.

13th Annual Lupus Walk for Hope and 5K Trail Run

Twin Cities – Saturday, September 11

French Regional Park, Plymouth

Rochester – Saturday, September 18

Essex Park, Rochester

See page 4 for more details. Sponsorships available. Contact Sara Otto at 952-746-5151 or sotto@lupusmn.org.



Leaf for Lupus

Saturday and Sunday, October 16 and 17

More information forthcoming.

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.

If you're interested in receiving an electronic copy of this newsletter, please send a request via email to info@lupusmn.org.