



# Lupus News

## Features:

- The Lupus Diagnosis . . . . . page 3
- LFM Staff . . . . . page 3
- LFM Awards Research Grants . . . . . page 4
- 2008 Lupus Genetics Conference . . . . . page 4
- Corporate Events and Promotions. . . . . page 5
- Lupus-related Fatigue and  
Cognitive Dysfunction . . . . . page 6-7
- LFM Partners with  
Powell Center at U of M . . . . . page 7
- Support Groups . . . . . page 8
- Contributors . . . . . page 9-11
- LFM Schedule of Events . . . . . page 12
- Schedule Pickup Service . . . . . page 12
- LFM Board of Directors . . . . . page 12

## Learning through Lupus A Personal Narrative

By Sheila K. Anderson



My story begins much like the stories I have heard from others who have received a lupus diagnosis. Renditions often foretell of years of mysterious symptoms preceding the relief of an official diagnosis. In my case, I dealt with symptoms off and on for 13 years before my diagnosis in April of 2008. The months leading up to my diagnosis would prove to be the most trying time of my life.

2008 would mark an important milestone for me and my family. A milestone to be celebrated May 31, 2008 to be exact. This would be the day my family got me back. It would be the day my head would rise wearily from nine years in the books. I would finally claim that gold-embossed parchment paper declaring my achievement of a master's degree in counseling. In August 2007, I assumed a position as an intern therapist to complete the requirements necessary for graduation. In addition to that, I held a part time job and was intent on finishing strong with a master's thesis I could be proud of.

Shortly after starting my internship, I noticed an overwhelming fatigue and general sick feeling that would not go away. Spanning over the next few months, I started losing weight, running fevers and often sported a rash that spanned over the bridge of my nose and onto both cheeks. I endured intense chest pain that radiated through to my back, which made breathing painful. My hair was thinning, my legs bore scaly rashes, and my nose and mouth were tender with ulcers. In spite of the pain and fatigue, I continued to push myself to maintain my 12-hour a day work and school schedule.

The looming deadlines for my thesis and internship hours weighed heavily on me. I knew something had to give. I decided to talk with my advisors at school to figure out how to handle my situation. They were very understanding and helped me set realistic deadlines for completing my internship and thesis. I quit my part time job, and devoted some energy to finding out what was wrong with me.

*Continued on page 2...*

# Lupus News

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

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

CHANGE SERVICE REQUESTED

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

As time went on, and my schedule improved, my health got progressively worse. This made me angry and depressed. I thought that I should be on the mend now that I had cut back to a more manageable schedule. Unfortunately, I was forced to take a leave of absence from my internship with graduation just three months away. This made me angrier and more depressed. I don't have time for this, I thought, why did this have to happen now, of all times. And me... why me?

My husband Todd (or should I call him Saint Todd), and our two cherubs – Lacy, age 14 and A.J. age 11 – took care of me. I was physically unable to get out of bed for days at a time. When I finally could get out of bed, I would only be up for a short time, and then vertigo and nausea would send me straight back, feeling defeated once again. I couldn't watch TV or read because it made me nauseous. I needed darkness and quiet to keep my migraine headaches at bay. I was never one to nap during the day, but during this bout I could easily drift off for a 12-hour slumber, piece of cake.

During this whole ordeal, our family was blessed with support from our extended family and friends. My parents came to stay with us for a while and friends often took turns delivering home-cooked meals in the evenings. Our family's needs were relayed on a prayer chain that spanned hundreds of miles.

There were times that I laid in bed and cried because of the physical pain. Because I was not getting better, there were times when I wondered if this was my fate, to be a burden to my family and suffer miserably for the rest of my life. It was this sort of catastrophic thinking that compounded my stress level, and only added to my down time. I had plenty of time to run the worst-case scenarios over and over again in my head. Because I felt sick for such a long time, I wondered if I would ever be able to throw the softball around with my daughter, go on bike rides with my son, or even enjoy simple pleasures like going out for dinner with my husband.

As I lay in bed, I tried to accept the reality that I was not going to be able to meet the requirements for graduation. It didn't make sense. But then again, I knew that the most difficult losses in life make the least sense. After I got over feeling cheated, I quit trying to figure out why this happened, and concentrated on living life one moment at a time. I called into action the very skills I encouraged my clients to use. My schooling was paying off already. I was my own client.

I began seeing an internist, who I recall seemed remarkably confident in deciding what blood work she wanted me to have. Little did I know, but I had arrived in her office with five out of the 11 diagnostic criteria used in diagnosing Systemic Lupus Erythematosus. In the following days, my blood work results would add validity to my doctor's suspicions and I would be referred to a rheumatologist who later confirmed a lupus diagnosis.

It would only be after a short stint in the hospital with a suspected blood clot that things would start looking up. I was prescribed Prednisone and a longer-term maintenance drug called Plaquenil. Slowly but surely I started to feel human again. The Prednisone helped me feel not just human, but invincible. My doctor



**LEFT**

Sheila with family, husband Todd, son A.J., daughter Lacy and dog Chloe

**BOTTOM**

Sheila K. Anderson  
MAMFT Class of 2008  
Bethel Seminary, St. Paul

warned me about the temptation to exert myself as I started to feel better. I took her warning seriously because I wanted to get through this flare and be able to walk down the aisle to get my diploma. Honestly, there wasn't a whole lot of anything else on my mind. I was determined to complete at least enough hours of my internship to be eligible to graduate. I started setting aside time to rest and just accepted that that was going to be part of my schedule for a while. Over the final months before graduation, I had gained back 10 of the 17 pounds that I lost, my vertigo was under control, and after 3 months, I was able to start driving again. I attended class, worked on my thesis and chipped away at my internship hours. I was not pain free by any means, but I was on the road to recovery.

I was able to get enough internship hours completed to be eligible to walk down the aisle. Miracles do happen. I turned in a less than perfect thesis, honestly not remembering exactly what I wrote. For those of you with lupus, you may have experienced what is known as "brain fog." During my brain fog days, I was often unable to come up with the appropriate words to convey a thought, and so getting this thesis written was nothing short of a miracle. It was apparently a coherent piece of work, as I received my professors' acceptance.

Graduation day arrived; it was especially sweet for me because I knew I had run the last mile with perseverance. My counseling degree was unique in that it was awarded with an added bonus, the real life experience of a disease called lupus. Lupus...a bonus!? Yes, I am counting it as such. You see, lupus added the dose of reality that I needed to be able to really feel empathy for my clients. The lessons I have learned from lupus are ones I can pass on to others. Lupus has provided opportunities for me to learn how to grieve in a way that is not harmful, but in fact nurturing. That is, knowing how to experience grief in a way that honors the emotional pain associated with my loss, but in the same token prompts me to count my blessings.

Lupus has taught me that it is okay to ask for help and that asking does not make me any less of a fighter. It means that I am playing the hand I have been dealt and using the resources I have been given.

The Lupus Foundation of Minnesota is one such resource. LFM has played a significant role in the care and support I needed during this first year. Before my



diagnosis, I did not know anyone with the disease. Today, because of the support efforts of the Foundation staff, I have been blessed to participate in educational workshops, Buddy Lunches, and other events with people who understand what it is really like to live with lupus. I have received encouragement from lupus veterans who have learned how to manage life when their disease is most active.

They have helped me be more accepting of the sporadic nature of the disease. They have reminded me to appreciate the days when I can do what I want and gracefully accept the days when I cannot, knowing they too shall pass.

We can learn from each other and I am thankful to the Lupus Foundation of Minnesota for providing that opportunity.

# The Lupus Diagnosis:

## Lupus clients share their experiences and learn from one another

A primary goal of the Client Services Team at the Lupus Foundation of Minnesota is to provide education, referrals and support when an individual has been diagnosed with lupus.

Buddy Lunches are an example of this support. Here individuals can get together with members of LFM's Client Services Team to share a lunch, share stories or experiences and mutually provide support. At a recent lunch, participants were asked to complete a questionnaire regarding the circumstances surrounding their diagnosis. While the participants' diagnosis dates ranged from 1986 to 2008, and over those 14 years there have been **significant** developments in research regarding the cause and origin of lupus, the individual's stories of the struggle and confusion surrounding their diagnoses were surprisingly consistent.

Eleven participants answered a series of questions regarding these experiences. Following is a summary of the first questions and their responses:

- **Was the diagnosis a complicated process? What was it like?**

*Over one third of the respondents indicated their diagnosis took several years. All agreed the tests were complicated and painful.*

- **Were you aware of what lupus was when you were diagnosed? If yes, what was your knowledge and feelings about the disease? If no, what were your feelings around diagnosis of an unknown disease?**

*Nine of 11 respondents reported that they did not know what lupus was. The most common statement was, "I was scared and crying." One stated that she felt her life was over.*

- **What was the effect of the diagnosis on you and others in your life?**

*All reported that the diagnosis had a big effect on family and friends. Fear and confusion was the most common response. Overall, there was intense pain and overall fear.*

Lupus is a life-changing disease. It is clear the process of obtaining a clear and timely diagnosis, as well as the need for elements of support and education among providers in the healthcare community to educate and ease the patient experience, have not advanced as far as we would like.

To this end, the Client Services Team has developed a check-list including common responses and key questions to help patients, particularly the newly diagnosed.

We encourage you to look over the list. Some items you may find still need to be addressed regardless of when you were diagnosed. Record your thoughts and feelings as part of this list or in a journal. From there, assess ways you can seek answers – you can contact Client Services for support, talk directly with your family and friends or consult your doctor.

### Common Thoughts and Questions AFTER Diagnosis:

#### ME

- This isn't fair – why do I have lupus?
- Is it my fault I have lupus?
- If they would have figured this out earlier, could they have cured it?
- I feel a lot better, the lupus is gone.
- Do I really need to take these medications?
- I don't have to change my lifestyle.
- Did I do something to make lupus happen?
- I am so angry.
- I don't ever get sick, they must be wrong.
- If I can't work, how are we going to make it?
- What could I have done to deserve this?
- People don't believe me when I tell them I am too tired.
- I don't look any different, how can I be sick?
- I don't know if I can take anymore bad news.
- If I don't think about it, maybe it will go away.
- How will I make my life work now?

#### WORK

- I can do my job like always, those doctors don't know me at all.
- How am I going to tell my boss/company?
- Do I have to give up my career?
- I am too young to not work.

#### MY FAMILY

- How can I take care of my family?
- Are my kids at risk because of me?
- How can I be a good parent?  
This is impossible.

#### DOCTORS

- Why don't doctors explain anything?
- What are they hiding from me?
- They don't care.
- They don't listen.
- I'm so confused and don't know what to say at an appointment.
- Does s/he really know what is wrong?

#### FRIENDS

- Are my friends going to understand?
- My friends act strange around me.
- They are mad because I have to cancel plans.
- Only a couple of people call me these days.
- They think all I do is complain.

#### Finally, the last two questions from the survey:

- **How did you find encouragement?**

- Going to church.
- Keeping my faith.
- Keeping an open mind.
- Lupus Foundation services, workshops and groups.

- **What words of encouragement/advice would you give to someone recently diagnosed?**

- Get in a support group.
- Research lupus, keep up with current information.
- Attend groups and workshops at the Foundation.
- Participate in activities, such as the annual Lupus Walk for Hope.
- Volunteer to help others when you can.
- Have a telephone support network.
- Take your medication.
- Never give up, no matter what. There is hope.

Though the early responses to questions are difficult to read, what is important to remember is that those first feelings of fear, frustration and pain did progress to messages of hope which is an important component of responding to symptoms and living healthy with lupus.

We encourage all who have been touched by lupus to remain active in your efforts to connect with others, learn more about lupus and contact the Lupus Foundation of Minnesota for services and resource information.

Please feel free to contact a member of the Client Services Team if you need more information, to talk about referral options or to access support and educational services.

## LUPUS FOUNDATION OF MINNESOTA STAFF

**Jennifer Monroe**  
President

[jmonroe@lupusmn.org](mailto:jmonroe@lupusmn.org)

**Cheryl Como**  
Vice President of Client Programs

[ccomo@lupusmn.org](mailto:ccomo@lupusmn.org)

**Sara Otto**  
Vice President 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

[lwade@lupusmn.org](mailto:lwade@lupusmn.org)

**Timberly Williams**  
Director of Client Services

[twilliams@lupusmn.org](mailto:twilliams@lupusmn.org)

# Lupus Foundation of Minnesota Awards Grants Supporting Genetics Research

The Lupus Foundation of Minnesota (LFM) has a proud history of supporting research into the basis and cure for lupus. The refined strategic direction has made funding of research into lupus a priority with proceeds from the annual Walks for Hope and Lupus Golf Classic going directly to research. In most years, this is augmented by funds resulting from an endowment managed by LFM.

Continuing that tradition in 2009, the Lupus Foundation of Minnesota has awarded two grants to fund two research projects. The LFM Research Committee met in November to review submitted applications, selecting these two projects as both scientifically exciting as well as consistent with the Foundation's emphasis on research efforts into the genetic basis of lupus.

The two projects selected for funding are led by Dr. Erik Peterson and Dr. Daniel Mueller, both at the University of Minnesota. Each project received an award of \$30,000 to pursue these studies.

"The Role of PTPn22W in Lymphoid Development and Function" is a project managed by Dr. Peterson. He has been part of a team at the U of M that previously identified the presence of the PTPn22W gene in families as a risk factor for development of lupus. His current project has developed a mouse with this same unique protein. In this current project, Dr. Peterson will be monitoring his mouse colony for the development of autoimmune abnormalities including lupus and lupus-like symptoms. If he is successful, this will be a major breakthrough in understanding why certain families are at risk for lupus, as well as giving us a new target for lupus treatment.

Dr. Peterson says "Funding from LFM is 'make or break' for our planned studies on the workings of a new SLE risk gene. The LFM monies will be used to support care and feeding of lupus-prone animals; to purchase supplies and reagents required for detailed immunologic studies in the mice; and to support the salaries of trained immunologists who will carry out the studies."

The second project awarded funding by LFM is titled "Regulation of Histone Acetylation in Anergic T cells." Dr. Mueller leads this project, which is a continuation of a project previously funded by LFM, in which he has been researching modifications of the DNA in lupus patients that can potentially be reversed. His research has discovered a set of proteins that are altered in patients with lupus that can be forced back into a more natural status with available drugs currently used to treat other diseases such as cancer. One of the exciting aspects of this research is that if Dr. Mueller is able to change the presence of these proteins with these drugs, it may rapidly lead to clinical testing since many of these agents are already in use for other diseases.



Dr. Daniel Mueller



Dr. Erik Peterson

"With the help of the Lupus Foundation of Minnesota," Dr. Mueller says, "we have developed sufficient preliminary results to move the analysis into animals that develop arthritis. Furthermore, we are using this preliminary information to apply for larger, sustaining grants from national agencies such as the NIH, the Alliance for Lupus Research, and the American College of Rheumatology."

The Research Committee and the Lupus Foundation of Minnesota is proud of the immense efforts of the lupus community in Minnesota in supporting research on lupus and the goal of ending lupus and other autoimmune diseases in our lifetime.

## Summer Student Research Fellows Sought

In addition to these two projects, the Lupus Foundation of Minnesota once again funded research projects over the summer of 2008 for seven college students in research laboratories – five at the University of Minnesota and two at the Oklahoma Medical Research Foundation. The LFM Research Committee considers this funding to be very important in fostering the interest of a new generation of lupus researchers.

LFM plans on funding similar fellowships in the summer of 2009. They are seeking the best and the brightest! Please contact LFM if you are aware of an ambitious college student interested in an exceptional research experience this summer.

# 2008 Lupus Genetics Conference Highlights a Year of Accomplishments in Lupus Research

Many of the world's leading genetic, rheumatology and immunology scientists gathered in Oklahoma City on October 10-14 for the 2008 Lupus Genetics Conference.

Hosted by the Oklahoma Medical Research Foundation, the conference discussed the latest research on the genetics of lupus, a devastating autoimmune disease suspected to affect as many as two million Americans and 15 million people worldwide. The conference featured speakers from throughout the United States, as well as South Korea and the United Kingdom.

"Less than a year ago, we were only aware of nine genes that contributed to lupus," said conference organizer and OMRF scientist John Harley, M.D., Ph.D. "In just that short time, we have identified another 16 genes associated with lupus. That's extraordinary progress, and this conference [was] designed to make the most of those findings and build on them for future studies."

Conference sessions featured presentations by leaders in the field of lupus research, including OMRF's own Harley and other OMRF faculty members. Discussions centered on the role that genes play in causing lupus and other autoimmune diseases, industry advances and evaluation of current approaches to treatment of the disease.

Earlier this year, Harley led an international consortium of scientists that identified multiple genes related to lupus. The paper, which appeared in the journal *Nature Genetics*, was the culmination of a massive effort that involved nearly 7,000 research volunteers and 150 scientists and staff at 18 institutions in the United States and Europe.

"Our knowledge about the origins of lupus is growing by leaps and bounds right now," said OMRF President Stephen Prescott, M.D. "By bringing the best minds in the field together in one place to share ideas and discuss possibilities, new collaborations [have been] forged and new findings should result. That stands to benefit not only the research community but lupus patients, as well."

# Corporate Events and Promotions Benefiting the Lupus Foundation of Minnesota

Over the last year, the Lupus Foundation of Minnesota has been the recipient of generous donations that have come about from some clever and unique fundraising efforts.

## The Sharing Advantage

Wells Fargo Home Mortgage features a program called “The Sharing Advantage.” It prompts mortgage buyers to “open your heart as you close your loan.” When someone buys or refinances their home through Wells Fargo, the company will make a \$300 contribution to the Lupus Foundation of Minnesota. At no cost to the customer.

Juanita Estrada, Home Mortgage Consultant in Hutchinson, has had a customer take advantage of this program. Estrada says, “In order for us to keep this going, if you have any friends or family that might be looking into a mortgage or refinance, let them know about the program and how they can give to the Lupus Foundation.”

## VOICE Book Sale

The VOICE Committee (Volunteer Opportunities for Interested and Concerned Employees) at the Minnesota Historical Society (MHS) coordinates a number of fundraisers to benefit local charities. This past June, the committee hosted an internal book sale and selected the Lupus Foundation of Minnesota as the recipient of proceeds from the event. They also donated all the remaining books to the Lupus Pick-Up service.

A member of the LFM staff was also invited to be onsite to speak with MHS staff about the Foundation and lupus.

## Quist-Davis-Ryder-T.G.I.Friday's 10th Annual Golf Event

Jim Ryder and Ray Quist have annually hosted a golf tournament, calling on their friends and business associates to golf and contribute to the Lupus Foundation of Minnesota, as well as the Susan G. Komen Breast Cancer Foundation.

On a beautiful, hot August afternoon, 92 golfers teed it up at Fox Hollow Golf Course in St. Michael. Contributions from individuals and sponsors netted the \$13,700. Over the course of 10 years, the event has had 520 different participants, and raised a total of \$109,500.

## Sludgeathon

Cory Cove, KFAN 1130 AM radio personality, hosted his self-named *Sludgeathon* starting on May 17. From 2 p.m. Saturday to 2 p.m. Sunday, Sludge, as he's known in the world of sports talk radio, was on the air. Talking non-stop, he encouraged donations to the Lupus Foundation.

Sludge not only raised \$1700, he worked to raise awareness too. Taking a break of sports and random banter with many on-air guests, Cory talked about what it means to have lupus with Timberly Williams of the LFM staff as well as Robyne Robinson, Fox 9 KMSP news anchor.

Plans are already underway for a 2009 Sludgeathon, where Cory hopes to grow the event exponentially with new features and ways to raise additional money for LFM!



## lucy® Cares Event

lucy® activewear, an athletic apparel company offering innovative, fashion-forward workout wear for women, understands the importance of giving back to the community. On August 16, the lucy retail store at Rosedale hosted a lucy Cares Event. The Lupus Foundation of Minnesota received 10 percent of the store's sales that day, while shoppers received 20 percent savings, encouraging them to shop!

Store manager Gretchen Peterson echoes the sentiments set forth by lucy saying “By raising awareness to health issues and organizations, lucy hopes to empower women to serve as catalysts by providing education to each other—and the community.”

lucy helped further by stuffing each shopping bag with a brochure on the Lupus Walk for Hope, encouraging their customers to attend our annual fundraising event.

No matter how large or small, the support of these community organizations and individuals is critical to the LFM mission. All monies raised go to support serving those affected by lupus, raising awareness and funding research.

Keep an eye on our website events calendar for more events and opportunities to support the Lupus Foundation of Minnesota. **Or create your own event!**

# Lupus-related Fatigue and Cognitive Dysfunction: The Chicken and the Egg

By Melanie Harrison, MD

*The following is a summary of a presentation to the SLE Workshop at the Hospital for Special Surgery, New York.*

## The Cycle of Fatigue and Cognitive Dysfunction

In those with lupus, [systemic lupus erythematosus (SLE)], the story of fatigue and cognitive dysfunction is what Dr. Melanie Harrison compares to the story of the “chicken and egg.” Each symptom directly impacts the other and can wreak havoc upon the human body by forcing one to endure an ongoing cycle of confusion caused by exhaustion, which is caused by confusion, which is caused by exhaustion, and so on. Such a scenario is difficult for physicians to diagnose and still harder for individuals to cope with in their daily lives.

Among the general population of the United States, fatigue is the main complaint in over ten million doctor visits, or one quarter of all visits annually; this is largely because the condition itself is so dynamic. Many patients suffering from fatigue often complain of physical fatigue, where joints and bones are just worn out, while others describe more of a psychological fatigue that results from the stresses of life, work, family, etc. Still others complain simply of mental fatigue, when their mind is hazy or not operating as clearly as they believe it should. At different times and in different ways, just about anyone can suffer from one or any combination of these ailments.

Despite such different ways of presenting itself, each variable symptom of fatigue is equally real and can often be much more pronounced in those with lupus. According to Dr. Harrison, those with lupus tend to experience lupus-related fatigue as “something more from inside” the human body. Though the term sounds uncertain, it lends itself to a different, and some may argue deeper, understanding of the symptom in those who experience it as a result of lupus; fatigue is more than mere listlessness. Rather, it is when one has little trouble beginning a task, but instead tires easily and has trouble keeping up (again, whether it be mentally, physically, psychologically, or otherwise).

“Fatigue, especially related to autoimmune diseases like lupus, is often persistent,” Dr. Harrison says. “It’s very intangible, but you know the difference – especially those with lupus know the difference. It’s not the same thing as just having a cold, it’s not the same thing as just not getting a good night’s sleep.”

## Diagnosing Fatigue

Along with skin rashes and arthritis, fatigue is among the most common symptoms of lupus; over 81 percent of those with lupus, both active and inactive, will experience troublesome fatigue that will impair their ability to live normally. Despite this high percentage, fatigue, because of the variability of the symptom and its typically subtle development, is often overlooked by both patients and physicians. Indeed, many times it is only when patients first complain of fatigue that they realize that something has been “off” for quite a while.

This, according to Dr. Harrison, is one reason why physicians have had such trouble diagnosing it.

“Because we can’t do a blood test for it, we can’t do an x-ray for it, we don’t have specific questions...it’s really difficult for us to measure it,” says Dr. Harrison. As a result, the medical community has had little chance to study fatigue and, what is infinitely worse, rarely claims success in treating the ailment unless both a trigger and a continuous cause for the symptom are known.

Causes for fatigue can be many, and this is why narrowing down one specific cause can be so difficult. From a physical standpoint, fatigue can be the result of exertion, pain, or illnesses such as multiple sclerosis, rheumatoid arthritis, and lupus; behaviorally, it can be caused by poor sleep, substance abuse, stress, or any other type of disruption in daily activities; and psychologically, it may result from neuropsychiatric problems such as mood disorders or cognitive dysfunction itself.

## Cognitive Dysfunction

Cognitive function refers to the sum of all activities that compose cognitive thought. This includes the taking in of new information, interpretation of information, creating and storing new memories, problem solving, etc. If any cognitive processes are disrupted, one is said to suffer from cognitive dysfunction.

In those with lupus, 80 percent complain of cognitive problems that interrupt their life. Sometimes this can manifest itself in trivial ways such as forgetting what one is supposed to buy at the supermarket, while at other times more serious information may be in question, e.g., forgetting where to pick up one’s children. Often, cognitive dysfunction can lead to a severe decrease in quality of life because cognitive problems create a sense of insecurity.

“There can be loss of independence, either because you actually can’t do things like pay the bills properly or because you’re afraid that if you try to do something, it’s not going to be done right, so you just avoid those activities,” Dr. Harrison says. “There’s a great deal of anxiety and a great deal of depression associated with it.”

According to Dr. Harrison, there is also a great sense of fear surrounding cognitive dysfunction. Patients worry that the disease will progress, eventually leaving their minds “demented.” Based on her years of study, Dr. Harrison has concluded that in most cases (barring the occurrence of other medical conditions such as recurrent stroke or other conditions affecting the brain) patients suffering from cognitive dysfunction do not experience progressive symptoms.

The causes of cognitive dysfunction are similar to those of fatigue. In those with lupus they can include any sort of disease affecting the central nervous system, any condition affecting the brain, psychiatric disturbances (including any one or combination of 19 neuropsychiatric syndromes outlined by the American

College of Rheumatology), fever, medication (such as steroids like prednisone), sleep disturbance, pain, and fatigue. The similarities do not end there.

In those with lupus, cognitive dysfunction, just like fatigue, can range from mild to severe and can manifest itself in any number of ways, leaving patients accurately describing the same symptom while experiencing each differently.

“A lot of people will say that they know they are not thinking as clearly as they did before they developed lupus,” says Dr. Harrison. “Some days are definitely better than others and some weeks are better than others and some months are better than others, but they never quite return to what their baseline was before they had the disease.”

There is no definitive treatment for cognitive dysfunction (again, because just as in fatigue, there are no specific causes that always create the condition in the human body).

When placed side by side, the symptoms of fatigue and the symptoms of cognitive dysfunction are strikingly similar and are indicative of a cycle of conditions that can be crippling. Dr. Harrison clearly states the problem when she says that, “thinking becomes more difficult when you’re fatigued and when you’re concentrating on thinking clearly, it causes fatigue because your thinking is impaired. Now, which of these started this vicious cycle?”

## Lupus and Sleep Disorders

For those with lupus, a good night of sleep is among the most valuable activities in which one can engage in order to stay healthy and avoid symptoms of the disease like fatigue and cognitive dysfunction. Unfortunately, 61 percent of those with lupus claim that they do not feel refreshed after a night of sleep. Typically, those with lupus have sleep problems that may include any or all of the following:

- Restless sleep
- Poor sleep quality
- Sleep for too short a duration
- Problems falling asleep
- Inability to stay asleep

Another element of sleep disorder Dr. Harrison identifies is what she calls “sleep phobia.”

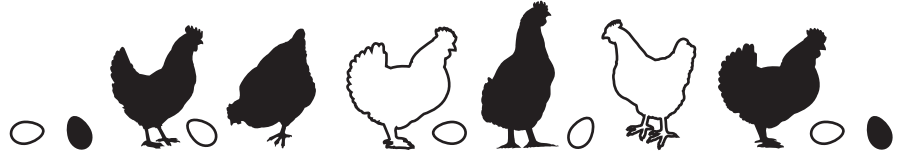
“Lupus patients tend to lay awake and are concerned about not sleeping, but what happens when you’re thinking, ‘Oh my God, I’m not falling asleep and I have so much to do tomorrow?’” says Dr. Harrison. “The more anxious you get, the less likely that you’ll be able to fall asleep or sleep well when you do fall asleep.”

As stated earlier, lack of sleep can lead to fatigue and can cause great anxiety, but it can also lead to feelings of depression, which can worsen the symptoms of cognitive dysfunction and make sleep more difficult, creating yet another “chicken and egg” scenario where one condition furthers the other in a reciprocal motion.

*Continued on page 7...*

## Lupus-related Fatigue and Cognitive Dysfunction: The Chicken and the Egg

Continued from page 6...



### Lupus-related Fatigue and Musculoskeletal Problems

In those with lupus, as in the general population, musculoskeletal problems such as arthritis account for a significant portion of the patient complaints. Musculoskeletal problems are commonly cited as a cause for fatigue. Typically, these are not chronic, but in those with lupus, there are joint and muscle pains that are inflammatory and therefore more difficult to endure.

Of those with lupus, over 95 percent claim to suffer the pain and swelling associated with arthritis (the most common symptom of lupus). An additional 20-30 percent of patients also suffer from fibromyalgia or a condition similar to arthritis where aches and pains are present but fail to show up visibly in physical examinations or on blood tests. Again, these conditions can cause sleep disorders which, in turn, cause both fatigue and cognitive dysfunction.

Anemia is yet another condition that affects many in the general population, but is also commonly associated with lupus, lupus-related fatigue, and cognitive dysfunction. In the bloodstream, iron is responsible for carrying oxygen throughout the body. When a patient is anemic (defined as an iron deficiency), a situation arises in which a patient's blood cells cannot carry enough oxygen. The body is then forced to cope by drawing more oxygen in

through such means as yawning, increasing feelings of fatigue. When those with lupus experience this, they typically experience it as what Dr. Harrison calls "anemia of a chronic disease," in which patients develop anemia slowly – the result of the inflammation in the body.

"You have enough iron," Dr. Harrison says, "but your system is just not working well."

### Treatment of Lupus-related Fatigue: A Work in Progress

Dr. Harrison stresses that although the medical community does not know everything there is to know about lupus-related fatigue and cognitive dysfunction, they are making great strides forward in their studies.

"The moral of the story is that the cause of fatigue is not clear," she says, "but we've made some progress and are learning more about the topic."

Simply because there are questions left unanswered when dealing with lupus does not mean that physicians have no advice when it comes to limiting the effects of the disease. Dr. Harrison points out, as most medical professionals do, that it is vital to maintain a healthy lifestyle that includes a balanced diet, sufficient sleep, and exercise. Keeping to these standards may not

prevent all the symptoms of the disease, but in the long run will keep one's body strong and prepared to deal with whatever lupus-related conditions may arise.

### Lupus and Keeping Healthy

Dr. Harrison reiterates that the causes for both fatigue and cognitive dysfunction in those with lupus are numerous and can range from separate conditions within the body such as mood disorders, muscle aches, or lung ailments (such as chronic bronchitis) to external factors such as stress at work or in the home, as well as medication use. Regardless of the cause, once the cycle of fatigue and cognitive dysfunction has started, the symptoms can be difficult to handle.

Until the "chicken and egg" pattern of cyclic symptoms is better understood and permanent answers to lupus-related fatigue and cognitive dysfunction are found, a proper diet, improved sleep habits, and exercise are critical in preparing the body for the surprises lupus may send your way.

*This article is reprinted with permission of the Hospital for Special Surgery, [www.hss.edu](http://www.hss.edu).*

## LFM Partners with Powell Center at U of M

The University of Minnesota Deborah E. Powell Center for Women's Health hosted a Lupus Lunch Lecture on Tuesday, December 9. The lecture, part of their ongoing monthly lunch lecture series, featured Dr. Mehrnaz Hojjati, assistant professor in the Division of Rheumatic and Autoimmune Disease at the U of M.

A lupus expert, Dr. Hojjati's clinical interests include Antiphospholipid Syndrome, lupus, Overlap Syndrome and Vasculitis. Her aim is to develop a Lupus Research Clinic at the University of Minnesota in order to further enhance patient care and translational research.

"We have been trying to get something organized around lupus for a while because it is a disease that disproportionately affects women," said Diane O'Connor, Administrative Director at the Powell Center. So the Powell Center was pleased to connect with the Lupus Foundation of Minnesota and also Dr. Hojjati.

At the lunch, Dr. Hojjati provided the packed room of over 40, including many medical students and clinicians, with an overview of the disease, vital statistics of incidence, morbidity and mortality. She also spoke on symptomatology and the effect lupus has on other systemic diseases including cardiovascular disease, diabetes and arthritis.

Brittany, an LFM client and a student at the College of St. Catherine's, who was diagnosed with lupus at the age of nine, followed with some comments on how lupus has affected her life. Despite dealing with lupus on a daily basis, she is working on a double major and double minor at St. Kate's. She cited the importance of keeping stress levels low and keeping a positive attitude as most effective in her fight to avoid flares.

Pleasantly surprised by the number of attendees and their enthusiasm, Dr. Hojjati said events like this are critical in explaining the role lupus plays in women's health.



St. Kate's student Brittany speaks at the Lupus Lunch Lecture at U of M.

"These lectures can be fundamental in increasing the public's awareness of the importance of lupus research and its benefit in improving the quality of life and day-to-day living of lupus patients, hopefully helping lupus clinicians and researchers in bridging the boundaries between patient care and clinical research and further expanding clinical trails in lupus."


Dr. Hojjati is the director of the Lupus and Sjogren's Clinic at the University of Minnesota Medical Center, Fairview that is open on Wednesdays from 8 a.m. - 12 p.m. To make an appointment or for further information, call 612-625-8690.

# 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.

If you have been touched by lupus, we encourage you to attend a group. Groups are led by those who have a passion for service and are there to connect the lupus community while providing valuable support. The following is a list of groups that are being conducted around the state as well as out state.




Please take note that due to the ever-changing condition of lupus, it is important that you consult a medical professional for any concerns regarding symptoms, medication or care, as support group leaders are not medical professionals.

**This symbol  denotes support that is conducted through consultation and in collaboration with the Lupus Foundation of Minnesota.**

## TWIN CITIES AREA GROUPS

City	Address	Date & Time	Contact(s)
Bloomington	Christ the King Lutheran Church 8600 Fremont Avenue S. Bloomington, MN 55401	Third Monday 7:30 – 8:30 p.m.	Judy Johnson (952) 831-4722  Arlene Knutson (952) 881-8558
 Minneapolis	Sabathani Community Center 310 East 38th Street Minneapolis, MN 55409	Call for dates and times.	Cheryl Como, LFM (952) 746-5151 <i>ccomo@lupusmn.org</i>
 St. Louis Park	Park Nicollet Medical Center 7th Floor West Conf. Room 3800 Park Nicollet Blvd. St. Louis Park, MN 55416	Third Tuesday 7:00 – 8:30 p.m.	Cheryl Como, LFM (952) 746-5151 <i>ccomo@lupusmn.org</i>  Deb Turner (763) 585-0342 <i>propturner@yahoo.com</i>
West St. Paul	Baker's Square 1949 South Robert St. West St. Paul, MN 55118	First Tuesday 6:00 – 8:30 p.m.	Nancy Palmer (651) 894-9689 <i>nnmpalmer@comcast.net</i>

## OUTSIDE METRO AREA GROUPS

City	Address	Date & Time	Contact(s)
Alexandria	Douglas County Hospital Board Room	Call for dates and times.	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 <i>kateQi@aol.com</i>
Mankato	Call for meeting 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 <i>curelupus@charter.net</i>  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

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 <i>lupus@rap.midco.net</i> <i>www.blackhillsarthritis.org</i>

# Groups in Development

The Lupus Foundation of Minnesota is interested in expanding groups to other parts of the metro area as well as meeting needs of specific populations. The following lists groups that are in development. If you are interested in joining or offering support to one of these groups, please contact the appropriate Client Services Team member noted below.

Our LFM's Client Services Team (CST) offers support to group leaders, and in 2009 will be conducting training and certification workshops. If you are interested in becoming a community support group leader or have any questions or concerns, please contact Cheryl Como at (952) 746-5151 or (800) 645-1131.

## GROUPS IN DEVELOPMENT

City and/or Focus
Young Adults (Ages 16-21)
Spanish Speaking Group
Men's Group
St. Paul Area
Southeast Metro Area
Maple Grove and Northwest Metro Area
Roseville Area
Anoka/Ramsey Area
Family and Supporters


# 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	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
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 x106
		
Twin Cities	Sarys Gomez-Lira	(651) 735-0566

# Thank You to Our Contributors... SEPTEMBER 16, 2008 – DECEMBER 15, 2008

## Contributors:

Adventure Retail Limited  
 AlloSource  
 America's Charities  
 Sandra Antonelli  
 APOGEE Retail, LLC  
 Mary Barclay  
 John and Joyce Becklin  
 Virgil and Gloria Beecher  
 B.C. and Marlys Bilotta  
 Jessica Blaz  
 David and Marilyn Braaten  
 Colleen Brandel  
 Craig Bratvold  
 Jaime Bell  
 Katherine Bindert  
 Kathy Boe  
 Peggy Borchert  
 Frederic Boyden  
 Kathy Breuer  
 Sheila Brinker  
 Dorothy Brisco  
 Lois Burgoyne  
 James Byrne  
 Calvin and Beverly Calmenson  
 Richard and Arlene Campion  
 Ronald Castellano  
 Barbara Chenery  
 Vaidehi Chowdhary  
 Lynn and Brenda Clarey  
 Esther Clauson  
 Jennifer and Donald Coughlon  
 Mae Courteau  
 Kurt and Jill Culp  
 Dominc Difalco  
 Doris Drossel  
 Joanne Eason  
 Michael Ellingsworth  
 Gladys Erlson  
 Joel and Alicia Farmer  
 Julie Fedeler  
 Gordon Fick  
 Susan Fischer  
 Mary Fuchs  
 Edward and Joleen Fujan  
 Shane Geng  
 Laurie Gilseth

Stephen and Karen Glenn  
 GMAC ResCap on behalf of Julie Sample  
 Goodsearch  
 Gordon and Carol Groseth  
 Sarah Groven  
 William and Patricia Harrod  
 Michael and Bonnie Hayden  
 Thomas Hughes  
 David Hackenmueller  
 Alvina Hanson  
 Suellen Hanson  
 Marlene Harbinson  
 Karen Hennessy  
 Jeff and Tanya Herbst  
 Susan Marie Higgins  
 Jacqueline Holmes  
 Patrick Imgrund  
 Carl Jannett  
 Jeff Sers Promotions  
 Arthur and Betty Joerres  
 E. Ray and Bonnie Johnson  
 Willard and Geraldine Johnson  
 Dave and Jan Jundt  
 Onesmo Kibira  
 Melissa Klein  
 Lois and Richard Koch  
 KPMG on behalf of Jodie Scott  
 Robin Kohl  
 Michele Kokosh  
 Thomas and Lisa Kowalewski  
 Cindy Kowalski  
 Marlys Kuehn  
 Dorothy Kunze  
 Nancy Lane  
 Dan Langworthy  
 Bob and Jude Ledebuhr  
 Jacqueline Lind  
 Russell and Avis Lindquist  
 Beth Madsen  
 Sandra Magnavito  
 Elaine Mansfield  
 Marshal & Ilsley Bank  
 Susan Masters and Robert Hulten  
 Eric and Herta Matteson  
 Mary Mattsson  
 Diane Maunu  
 Mary McAlister

Christine McCarter  
 Dale and Barbara McNamara  
 Meehan-Joseph Marketing  
 David and Rebecca Menken  
 Jennifer Menken  
 Timothy and Carolyn Metcalf  
 Microsoft Giving Campaign  
 on behalf of Nancy Petersen  
 Thomas Miller  
 Stephen and Jan Mlynarczyk  
 Dr. Kevin and Suzanne Moder  
 Jennifer Monroe  
 Mark and Lizabeth Montgomery  
 Morgan Stanley Annual Appeal Campaign  
 on behalf of Amy Labonne  
 Fuzu Moy  
 Thomas and Margaret Murphy  
 Dale and Linda Murray  
 Kathleen and Robert Nelimark  
 Nestle on behalf of Christine Amundson  
 Judy Nishimura  
 Terry Nolan and Carl Markus  
 J.P. and Mary Nordstrom  
 O.C.B. Golf Classic  
 O.C.B. Golf Classic on behalf of Donita Dahm  
 James Olson  
 Lois Oppen-McClun  
 Viola Osgood  
 Ross and Jennifer Otto  
 Sara Otto  
 Joan Petroff  
 Evelyn Piepgras  
 Sally Ploumen  
 Kathy Poulos  
 Donald and Lorraine Raether  
 Peter and Marilyn Rasmussen  
 Sheri Robinson  
 Henry and Donna Roemer  
 Loretta Ross  
 Nancy Rustad  
 Jim Ryder  
 Jackie Sailer  
 Fred and Ruth Sauer  
 Roger and Angeline Schnobrich  
 Robert and Linda Schreiner  
 Andrea Serna  
 Karren A. Smith

*Continued on page 10...*

# Thank You to Our Contributors...

## Contributors:

*Continued from page 9...*

Paul Sommer  
Amy Steely  
Dawn BF Stewart  
Mark Stewart  
Stewart Title Guaranty Company  
Anne Stokes  
Gustavo and Giselle Taberna  
Tamara Titus  
Diana Trickel  
Roger and Marlene VanBuren  
Rick and Kathy Van Norman  
Chelsey Van Norman  
Charlotte Vucinovich  
Carol Waller  
Ann Walsh  
Washington Mutual on behalf of Joan Fuchs  
Phyllis Webb  
Maria Wedel  
Erna Wendorf  
Thomson West  
Bruce Winter  
William Webster  
Wells Fargo Home Mortgage  
Western National Mutual Insurance Company  
David and Carol Whitaker  
RaeAnne Yat  
Eugene and Patricia Zummach  
Cary and Mark Zwolski



## Community Funds:

Buffalo Lake Community Fund  
City of Vesta Charity Drive  
Fertile Annual Fund  
Fraternal Order of Eagles –  
Ladies Auxiliary # 3264  
Greater Kalamazoo United Way  
Greater Twin Cities United Way –  
on behalf of: Beverly Anderson,  
Julie Clifford, David Hahn,  
Kathy Reimler, Patricia Grazzini,  
Judy Thompson, Eric Schned,  
Jill Schmaedeke, Amy Dahl and  
Kari Brey  
St. James Community Fund, Inc.  
UWSEPA  
Wells Fargo Community Support  
on behalf of Ronda Bandy

## In Honor of:

### Kathy Anderson

Timothy and Catherine Anderson

### Jaime Bell

Michael and Sharon Bell  
Ward and Debra Brossoit  
Ciara Carter  
Russell and Dawn Clevenger  
Mark and Jennifer Darcy  
Leann Drees  
Melissa Esch  
Dera Hanson  
Ben and Kathryn Hinrichs  
Gerald and Norine Huneke  
Robert and Deborah Scherbring  
Phillip and Jamie Schroeder  
Gary and Patricia Stevens  
Sheila Thorson

### Michelle Brambilla

Gregory and Kathryn Hart  
Karen Miller

### Brian (son)

Robert Grimm

### Cheers for Chelsea and Chelsea West

Gail Reynolds  
Michelle Okposo

### Stephanie Deutschman

Lina Wade

### Amy Field

Delores and Virgil Goebel

### Susan Fischer

Helen Fischer

### Elizabeth Fletcher's team

Matthew and Elizabeth Fletcher  
Susan Marie Higgins

### Cathay Hoven's team

Cathay and Grant Hoven

## Bill Jenison's retirement

Starr Benjamin  
Dr. Emily Gillespie  
Janis Hoey  
Bill and Darlene Jenison  
Leland and Norma Jenison

## Melissa Klein

Tracy R. Anderson  
Eileen King  
Christine Kot  
S. Medick  
Scott and Mitzi Mickelsen  
Krista Quandahl  
Mary Kay Van DerGeest  
Michael and Lori Wildeck

## Nicole Klein

Danny and Barbara Alstrom  
Mark and Anne Baron  
David and Bonnie Books  
David and Rita Cronin  
Edward and Brenda Hedrick  
Melissa Hessenius  
Jeffrey and Debra Johnson  
Dean and Lois Klein  
Bradley and Jacklyn Marburger  
Dale and Barbara McNamara  
Patrick and Pauline Morgan  
Philip Olson  
Robert and Barbara Petit  
David and Michelle Roark  
Elizabeth Robbins Keller  
Faith M. Ryan  
Patrick and Mary Ryan  
Vincent and Sheri Sexton  
Alan and Monica Van Houten  
Charles and Rosemary Van Houten

## Dawn Miller

David and Kathleen Krause

## Sheila Mix's Team

Sheila Lois Mix

## Marit Nowlin

Larry and Elizabeth Drumm

## Sheri Robinson

Joseph and Joan Janzen

## Eric Roedel and Eric's Team

Betsy Parish  
Jerry and Lea Reese

## Jeri Ryan

Thomas and Jacklyn Auset  
Lori Foss  
Wayne and Bonnie Hermann  
Ann and Rahn Lund  
Ronald and Shirley Lund  
Joseph McBride  
Marlin and Sara Rude  
Iva Mae Stee  
Henry Syverson  
Gary and Wendy Teigen

*Continued on page 11...*

# Thank You to Our Contributors...

## In Honor of:

*Continued from page 10...*

### Jimmy Ryder

Edward Silberman  
TGIF Golf Tournament

### Shannon Schultz

Sandra and Brad Wesely

### Amy Steely

Marge Axford  
Tiffany Christensen  
John and Carol Koenigs  
Thomas and Susan Preston  
June Schenk  
Melinda Yep  
Patricia Ziemer

### Dominic Wharram

Timothy and Becky Barrus  
Fred and Marda Bolt  
Theresa P. Brown

### RaeAnne Yat

Gary and Becky Anderson  
Patty Berg  
Waylen and Jayne Busho  
Cochran, INC.  
Jennifer and Donald Coughlon  
Dan and Karen Doering  
Eastwood Bank  
Stephen and Karen Glenn  
Les and Barb Herbst  
Elaine and Robert Hoffman  
Carolyn Hyland  
E.R. Jacobson  
Bill and Darlene Jenison  
Kasson Mantorville Lions  
Kasson State Bank  
Kolpin-Chawra, LLC  
Dean and Kathy Landkammer  
Bob and Jude Ledebuhr  
Joel and Teresa Matheson  
Morning Pride Lions Club  
Mike and Judy O'Neil  
Richard and Shirley Peter  
Daniel and Sandra Peterson  
Lance and Clarice Peterson  
Michael and Lisa Peterson  
Leroy and Margaret Quam  
Rickon Properties, LLC  
Thomas and Teri Westphal  
David and Carol Whitaker

### Terri Walker

Saint Paul Travelers Foundation  
on behalf of Kelley J. Meyer

### Bree Zimmerman

Randy and Kathleen Zimmerman

### Diane Zimmerman

Mr. and Mrs. Steve Lampi  
Thomas and Barbara Ramsden  
Jeanne Verdick  
Joel and Kristin Zimmerman

## In Memory of:

### Becky Anderson

Wayne and Marjorie Smith

### Agnes Bakke

John and Therese Cosgrove

### Eleanore Benson

Barry and Marcia Gerst  
Frank and Ardelle Linc  
Mary Kay Peterson  
Terese and Michael Rowekamp

### Jim Boll

Sue Schott

### Don Burch

Sue Schott

### Irish Campbell

Sue Schott

### Dad's birthday (10/3)

Janis Hansen

### Bernice Follett

John and Therese Cosgrove

### Leanne Gerten

John and Therese Cosgrove

### Richard Gorans

John and Therese Cosgrove

### Lori

Joan Nutzmann

### Robert Mann

John and Therese Cosgrove

### Susan Merkel

Dorothy Pribil

### William Middlecamp

John and Therese Cosgrove

### Rita Norling

Roger Norling

### Marion Peterson

John Peterson  
Wendell Peterson  
Wendy Bouley and Family

### Daniel Payne

John and Therese Cosgrove

### Olive Petrucci

John and Therese Cosgrove

### Barbara Ann Ratliff

Bill and Carol Cook  
Msgt. Chris Mayer, USAF Ret.  
Douglas Luann Melum  
Tom and Wendy Svendsen  
Charles and Ellen Waldner

### Doris Reinartz

Hank Reinartz

### Christine Rogers

Keith D. Rogers

### Jeni Lee Rolfsrud

Jeni Lee Rolfsrud Memorial Fund

## Rev. Richard D. Vangerud

Bobby and Esther Persen

## Mary Warrick

Betty Mae Badali and Vicki Swan  
Lawrence Bot and Barbara Helms-Bot  
Wilber Clark, Jr. and Delphie Clark  
William and Mertle Decoursey  
Richard and Kathleen Donahue  
James and Marilyn Donnelly  
Kate Eckman  
Brad Engdahl  
Kathryn Engdahl  
Gloria Freeman  
Peter and Delois Freemark  
Allan and Mary Jo Glad  
Kenneth Gordier  
Dolores Hippe  
Donna Hosler  
Douglas and Linda Johnson  
Orvin and Ada Larson  
Dennis and Marcia Letourneau  
Roy Letourneau and Joan Knab  
Minneapolis Oxygen Company  
Lois Myers and Claudia Price  
Beatrice O'Connell  
James and Darlene Rodger  
Thomas and Barbara Ryan  
Robert and Delphie Sorenson  
Katheryne Tarasar  
Marcia Taylor  
William and Sally Umphress  
Gregg Voss  
Paul and Diane Voss  
Margaret Waldorf  
Williams Industrial Supply

## Jesse Westphal

Pauline Ballweg  
Arthur Heigaard  
Alphonse Hiltner  
Harry Nelson  
Florence Smith  
Elaine Strand  
Renae Tholkes

## Bruce Zaeske

Roger and Nellie Hultman



## 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

## UPCOMING EVENTS

### Monthly Buddy Lunches

**Second Wednesday of Each Month** (January 14, February 11, March 11 and April 8)  
11:30 AM – 1:30 PM

Lupus Foundation of Minnesota Office (Third Floor Conference Room)  
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 the Client Services Team at (952) 746-5151 or (800) 645-1131.

### Monthly Support Group Meetings

**12 monthly meetings conducted throughout Minnesota, North Dakota and South Dakota**  
Refer to Page 8 for the complete listing and further details.

### Minneapolis Women's Expo

**Friday – Sunday, January 16-18**

**Friday: 11:00 AM – 7:00 PM; Saturday and Sunday: 9:00 AM – 5:00 PM**

Minneapolis Convention Center, Hall D

The Lupus Foundation of Minnesota Client Services Team will have a booth and will be providing education, information and support to expo attendees. For more information, contact a member of the Client Services Team at (952) 746-5151 or (800) 645-1131.

## SAVE THESE DATES

### 2008 Lupus Foundation of Minnesota Annual Meeting

**Tuesday, April 21, 2009**

**More information forthcoming.**

For more details, call the Lupus Foundation of Minnesota at (952) 746-5151 or (800) 645-1131 or [info@lupusmn.org](mailto:info@lupusmn.org).

### 2009 Lupus Golf Classic

**Wednesday, July 8, 2009**

**Noon Shotgun Start**

StoneRidge Golf Club, Stillwater, MN

Sponsorships available now. Contact Sara Otto at (952) 746-5151 or email [sotto@lupusmn.org](mailto:sotto@lupusmn.org).

### Lupus Walk for Hope

**Twin Cities – Saturday, September 12**

**Rochester – Saturday, September 19**

**More information forthcoming.**

Sponsorships available now. Contact Sara Otto at (952) 746-5151 or email [sotto@lupusmn.org](mailto:sotto@lupusmn.org).

## MINNESOTA

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

*Murette was committed to educating others about this disease.*

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

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

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

