LUPUS
Foundation of Mid and
Northern New York, Inc.

Our Mission: To improve the quality of life for those affected by lupus through advocacy, education, awareness, empowerment, and research.

Lupus Communiqué

Lupus Foundation of Mid and Northern New York, Inc. *Volume 8, No. 3, Winter 2009*

Another Outstanding Research Donation

Lupus Foundation of Mid and Northern New York Board Member Maryrose Bullock (left) and President/CEO Kathleen Arntsen (right) presenting Lupus Research Institute Chairman Robert Ravitz (center) with a check in the amount of $21,000 for our annual research donation at the LRI Scientific Meeting at the Yale Club in New York on October 5, 2009. The donation represents a little more than 1/3 of our annual income and brings our total LRI support to $127,500 in 8 years and total research funding since 1990 to $181,000. We are committed to supporting the LRI's innovative lupus research that has a proven track record to potentially impact those suffering from lupus in a positive way. We are honored to be part of the LRI Coalition, united nationally as a strong voice for lupus.

The Lupus Communiqué

Is published four times a year by
Lupus Foundation of Mid and
Northern New York, Inc.
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www.nolupus.org
Editor: David L. Arntsen

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DISCLAIMER

It is the policy of the Lupus Foundation of Mid and Northern New York, Inc. to publish articles on Lupus and related diseases that have been written by physicians, nurses, and other healthcare providers and medical professionals. The opinions and statements expressed by the authors or contributors to this publication do not necessarily reflect the opinions or positions of The Lupus Communiqué, or Lupus Foundation of Mid and Northern New York, Inc.

The material published herein is provided for informational purposes only and does not imply endorsement of any specific treatment, product, clinical trial, company or organization. We oppose self-diagnosis and self-treatment and urge readers to discuss any concerns they may have regarding diagnosis and treatment with their physicians. All rights reserved. No material in this issue may be copied or published without the express written consent of Lupus Foundation of Mid and Northern New York, Inc. Thank you.

Community
Health Charities
of New York
WORKING FOR A HEALTHY AMERICA

CFC
Combined Federal Campaign

sefa
STATE
EMPLOYEES
Federated
Appeal

Please consider Memorial and Tribute contributions to our organization. It is a wonderful way to honor or remember someone special in your life while also supporting the lupus cause. If you belong to a Service or Fraternal organization, or participate in a workplace-giving program such as: CFC, SEFA, UNITED WAY, IBM or other campaign, please remember to designate our organization.

Lupus Foundation of Mid and Northern New York, Inc. is a tax-exempt charitable organization eligible to receive tax-deductible contributions under IRS Code Section 501(c)(3). Our federal tax identification number is 16-1083229 and a copy of our latest annual report may be obtained upon request from us or The NYS Attorney General's Charities Bureau at 120 Broadway, NY, NY 10271.

EDITOR'S NOTE

Suggestions or comments on the newsletter are always welcome. Please contact us with any address changes or other corrections to ensure accuracy in the database. If an address is incorrect the Post Office will not deliver under their revised policies and the mail piece will be returned and we will be charged a fee. Please notify us immediately of any changes to avoid extra postal fees. As Technical Director I also invite your input and assistance in improving our organization's operations, especially in maintaining our website. Thank you.

Dave Arntsen

President's Message—

Dedicated to all patient advocates and the organizations they represent; thank you for making a difference!

Do you participate in life and make a stand or watch others from the sidelines and then regret your inactivity later? When asked about becoming a disability activist and patient advocate Christopher Reeve once replied, "Either you decide to stay in the shallow end of the pool, or you go out in the ocean." I just finished reading *Always Looking Up, The Adventures of an Incurable Optimist* by Michael J. Fox retired actor, Parkinson sufferer, patient advocate, and founder of The Michael J. Fox Foundation for Parkinson Research. I highly recommend this book to anyone in the patient advocacy community, especially after a particularly bad day when you question why you choose to do what you do.

As children no one ever says that they want to be a patient advocate when they grow up. Most little boys want to be policemen, firemen or superheroes. Like most little girls at an early age I thought of being a nurse or teacher and then changed my vocation as I got older and developed specific skills. For 15 years of my childhood I took tap, ballet & jazz lessons and actually aspired to be a Radio City Rockette. As I got older several things became obvious that made that career choice impossible. First and foremost I was sick all of the time, and secondly, all Rockettes were 5'6" to 6'0" back then and at my tallest height I grew to be 5'5½". During my teen years I decided to pursue my love of languages and set my sights on being an interpreter at the United Nations and work in the Foreign Service; dreaming of eventually being an Ambassador abroad. Unfortunately, that was not my destiny either. Like so many others diagnosed with lupus, I was struck down in the prime of my life and forced to take a step backward and reevaluate my future and my existence. I wasn't even sure I would be alive in 5 years much less be able to stay in school, get my degree or have a career. Fortunately with the support of my family and college I was able to graduate.

Following graduation my life started to follow a similar pattern: work for 3 years, go out on disability for a year, take a new position for 2 years, go out on disability for a year, take another position for 3 years, and go out on disability for 18 months—you get the picture. After years of this cycle it became obvious to me and my physician that I just could not work. I had also met and married a great guy and just wanted some stability in my life. The papers were filed and I eventually won my disability award but to this day I cannot help but think that my poor husband got damaged goods and a bum deal when he said "I do."

I would like to say that everything was great from that point on, my health stabilized and I lived happily ever after, but of course with the unpredictability of lupus that did not happen. Like so many others living with chronic disease every two steps I took forward, I took one backward. It felt like I was constantly climbing a mountain, struggling to reach the peak and place my feet on solid ground, but as soon as I was close to the summit I would lose my foothold plummeting backward into the unknown abyss; desperately grasping for anything substantial to grab onto. Not only does this drain one physically but the emotional toll is devastating. Dreams and goals were always being reassessed and some days it was a victory just to get out of bed, shower and put on clean pajamas. After being diagnosed with multiple autoimmune conditions, enduring tough treatments, experiencing allergic reactions, and having numerous medical tests, procedures, and umpteen surgeries it was apparent to my family and treating physicians that it was not in my future to be a Mother either.

I had been volunteering for the local Lupus Foundation over the years since my diagnosis but I now felt compelled to become more involved and give something back and hopefully fill the void in my life. I soon realized that every position I had previously held helped to prepare me to be an advocate. My sales and marketing background taught me to communicate effectively with all types of people and to believe in what I was selling. I became passionate about promoting lupus awareness and patient empowerment just as I had promoted my sales products. My positions as an insurance sales manager and insurance billing and claims software trainer for medical offices prepared me to personally deal effectively with my own insurance companies and health care providers. The classroom training position I had held paved the way for my future as a group motivator and public speaker. It was my destiny to be an advocate and it will be my legacy when I am gone.

When faced with adversity why do some people choose to accept defeat, become depressed, complacent, and lie down helpless, while others choose to become proactive, educated, empowered, move forward, collaborate with others, and attempt to make a difference? Keeping in mind that before he was paralyzed, actor Christopher Reeve played the role of Superman, after the accident he often downplayed his ironic superhero status with remarks like "A hero is an ordinary individual who finds the strength to persevere and endure in spite of overwhelming obstacles." Advocates don't normally choose to become advocates; life-altering situations usually occur causing them to choose a different path in life; a reinvention of sorts. Champion cyclist Lance Armstrong became the poster child for testicular cancer and inspired millions with the "LiveStrong" yellow wristband campaign and his will and determination to succeed despite whatever hardships came his way. Michael Fox looked to both Christopher Reeve and Lance Armstrong for inspiration when his journey became difficult both physically and in achieving his research foundation's goals. He came to the realization that challenges were merely opportunities.

Simply put an advocate informs and educates, promotes understanding of individual experiences and represents their community's goals. All advocates become connected by pain, frustration with the system, and research progressing too slowly. We possess tremendous passion for our cause and compassion for our fellow man, learning to be sponges; absorbing the stories of others afflicted with the same condition. We become a face, a voice, carrying our messages to anyone who has potential to support our efforts, and end up motivating and leading others to do the same. Being an extremely shy child, no one would have ever predicted that I would grow up to be a voice for others or be capable of holding my own in meetings with public officials or testify before an FDA or Congressional panel. I often wonder if my bucket list would be different if I were healthy. Would I even care about healthcare reform, much less be fighting for universal coverage with access and affordability for all Americans? Michael Fox quotes Christopher Reeve as saying, "Hope is informed optimism" and both activists realized the necessity of becoming more politically active in order to achieve their research agendas.

Lupus has been in the news lately due to the positive results of the recent Benlysta™ (belimumab) Phase 3 clinical trials. It has been since April of 1955, almost 55 years that a drug was approved by the FDA for the treatment of lupus. Benlysta™ is the first drug developed specifically for lupus. All of us in the lupus community are filled with tremendous hope that we may finally have a new safer therapy with fewer side effects than present treatments and other new drugs will follow.

Patient advocates representing The Lupus Foundation of Mid and Northern NY will be participating in 2 upcoming lupus advocacy events, first nationally and then statewide. By the time you read this four of us will have traveled to Washington to unite with fellow patient advocates from all over the country to be heard for the annual Lupus Research Institute Coalition's Advocacy Day. We will be carrying our messages on lupus-related issues, healthcare reform, and research to our local legislators. We invite you to become a state advocate and participate in our 2nd Annual Lupus Awareness Day in honor of May as Lupus Awareness Month by raising your voice and joining us in Albany on April 28, 2010. What will your legacy be? When you are gone will your footprints still be visible in the sand or snow (here in the northeast), or will the tide have washed them away or a thaw made them invisible? We encourage you to take the plunge into the deeper water and join us in making a difference on the local, state or national level!

Stay Healthy, Warm and Well —Kathleen

Memorials, Tributes, and Donations

Memorials

In Loving Memory of…

Angela "Aya" LoConti-
Michele Taranto

Brooke Nicole Walseman-
Jack & Marcia Flint & Family

Rita L. & Richard C. Rogers-
Pete Rogers

Jim Mitchell-
Jane Williams

Mary Alice Mitchell-
Jane Williams

Thomas P. Mitchell-
Jane Williams

George Williams-
Jane Williams

Brooke N. Walseman-
Mrs. Doris Walseman

Donations

CFC, SEFA, United Way, IBM, GE,
American Express, United Health,
and Pfizer Employee Donor Plans

Beta Sigma Phi Lowville Chapter

Madison County Department of Child and
Protective Services Dress Down Day
Robin Clancy

Tributes

In Loving Honor of…

Rocco & Monica Falitico-
Virginia Merola

Patricia A. Mitchell's Birthday-
Kathleen & David Arntsen

James & Patricia Mitchell for Christmas-
Kathleen & David Arntsen

James & Marion Mitchell for Christmas-
Kathleen & David Arntsen

Timothy & Deborah Mitchell for Christmas-
Kathleen & David Arntsen

Daniel & Lisa Mitchell for Christmas-
Kathleen & David Arntsen

Dan & Lois Rumfelt for Christmas-
David & Kathleen Arntsen

Linda Arntsen for Christmas-
David & Kathleen Arntsen

Donald & Susan Arntsen for Christmas-
David & Kathleen Arntsen

For a Friend for Christmas-
Susan S. Karam

Oliver Santana-
Walmart Store #1677 Volunteer Program

David & Kathleen Arntsen for Christmas-
Dan & Lois Rumfelt

James E. Mitchell's Birthday-
Kathleen & David Arntsen

Take the new confidential lupus survey developed by the Lupus Alliance of America and help to update information and statistics on lupus by going to our website www.nolupus.org and clicking on the survey link at the bottom of the page or by typing the address below in your web browser.

http://studentvoice.com/liu/lupusallianceamericasurvey

GENERAL EDUCATION MEETING

Wednesday, March 31, 2010
6:45pm to 8:00pm

Rossetti Education Center at
Madison-Oneida BOCES
4937 Spring Rd., Verona, NY

Open Chat Session and
Membership Vote

Board of Directors Slate
2010 to 2013 (3 Year-Terms)

President/CEO Kathleen Arntsen
Vice President James Mitchell
Treasurer Philip Teague
Secretary Stephanie Darwak
Chairman David Arntsen

Light Refreshments Served
Reservations Required to
315-829-4272 or lupusmidny@aol.com

2nd ANNUAL LUPUS AWARENESS DAY

Sponsored by Assemblywoman RoAnn M. Destito and Senator Joe Griffo

Wednesday, April 28, 2010
8:30am to 2:30pm

Legislative Office Building (LOB) 1st Floor Well

Get into the Loop and Learn about Lupus and its impact on the lives of those affected

Legislative announcement and presentation

with members of the New York State Assembly and Senate

declaring May 2010 “Lupus Awareness Month”

Exhibit Display Booths and handouts from the Lupus Agencies of NY State
And NYS Patient Advocacy Organizations

For more information 315-829-4272 or lupusmidny@aol.com

FREAR HONORED AS NATIONAL ADVOCATE

Pictured above center Sandi Frear receives the Ann Kunkel Advocacy Award from ACR President Stanley Cohen (left) and ARHP President Pamela Degotardi (right) at the Opening Session of the ACR/ARHP Annual Scientific Meeting in Philadelphia, PA on October 17, 2009. Sandi was chosen as recipient of this prestigious national award for her many dedicated years of volunteer advocacy work on behalf of patients suffering from rheumatological diseases nationally and in New York and Florida. We are honored to have Sandi as a Board Member and Volunteer for our local organization and extend congratulations on her well-deserved accomplishments.

Above left Sandi Frear poses by her Advocacy Award Bio at the ACR/ARHP Scientific Meeting Exhibits. Above right fellow advocate and 2007 honoree of the Ann Kunkel Advocacy Award Kathleen Arntsen proudly joins Sandi by the exhibit which displays both their names as past and present recipients. We are fortunate to have such strong and passionate advocates representing the Lupus Foundation of Mid and Northern New York.

VOLUNTEERS MAKING A DIFFERENCE

NIAMS Coalition Meeting

January 2010

Intracellular Receptors Play a Role in Lupus and May Hold Clues to Treatment

Researchers supported by the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS) have found new evidence concerning the role of the body's innate immune system in lupus. Their findings, published in the *Proceedings of the National Academy of Sciences*, could eventually lead to ways to block the components of the immune system that initiate or perpetuate the disease.

The innate immune system, or non-specific immune system, is our first line of defense against invading microorganisms and is responsible for initially recognizing and removing these potentially dangerous pathogens. Under normal circumstances, the innate immune system is able to distinguish foreign microorganisms from components of our own bodies and, when necessary, trigger the adaptive, or specific, immune system to fight the invaders by producing antibodies against them. But in some people, a flaw in the process leads to the development of autoantibodies, proteins directed against the body's own components.

For years, researchers have known that people with lupus produce antibodies to their own DNA and research has suggested that a class of receptors, called toll-like receptors (TLRs), located on and within the body's cells, plays a role in the development of these autoantibodies. However, which of these TLRs were involved — and how — was not clear.

The new study by NIAMS-supported researchers at Scripps Research Institute and the University of California at San Diego in La Jolla, Calif., points to a group of TLRs, referred to as endosomal TLRs (eTLRs), expressed in intracellular compartments called endosomes.

The eTLRs work by recognizing the DNA and RNA released into a cell by an invading organism. This primes the adaptive immune system to produce antibodies against the organism. But in certain circumstances — for example, in a person with a genetic predisposition — the eTLRs recognize the body's own DNA and RNA, activating an autoimmune response.

To confirm the role of these eTLRs in the production of antibodies that create an autoimmune response, scientists led by Dwight Kono, M.D., professor of immunology at Scripps Research Institute in La Jolla, Calif., studied mice lacking a protein called Unc93b1, which influences the behavior of eTLRs. They found that in two different lupus-prone mouse strains, the absence of Unc93b1 blocked the production of the harmful antibodies. Even when lupus-prone mice were given a substance that normally enhances disease, they could generate only a small amount of the antibodies, and not enough for disease. However, the lupus-prone mice were able to create antibodies to infectious agents, showing that blocking eTLRs might not lower normal immune responses in these mice.

These findings suggest that eTLRs might act as an Achilles' heel in susceptible individuals, creating a way for the body's own protective mechanisms to mistakenly attack its own cells. Their findings also suggest that it may be possible to block eTLRs that cause autoimmunity without interfering with the protection from infection that other TLRs provide. The researchers hope to continue their research in mice with the hopes of eventually finding applications for treating lupus in people.

The mission of the National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS), a part of the Department of Health and Human Services' National Institutes of Health, is to support research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases. For more information about NIAMS, call the information clearinghouse at (301) 495-4484 or (877) 22-NIAMS (free call) or visit the NIAMS Web site at http://www.niams.nih.gov.

# # #

Reference: Kono DH, Haraldsson MK, Lawson BR, Pollard KM, Koh YT, Du X, Arnold CN, Baccala R, Silverman GJ, Beutler BA, Theofilopoulos AN. Endosomal TLR signaling is required for anti-nucleic acid and rheumatoid factor autoantibodies in lupus. *Proc Natl Acad Sci USA*. 2009 Jul 21;106(29):12061-6.

Tenth Annual LUPUS Charity Golf Classic Raffle

Drawing to be held August 13, 2010 at Shenendoah Golf Club

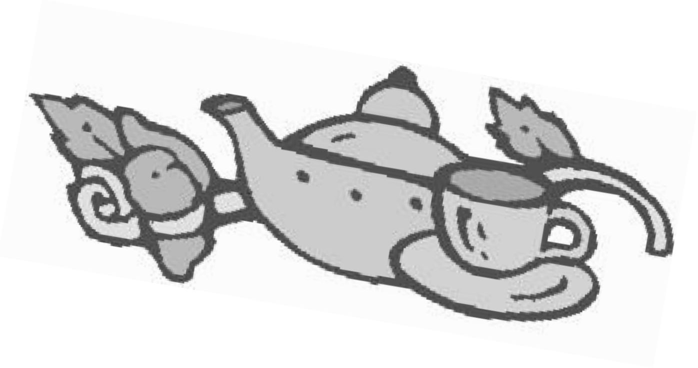
1st Prize – Set of Ping G15 Irons 4-PW w/Steel Shafts
$899 value or $500 Cash

2nd Prize – Basket Full of Surprises

3rd Prize – Shenendoah Gift Certificate

All proceeds benefit: Lupus Foundation of Mid and Northern NY
** Need not be present to win*
Donation $5.00 each or 3 for $10.00

An Invitation to Celebrate Spring and Support Lupus



WHAT: **Tea Party**

WHERE: **Your Home**

WHEN: **April 1, 2010**

<u>Recipe for a successful tea party:</u>

1. *Dust off the stove*
2. *Find the teapot (if you can't find the teapot, a mug will do)*
3. *Cookies Optional*
4. *Take the phone off the hook*
5. *Kick off your shoes*
6. *Put your favorite music on the stereo*
7. *Write out your donation check*

Please consider supporting the Lupus cause this Spring by participating in our Tea Party. Proceeds from this non-event will be used to fund our Programs:

Newsletter Printing & Postage
Lupus Awareness and Education Programs
Continued Training to update our leaders on lupus information
Distribution of lupus materials for health fairs and inquirer packets
Telephone hotline and web site

Please make checks payable to:
Lupus Foundation
PO Box 139
Utica, New York 13503

Thank you for your Consideration and Support!!!

The Lupus Foundation of Mid and Northern New York, Inc. is a tax-exempt charitable organization eligible to receive tax-deductible contributions under IRS Code Section 501(c)(3). Our federal tax identification number is 16-1083229 and a copy of our latest annual report may be obtained upon request from us or The NYS Attorney General`s Charities Bureau at 120 Broadway, NY, NY 10271. For more information on our event please contact us by phone at 315-829-4272 or e-mail lupusmidny@aol.com.

Clinical Trial Opportunities

LUPUS TRIALS

The SUNY Upstate Medical University
Syracuse, NY

is conducting clinical research studies on

Basic research

Metabolic control of systemic autoimmunity
Role of the HRES-1/Rab4 Locus in SLE
Mitochondrial Hyperpolarization in Lupus T cells

Clinical studies

Treatment of SLE with N-acetylcysteine
Prospective study of Rapamycin for SLE treatment

For more information please call:
Andras Perl, MD PhD at (315) 464-4194
Irene Ramos at (315) 464-5247

THE LUPUS FAMILY REGISTRY AND REPOSITORY

The LFRR is actively researching the different ways in which SLE affects various ethnic groups. Families with one or more living members diagnosed with lupus may be eligible for one of the following studies:

- Minorities and Lupus
- African American Studies
- Hispanic American Studies
- American Indian Studies
- Asian American Studies
- All Ethnicities
- Families with one lupus patient
  - Families with two or more lupus patients
- Unrelated volunteers also needed

For more information, please visit http://lupus.omrf.org or call a recruiter, toll-free at 1.888.655.8787 (1.888.OK.LUPUS)

LUPUS RESEARCH OPPORTUNITIES

If you are interested in learning about upcoming Clinical studies and Research treatments call us to enter our

LUPUS PATIENT REGISTRY

You'll be the first to hear about an exciting future using investigational treatments.

For more information please call:
(585) 275-7167

University of Rochester
Clinical Immunology Research Center
601 Elmwood Avenue
Rochester, NY

LUPUS FOUNDATION OF MID AND NORTHERN NEW YORK

MEMBERSHIP APPLICATION & ORDER FORM

Name:	Date:
Address:	Phone #:
City, State, Zip:	Work #:
E-mail address:	Fax #:
☐ Single ($10.00) ☐ Renewal ☐ Family ($15.00) ☐ New ☐ Professional ($25.00) ☐ Patron ($50.00) ☐ Courtesy	Other Donation (please list) ________________________________ ☐ Interested in Support Groups

☐ LUPUS BOOK Revised by Daniel J. Wallace, MD	*$ 24.00 plus $4.00 S & H*
☐ COPING WITH LUPUS by Robert H. Phillips, PhD	*$ 15.00 plus $3.00 S & H*
☐ COOLIBAR SUN PROTECTIVE CLOTHING	*$ 20.00 plus $5.00 S & H*
☐ THE AUTOIMMUNE EPIDEMIC by Donna Jackson Nakazawa	*$ 15.00 plus $4.00 S & H*
☐ AWARENESS WRISTBANDS *Orange or Purple*	*$ 1.00 plus .25 per 3 S & H*
☐ BEANIE BEARS	*$ 10.00 plus $3.00 S & H*

Up-to-date Lupus Foundation of America, Inc. Brochures **There is a $.25 fee per brochure**

___ What is Lupus?
___ Kidney Disease & Lupus
___ Skin Disease
___ Sjogren’s Syndrome
___ Medications
___ Lupus & Infections
___ Cardiopulmonary Disease
___ Joint & Muscle Pain
___ Anti-Phospholipid Antibodies
___ Pregnancy & Lupus
___ Blood Disorders in SLE
___ SLE & The Nervous System
___ Steroids Used in Treatment of Lupus
___ Laboratory Tests Used in Diagnosis
___ Non-Steroidal Anti-Inflammatory Drugs
___ Lupus in Overlap w/ Connective Tissue Disease
___ Lupus & Vasculitis
___ Childhood Lupus
___ Lupus in Men
___ Depression
___ Drug-Induced Lupus
___ Basics for Better Living
___ Photosensitivity

Please remit total payment to: Lupus Foundation PO Box 139 Utica, NY 13503

A limited number of pieces of Coolibar Sun Protective Clothing are available for a discounted price of $20 per item. Please call the office for more information on styles and sizes.

Beanie Bears are also available for $10 each
Lupus ends with US in white
Someone I Love has LUPUS in dark brown

SAVE THE DATE

Wednesday, March 31, 2010
General Education Meeting & Chat Session
6:45pm at Rossetti Education Center
Madison-Oneida BOCES in Verona, NY
Reservations Required to 315-829-4272

April 1, 2010 Tea Party Fundraiser

Wednesday, April 28, 2010 Lupus Awareness & Advocacy Day in Albany

May is Lupus Awareness Month

Saturday, May 15, 2010 6th Annual Lupus Education Symposium
“Tools for Today, Hope for Tomorrow”
Madison-Oneida BOCES in Verona, NY
9:00pam to 2:30pm at Rossetti Education Center
Registration Required

Friday, August 13, 2010 10th Annual Lupus Charity Golf Classic

The Lupus Foundation of Mid & Northern NY, Inc.
is proud to be a member of the

Lupus
Research
Institute

- **National Coalition of Autoimmune Patient Groups**
- **Lupus Research Institute National Coalition**
- **NIAMS Coalition**
- **Lupus Agencies of New York State**
- **NIAMS Lupus Federal Working Group**

LUPUS RESEARCH INSTITUTE
National
Coalition
The Patient Voice for Lupus Research

LUPUS
Foundation of Mid and
Northern New York, Inc.

6th Annual Education Symposium & Luncheon

“Tools for Today, Hope for Tomorrow”

Saturday, May 15, 2010

9:00am to 2:30pm

Rossetti Education Center at Madison-Oneida BOCES
in Verona, NY (Exit 33 NYS Thruway)

Presenters include:

Andras Perl, MD, PhD
SUNY Upstate Chief of Rheumatology
The Latest on Lupus

Shane M. Sopp, MD, FACOG
OB / GYN
Osteoporosis

Lorraine A. Calleri, OTR, LMT
The Wellness Approach to Managing Stress
and the Effect on the Body

Local Clinical Trial & Prescription Assistance Information

Exhibit Booth Displays and Handouts

No cost to current members: $20 fee to non-members
limited to 150 attendees, registration required
For more information or to receive a registration form please
call 315-829-4272 or e-mail lupusmidny@aol.com

Wellness Checks & Massage Therapy	**Hand Waxing and Massages**