



By the time you read this, a new year will be starting. LANL's Board of Directors would like to wish you a 2019 filled with wellness and contentment! While fall seems to be LANL's busiest time of year, planning for it is a year long process. Here's what we've been working on.

Lymphoid Connections

Join our Facebook support group – Lymphie Connections is online! This group may help provide information and/or answers or can just be a place to discuss whatever interests you. <https://www.facebook.com/groups/318289785606424/>

The October Lymphie Connections was really interesting! It was all about self measurement - how to track your lymphedema by measuring the same way each time. It was presented by Emily O'Brien and Chelsey Billings, who are introduced to you on Page 2.

Public Forum

The theme of this year's Public Forum was "Living Well with Lymphedema. We had dynamic speakers talking about nutrition, mental wellness as well as practical tips for living with a chronic illness. There were about 40 attendees – mostly lymphedema patients. We received great feedback on the forum, and the group discussion sessions were lively and informative. Many thanks to Lawton's Home Healthcare for sponsoring this event. Also, we were very pleased that the Department of Health and Community Services' Chronic Disease Consultant attended. Last, but not least, Jean Ann Ryan, Lymphedema Coordinator at the Dr. H. Bliss Murphy Cancer Centre did an exceptional job of arranging the event!

Submissions

We'd love to include your story and ideas in this newsletter. Copy is subject to editing and available space.

Contact us

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Advocacy

We are pleased to let you know that LANL's discussions with the provincial Department of Health and Community Services are continuing. In September, LANL gave a presentation, entitled *Lymphedema Management for Health Care Providers*, to the Chronic Disease Self-Management Working Group. We're working on having lymphedema included in the province's initiatives to manage chronic illness. The province's Chronic Disease Policy Framework includes policies related to self-management, prevention and awareness, health care delivery, practice guidelines, information systems and research, and community action. Each of these areas is relevant to lymphedema treatment and management, and LANL is hopeful; that lymphedema can be specifically included in each aspect.

Introducing the Province's Newest Certified Lymphedema Therapists (CLTs)!

There's a new CLT practicing in Paradise, and another in St. John's. Both perform Complete Decongestive Therapy (CDT), the complex physical therapy that utilizes manual lymph drainage, skin care, exercise and compression therapy.

Emily O'Brien is one of the newest CLTs in Newfoundland. Emily started working as a Registered Massage Therapist for Body Quest Health and Wellness in Paradise after graduating from the Massage Therapy program at Eastern College in September 2016. In January of 2018 Emily completed the CDT program with Norton School for Lymphatic Therapy after learning about the provincial shortage of therapists trained in MLD and Lymphedema care. While she is still very new to this therapy she learns something new from every patient she sees and looks forward to furthering her lymphedema knowledge and education to treat patients to the best of her ability. Emily is looking forward to working with more patients with lymphedema to put her skills to work helping you manage symptoms and improve your quality of life as well as spread awareness and educate others on what living with lymphedema can entail. You can contact Emily by email at emilyobrmt@gmail.com or by calling Body Quest Health and Wellness at 1 (709) 782-1118.

Chelsey Billings has been a Registered Massage Therapist for 6 years, trained in B.C. and worked in B.C., Alberta, and now St. John's, Newfoundland. She became a Certified Lymph Therapist in May 2017, trained in Manual Lymph Drainage and Combined Decongestive Therapy through Dr. Vodder School International, and is an active member of the Lymphedema Association of Newfoundland and Labrador. Since being in St. John's, she has become a certified fitter of compression garments for venous insufficiency and lymphedema management through Medi. She looks forward to working with various forms of injuries and ailments, and

Lymphedema Association
of
Newfoundland and Labrador



supporting, building, and contributing to the lymphedema community here in Newfoundland and Labrador. You can contact Chelsey by email at chelsey.rmt@gmail.com or by calling Body Quest Health and Wellness's 92 Elizabeth Ave, St. John's location at 709-722-2618. She is also available through Healthy Balance, 6 Duffy Place, St. John's, 709-722-1157.

We are grateful for the support of our community!

As I write this, Thanksgiving is approaching, and I've been reflecting on the support LANL has received from not only its members but the community. Lawton's Home Healthcare, and HealthQuest offer our members discounts on compression garments. Lawtons, and its parent company Sobeys Inc, sponsored the 2018 Public Forum; HealthQuest, the 2017 forum. 3M and Vaclor Medi have sponsored previous Public Forums. Lawton's Home Healthcare has also generously provided LANL with prizes for many of our support group sessions and other group gatherings. Lymphedema Depot kindly supplies bracelets, balloons and other items to raise awareness of lymphedema. New World Fitness is hosting the first Aqua Lymphatic Therapy (ALT) The Tidhar Method® sessions held in the province. They also host our March awareness walks and our Board meetings. Beresford Ltd. is helping us refine our logo. Many businesses provide prizes for our annual fundraiser, including some of those already mentioned here. LANL is grateful for all this community support. We could not manage without it.

Did you know?

The Government of Newfoundland and Labrador's Department of Health and Community Services has a Chronic Disease Self-Management Program. It's FREE and designed to help people manage the daily challenges of living with a chronic condition. Workshops consist of six sessions that are offered for 2.5 hours once a week, over a six-week period. A support person of your choice (friend or family) may accompany you to the training sessions. Workshops are offered throughout the province, in each of the four regional health authorities.

Contact numbers for program information are:
Eastern Region: 709-752-3946 or 1-866-880-8998
Central Health: 709-256-5690
Labrador-Grenfell Health: 709-454-3333 Ext 7364
Western Health: 709-637-5000 Ext 6689

Scheduled Eastern Health workshops are listed here:
<http://www.easternhealth.ca/OurCommunity.aspx?d=1&id=1487&p=379>



Certified Lymphedema Therapists, NL

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<p>Chelsey Billings Body Quest, 92 Elizabeth Ave, St. John's, NL A1A 1W7 709-722-2618 Healthy Balance, 6 Duffy Place, St. John's, NL, A1B 4M5 709-722-1157 chelsey.rmt@gmail.com</p>	<p>Martina Reddick RN Consulting & Nursing Services 709-746-2136 martinareddick@gmail.com</p>
<p>Bev Lanning RN, BN, CLT-LANA Home & Community Nursing, Central Health 3 Bell Place, Gander NL A1V 2T4 709-651-6266 Fax: 709-651-2394 bev.lanning@centralhealth.nl.ca</p>	<p>Jean Ann Ryan RN, BN Eastern Health, Cancer Centre, St. John's 709-777-8713 jeanann.ryan@easternhealth.ca</p>
<p>Ingrid Lindner RMT Labrador Massage Therapy Clinic Goose Bay, 709-896-3843 lindner@nf.sympatico.ca</p>	<p>Deanna Skinner BN, RN HealthQuest St. John's 709-754-5944, cell 709-746-5758 deanna.skinner@healthquestnl.ca</p>
<p>Jodi MacPhail PT Labrador Health Center Happy Valley-Goose Bay 709-897-2124 jodi.macphail@lghealth.ca</p>	<p>Melissa Stickley, BA, MBA, RMT, CLT Cabot Massage and Lymphatic Clinic 46 Powell Drive, Carbonear, NL 709-597-6501 cabotclinic@bellaliant.net</p>
<p>Janet Montevocchi RN, BN</p>	<p>Teresene Walsh Oakley RMT Pro Motion Therapeutic Services HealthQuest Bldg., 300 Kenmount Rd, St. John's, 709-690-5747 tad.oakley@hotmail.com</p>
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<p>Health Quest Kenmount Road, St John's 754-5944 19 Cromer Ave Grand Falls-Windsor 489-2111</p>	<p>Green's Pharmacy Kelligrews 834-1420</p>
	<p>Orthotic Aids 335 LeMarchant Rd St. John's 579-2135</p>
<p>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</p>	<p>Pharmachoice Gander 651-2003</p>
	<p>Cabot Pharmachoice 105 Manitoba Dr. Clarenville 466-3236</p>
	<p>Medical Supplies Specialty Carbonear 596-0484</p>