



Winter 2019/2020

It seems there's always some project keeping the LANL Board of directors busy, and this season is no exception. We're planning next year's events, including Lymphedema Awareness Month activities and a Public Forum to be held in the fall. We invite you to like our Facebook page to keep up to date on all of the activities.

## Lymphie Connections

September's Lymphie Connections Support Group meeting on September 18 had Jean Ann Ryan, RN, BN and Provincial Lymphedema Nurse Coordinator at the Dr. H Bliss Murphy Cancer Centre as our speaker. Her topic was "Latest Trends in Lymphedema Management". Jean Ann used her expertise from working with lymphedema and the latest research to discuss some conflicting views and new trends. She brought along some compression garments new to the market that help in self-management. There was lots of opportunity to ask questions and discuss all the topics. We saw some new faces at this session, which is always great.

You can check out Jean Ann's presentation on our website.

## Spirit of Newfoundland Fundraiser

Our annual dinner theatre fundraiser was once again a sold-out event. This year's show was "Over the Narrows and Into History", which takes one on the first ever non-stop trans-Atlantic flight 100 years ago by adventurers Alcock and Brown. It was an entertaining evening of music, comedy and a three-course

## Contact us

We love hearing from you!

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[www.lymphnl.com](http://www.lymphnl.com)

[www.facebook.com/lymphnl](https://www.facebook.com/lymphnl)

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

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.

meal. The money raised will help us reach and support the lymphedema community through awareness and education.



Some Members of LANL's Board of Directors at the dinner theatre: (left-right) Elaine Kennedy, Janet Montevecchi, Christine Burke, Joanne Small-Hopkins, Chelsey Billings and Terry Walsh-Oakley.

We received some special door prizes from our very generous supporters, including a four-hour private cod fishing charter offered by Saltwater Society, an \$850 value, a stay at Inn on Capelin Bay, along with gifts from Pro Motion Therapeutic Services, Lemon and Lime Health Shoppe, Hair Connection/Samshara Day Spa, and many others.

## Changes to the Board of Directors

After the recent resignation of Linda Burns, the Home Health Care Manager with Lawton's Drugs on Topsail Road, Chelsey Billings has filled the void on the Board. Chelsey is a Registered Massage Therapist and a Certified Lymphedema Therapist with Healthy Balance Holistic Health Group in St. John's. We look forward to working with her.

## Have you seen our banner?

Again, thanks to our supporters, the LANL banner has been set up around the province so that we can raise awareness of lymphedema and its treatment. Lawton's Drugs in Corner Brook and St. John's along with HealthQuest in Grand Falls-Windsor and St. John's have displayed the banner and distributed lymphedema pamphlets.



Some of LANL's Board of Directors shown with the LANL banner: (left-right) Christine Burke, Elaine Kennedy, Chelsey Billings and Janet Montevecchi.

## Talks with Government of NL ongoing

Although it is taking much longer to formalize than we hoped, LANL is committed to working with the Department of Health and Community Services to expand awareness and treatment of lymphedema. We are asking to have lymphedema formally recognized as a chronic condition, and to have education provided to healthcare providers including general practitioners, surgeons and community health staff in all four healthcare regions.

## Strategic Planning Session

LANL's strategic planning session was held on Saturday, September 21 at the Mount Pearl Public Library. Use of their conference room is one more great service offered by our public libraries! We have lots of plans and ideas to advance support for lymphedema patients in NL.

The one-year plan includes a public forum to be held outside the St. John's areas – perhaps in Conception Bay North. As well, we are exploring options for setting up an office. There's also a wallet card on cellulitis in progress.

The challenge will be putting all our ideas into action. Please read on for our need for volunteers.

## We're still 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
- Graphic art design
- Community: Lymphedema Awareness Day and Month (March) activities in your community.
- Community: educational material delivery – pamphlets that can be left in 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.



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**CERTIFIED LYMPHEDEMA THERAPISTS, NL**

**Heather Buckle PT**

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**Emily O'Brien**

Body Quest Health and Wellness Centre  
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**Chelsey Billings, RMT, CLT**

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**Martina Reddick RN**

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**Jean Ann Ryan RN, BN**

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**Ingrid Lindner RMT**

Labrador Massage Therapy Clinic  
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**Deanna Skinner BN, RN**

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**Jodi MacPhail PT**

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**Melissa Stickley, BA, MBA, RMT, CLT**

Cabot Massage and Lymphatic Clinic  
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**Janet Montevecchi RN, BN**

**Teresene Walsh Oakley RMT**

Pro Motion Therapeutic Services  
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709-690-5747  
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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