

It's the heart of summer as this is being written but the year is moving quickly, and bringing a number of challenges. As you know, LANL is volunteer run, and several Board members have been less available than they would prefer due to personal circumstances. As a result, we've had to manage our own expectations for what we each can get accomplished for LANL. But the work to bring lymphedema resources to those in the province who need it is continuing!

Lymphie Connections

We had a great Lymphie Connections Support Group Meeting on June 12, generously hosted by Lemon and Lime Health Shoppe. The topic was skin care, with discussion topics including moisturizers, sunscreen and bug bite care. Board member Janet Montevecchi provided wonderful home-made treats for the group!



Janet Montevecchi discussing skin care for lymphedema patients.

Contact us

We love hearing from you!

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www.lymphnl.com

www.facebook.com/lymphnl

Lymphie Connections Support Group:
<https://www.facebook.com/groups/318289785606424/>

If you are interested in more information on skincare, these are some of the resources used at the meeting:

Skin Care tips: Canadian Lymphedema Framework: <https://canadalymph.ca/hints-and-tips/#skincare>

Database to check the ingredients in your products: Environmental Working Group's Skin Deep® database:
<https://www.ewg.org/skindeep/top-tips-for-safer-products/>



Fall 2019

Reaching Out to More Lymphedema Patients

We've been looking for ways to reach patients in all areas of the province. While our Facebook page has been reaching quite a few, based on the statistics from around the world, we know there are a lot of people in NL with lymphedema who are undiagnosed and/or untreated. We're working with the Government of NL to have the healthcare system more aware of the disease and to have treatment more readily available.

LANL NEEDS HELP WITH ORGANIZING AWARENESS EVENTS OUTSIDE THE AVALON AREA. WOULD YOU LIKE TO SEE A SUPPORT MEETING OR PUBLIC FORUM IN YOUR REGION? CALL US AT 709-763-5125.

Additionally, we've now engaged a Public relations consultant to help us organize our efforts to reach more people. Our initial meeting produced some great ideas for increasing lymphedema awareness across the province. The document we received shows that the consultant gets it: *Reaching Your Community Through Awareness & Education: Communications Strategy*. We're looking at different means of spreading awareness including how to effectively use social media.

There's a pretty steep learning curve for some of us.

Some of our commercial supporters, such as Lawton's Home Healthcare in St. John's and Corner Brook, HealthQuest, and Lemon and Lime Health Shoppe have graciously displayed the LANL banner (shown on Page 1 next to Janet) on their premises to raise awareness. When people make inquiries, they are given contact information for LANL as well as the lymphedema pamphlet produced by the Canadian Lymphedema Framework. Staff at Lawton's Home Healthcare in Corner Brook also delivered pamphlets to local physicians' offices.

Changes to the Board of Directors

Linda Burns, the Home Health Care Manager with Lawton's Drugs on Topsail Road, has resigned from the Board, due to other commitments of her time. She has been invaluable to the Board, with her knowledge of compression garments and her willingness to support all our events. Through Linda's efforts, Lawton's Home Health Care provides LANL's members with a 15% discount on compression garments and has sponsored a LANL Public Forum. We will miss Linda's contribution to the Board.

2020 WILL BE ELECTION YEAR FOR THE BOARD OF DIRECTORS. ARE YOU INTERESTED IN VOLUNTEERING YOUR TIME?

National Conference Networking

At the National Lymphedema Conference in November, there will be a networking session for the provincial associations. While the CLF hosts a quarterly conference call, a face-to-face meeting usually produces ever greater collaboration. Again, we depend on our volunteer Board, since LANL does not fund conferences unless its continuing education for a Certified Lymphedema Therapist (CLT)!

We're Looking for Volunteers!!

It's apparent that there is a lot of work LANL could be doing. Limited resources of the Board members mean we must be selective over what gets done.



If you're looking for an opportunity, we can use help in these areas:

- Technology: social media, connecting via the Web, producing videos.
- Organization (particularly outside the St. John's area): support group meetings, Public Forum set up.
- Graphic Art

- Community Lymphedema Awareness Day and Month (March) activities in your community.
- Community educational material delivery – pamphlets that can be left in clinics, physicians' offices and other areas in your community.
- Community organization of Aquatic Lymphatic Therapy.

With your help, we can reach lymphedema patients who may be undiagnosed or untreated, and make sure they have the information and know how to manage the disease.

Charitable Donations

LANL is now a registered charity. When you're planning your charitable giving, we hope you keep us in mind. As we expand our access to lymphedema patients, we expect to need more financial resources. Your contribution can help fund:

- providing educational materials to make healthcare providers more aware of lymphedema and its treatment,
- delivery of self-management tools, such as Aquatic Lymphatic Therapy, to more patients,
- more lymphedema education and training for CLTs,
- development of more support for lymphedema patients in rural and remote areas.



Fall 2019

CERTIFIED LYMPHEDEMA THERAPISTS, NL

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Teresene Walsh Oakley RMT

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FITTERS, NL

Health Quest

- Kenmount Road, St John's 754-5944
- 19 Cromer Ave Grand Falls-Windsor 489-2111

Green's Pharmacy

Kelligrews 834-1420

Orthotic Aids

335 LeMarchant Rd St. John's 579-2135

Lawton's Home HealthCare

- 496 Topsail Rd, St John's 364-2500 Press 5
- 11 Elizabeth Avenue, St. John's 722-3171, Press 5
- 48 Kenmount Road, St John's 722-5460
- 137 O'Connell Dr. Corner Brook 639-8971

Pharmachoice

Gander 651-2003

Cabot Pharmachoice

105 Manitoba Dr. Clarenville 466-3236

Medical Supplies Specialty

Carbonear 596-0484