

## Charity Walk 2014

The 2014 LAO Charity Walk was a success from many perspectives. We want to send out a huge THANK-YOU to the team leads and all the participants, donors and supporters!



Team Burlington

The teams had family members, children, colleagues, friends and pets join the event. All enjoyed the walk and companionship! From this perspective, the Charity Walk was a success. To date we have raised \$10,000; this is half of our target but every little bit helps and we continue to accept donations.

On behalf of all those who are affected by lymphedema, thank-you again!

Team	Leader
Barrie	Barbara Foster
Burlington	Kim Gladman
Kitchener	Melody Southgate
Mississauga	Rekha Sharma
Niagara	Bonnie Baker
Ottawa	Louise Haley
Thunder Bay	Leona DiCasmirro
Toronto	Janice Goldberg
Virtual	LAO team



Team Mississauga

If we were to give this year's event a theme, we believe it would be "perseverance". Several of the teams had personal challenges but they persisted and maintained their commitment to support our cause.

*"With ordinary talent and extraordinary perseverance, all things are attainable"*  
— Thomas Fowell Buxton



Team Burlington

## Lymphedema Association of Ontario

*Committed to improving the lives of people living with lymphedema*

3044 Bloor Street West, Suite 299  
Toronto, Ontario M8X 2Y8

416-410-2250

Toll Free: 1-877-723-0033

info@lymphontario.ca

### Charitable Registration number

87165 5049 RR0001

### Board of Directors

**Ruby Kreinder**

**Janice Goldberg**

**Barbara Foster**

**Ben Ciallella**

**Anna Kennedy**

### Staff

**Radosna Bijukovic**

Executive Director

**JoAnne Raditz**

Project Manager

### Medical Advisory Board

**Ian Dayes MD**

Hamilton Juravinski Centre

**Robert Harris RMT CDT**

Vodder International School

**Donna Lue Reise RN CDT**

Talspar Nursing Services

### International

**Saskia Thiadens RN CDT**

United States-NLN

**Shetty Lee MD**

Austria-Wittlinger Clinic

**Neil Piller PhD**

Australia-Flinders University

# A little goes a long way



Nothing makes a mom more proud than their little girl mimicking your daily activities from feeding their doll... to playing in the kitchen sink and "washing" the dishes. Well... me being a business owner, my children have spent many hours making themselves at home in the clinic. My kids tend to mimic me by wrapping bandages around their dolls' arm or leg and asking questions like "what is lymphedema?" On September 21, 2014, my two daughters are making me proud once again! They are without hesitation donating their month's allowance to the Lymphedema Charity Walk. They are excited to walk the 5km although they really aren't sure of how far that is. LOL!!

—Kim Boersen-Gladman

## 2015 Conference Sessions

We are looking forward to our Back to Basics & Spring Forward Ontario Lymphedema Conference on March 6 & 7, 2015. Here are some of the sessions we have planned so far. Go to [www.lymphontario.ca](http://www.lymphontario.ca) for more up-to-date information.

- Dr. Kathleen Francis
- Donna Lue-Riese, RN—Perspectives from a lymphedema patient and lymphedema therapist
- Dr. Dalia Tobbia—Overview of lymph surgeries for lymphedema management
- Dr. David Keast—Skin care strategies and recommendations related to prevention of complications such as cellulitis
- Return to work considerations after lymphedema diagnosis and treatment —Pamela Bowes, Social Worker
- Night garments for lymphedema management—John Mulligan, RMT
- Electro-acupuncture for lymphedema management—Derek Rosa RPN, PhD candidate (McMaster University)
- Research of naturally occurring substances to act as anti-inflammatory and immune stimulating agent to treat chronic lymphedema. —Debbie Ciotti-Bowman, daughter of lymphedema patient Catharine Bowman
- Nutrition education related to diet and healthy eating tips for chronic disease prevention and management including lymphedema—Christy Brissette, Registered Dietician
- Self massage techniques for lymphedema management —Pam Hammond, RMT
- National and global lymphedema community engagement to drive change —Anna Kennedy, Canadian Lymphedema Framework
- Yoga session for lymphedema (limited to 25 participants) – Rebecca Wilkinson, Registered Massage Therapist
- Aqua Lymphatic Therapy (ALT) for leg lymphedema (limited to 15 participants) —Ramona Herman, RMT



# Back to Basics & Spring Forward

March 6 & 7, 2015

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Telephone \_\_\_\_\_ Email \_\_\_\_\_

Where did you hear about our conference? \_\_\_\_\_  This is my first conference

**This form is for those without computer access ONLY. You are encouraged to register online.**

**[www.lymphontario.ca](http://www.lymphontario.ca)**

## 1: REGISTRATION TYPE

		Patients and Family	Health Professionals	Full-time Students
<b>Early Bird</b> Nov 1st-Dec 31, 2014	Friday (no discounts)	Not applicable	<input type="checkbox"/> \$100	<input type="checkbox"/> \$50
	Saturday LAO Member	<input type="checkbox"/> \$60	<input type="checkbox"/> \$160	<input type="checkbox"/> \$100
	Saturday Non Member	<input type="checkbox"/> \$75	<input type="checkbox"/> \$200	
<b>Regular</b> Jan 1st-Mar 5th, 2015	Friday (no discounts)	Not applicable	<input type="checkbox"/> \$125	<input type="checkbox"/> \$65
	Saturday LAO Member	<input type="checkbox"/> \$72	<input type="checkbox"/> \$200	<input type="checkbox"/> \$125
	Saturday Non Member	<input type="checkbox"/> \$90	<input type="checkbox"/> \$250	

## 2: DISCOUNT OPPORTUNITIES

I would like to purchase a one year LAO membership and be eligible for the discounted LAO member conference pricing, **plus** receive a subscription to *Pathways* with the Lymphedema Association of Ontario's *Lymphedema Matters* insert.

**LAO Membership Fees:**  Individual Patient: \$50  Health Professional: \$150  Professional with CDT Listing: \$200

**Donation:**  I would also like to provide a donation to support the work of the LAO: \$ \_\_\_\_\_ **Total Due \$** \_\_\_\_\_

## 3: PAYMENT OPTIONS MC Visa AMEX Cheque (payable to Lymphedema Association of Ontario)

Card Number \_\_\_\_\_ Expiry Date \_\_\_\_\_

Name on Card \_\_\_\_\_ Signature \_\_\_\_\_ Date \_\_\_\_\_

## 4: SESSION SELECTION

Note: for detailed session descriptions and recommendations, visit our website or call today

FRIDAY - Health Professionals only (limited space)
OPTIONAL Pre-conference industry sponsored events (please choose 1)
<input type="checkbox"/> <b>Workshop 1—BSN</b> See details on-line
<input type="checkbox"/> <b>Workshop 2—3M</b> See details on-line
<input type="checkbox"/> <b>Workshop 3</b> See details on-line

SATURDAY - Patients and Health Professionals	
<b>Concurrent Session 1</b> (please choose 1)	<input type="checkbox"/> <b>1A</b> Skin care <input type="checkbox"/> <b>1B</b> Return to work <input type="checkbox"/> <b>1C</b> Night garments
<b>Concurrent Session 2</b> (please choose 1)	<input type="checkbox"/> <b>2A</b> Research presentations <input type="checkbox"/> <b>2B</b> Nutrition education <input type="checkbox"/> <b>2C</b> Self massage
<b>Concurrent Session 3</b> (please choose 1)	<input type="checkbox"/> <b>3A</b> Community engagement <input type="checkbox"/> <b>3B</b> Yoga session (limited to 25 participants) <input type="checkbox"/> <b>3C</b> Aqua Lymphatic Therapy (LEG) (limited to 15 participants) <input type="checkbox"/> <b>3D</b> Aqua Lymphatic Therapy (ARM) (limited to 15 participants)

**Please note:** All sessions/workshops are subject to change.

Please mail/fax to: **Lymphedema Association of Ontario**

416-410-2250 | 1-877-723-0033 | Fax: 416-546-8991

For patients and professionals | Sheraton Toronto Airport Hotel and Conference Centre

 **Lymphedema** | Conference  
Association of Ontario

# Back to Basics & Spring Forward

March 6 & 7, 2015

## Featuring Guest Speakers

**Dr. Kathleen Francis**

Medical Director, St. Barnabas Lymphedema Treatment Centre. Livingston, New Jersey

[See Details Online](#)

**Dr. David Keast**

Medical Director of the Chronic Wound Clinic at St. Joseph's Parkwood Hospital. London, ON

[Skin Care Strategies](#)

**Dr. Dalia Tobbia**

Specialist Plastic Surgeon  
Ireland

[Overview of Lymph Surgeries](#)

**Registration** will open in November. Detailed information will be posted on the LAO website, [www.lymphontario.ca](http://www.lymphontario.ca)