



Lupus Foundation of Southern Arizona, Inc.
4602 E. Grant Road
Tucson, Arizona 85712
www.lupus-az.org

LUPUS 2015 ANNUAL REPORT



- ◆ Education
 - ◆ Counseling
 - ◆ Financial Assistance
 - ◆ Support Groups
 - ◆ Scholarships
 - ◆ Retreats

Lupus Foundation



Rachel Evans

The Lupus Foundation is proud to present
Rachel Evans
its first college scholarship award!

Rachel is attending the University of Arizona studying animal sciences with a focus on food safety and plans to become an inspector of food factories, slaughterhouses and ranches with the USDA.

In addition to her college studies, Rachel helps take care of her mother who was diagnosed with lupus in 2012.

It is with great pride and admiration that the Lupus Foundation contributes to Rachel's success!

Qualifications for Lupus Scholarship Program:

- * Applicant has lupus
- * Applicant is impacted by Lupus (has family member with Lupus)
- * Attend a local college
- * Maintain a 3.0 GPA
- * Sustain a 3.0 GPA if applying for multiple semesters



Lupus

Lupus is an unpredictable autoimmune system disease that develops when the body's normal Immune system is out of balance causing it to become destructive to any organ, system or tissue.

Currently there is no specific cause or cure for Lupus. It affects people of different races, ethnicities and age, both male and female. According to the National Institute of Health, Lupus is more common in Hispanic/Latino, Afro-American, Asian and American Indian women, than in Caucasian women.

Lupus can be difficult to diagnose because its symptoms come and go and mimic those of other diseases. The most distinctive sign of lupus — a facial rash that resembles the wings of a butterfly unfolding across both cheeks — occurs in many but not all cases of lupus. There is no single laboratory test that can definitely diagnose this complex disease.

The symptoms of lupus vary with the individual. One person with Lupus may have swollen knees and a fever. Another person may feel extremely fatigued and have chest pains. Someone else may have rashes, joint pain and kidney problems. Some people are born with a tendency toward developing lupus, which may be triggered by infections, certain drugs or even sunlight.

Since Lupus is highly individualized the treatment varies depending on the symptoms and needs of the patient. Lupus is commonly treated by Rheumatologists who specialize in treating diseases that affect the joints and muscles.

Lupus is not contagious. You cannot "catch" lupus from someone or "give" lupus to someone.

Lupus is “not like or related to cancer.” Cancer is a condition of malignant, abnormal tissues that grow rapidly and spread into surrounding tissues. Lupus is an autoimmune disease, as described above. However, some treatments for lupus may include immunosuppressant drugs that are also used in chemotherapy.

Lupus is “not like or related to HIV” (Human Immune Deficiency Virus) or AIDS (Acquired Immune Deficiency Syndrome). In HIV or AIDS the immune system is underactive; in Lupus, the immune system is overactive.

While there is no cure for Lupus, treatments can help control symptoms.

To address the multi-dimensional needs of individuals diagnosed with lupus, physicians and primary health professionals need to be able to recognize the disease early. The general public needs to be better educated about Lupus symptoms and treatment, and funding needs to be directed for medical research on Lupus.

 *Together we can help find a cure*



Lupus Foundation of Southern Arizona, Inc.



Our Mission Statement

The purpose of the Foundation is to:

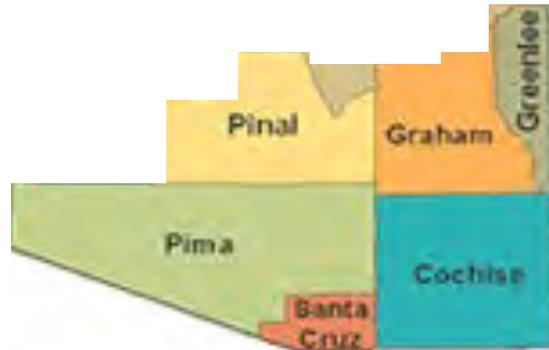
- Provide support, education, resources, and encouragement to lupus patients and their families
- Promote and develop programs at the local level to assist lupus patients and families better cope with Lupus
- Promote public education to increase knowledge and understanding of the disease and its ramifications
- Encourage and support pertinent research programs related to the diagnosis, treatment, cure and prevention of lupus
- Promote the exchange of information among health professionals and collaborate with the professional community to improve the standards of diagnosis, care and treatment of those affected by lupus

**PUBLIC AWARENESS & INFORMATION
PROVIDED BY THE
LUPUS FOUNDATION OF SOUTHERN ARIZONA, INC.**

COUNTIES

SERVED:

**Cochise
Graham
Greenlee
Pima
Pinal**



During Fiscal year 2015 the Foundation has increased the number of public forums to educate the Southern Arizona community about Lupus.

- ◆ Participation in 3 United Way Employees Health Fairs
- ◆ Participation in Tucson Estates Health Fair - 150 attendees
- ◆ Participation in University of Arizona Health Fair - 100 attendees
- ◆ Participation in Saddlebrook Health Fair - 200 attendees
- ◆ KVOA Television ran 5 days of Lupus PSA's
- ◆ KXCI Radio promoted Lupus resources
- ◆ Arizona Daily Star printed edition & AZStarnet promoted lupus programs
- ◆ Tucson Lifestyle Magazine promoted Lupus Walkathon
- ◆ Tucson Weekly promoted Lupus resources
- ◆ Comcast Television PSA for Lupus Walkathon
- ◆ Guest Speaker at Allen Medical Training School
- ◆ Lupus information sent to 12 Southern Arizona Public Schools
- ◆ Tucson Local Media Calendar advertised the Lupus Walkathon
- ◆ Lupus Golf Tournament held in November 2015 - 85 attendees
- ◆ Lupus Walkathon held in April 2015 - 765 attendees
- ◆ Lupus Dinner Party held in December 2015 - 40 attendees
- ◆ Lupus website - www.lupus-az.org, Lupus Facebook Page & Instagram promoted Lupus resources
- ◆ Twitter & Yelp promoted Lupus resources
- ◆ Lupus information sent to 52 Southern Arizona Hospitals & Clinics
- ◆ Lupus Information sent to 37 Southern Arizona Libraries
- ◆ Bear Essential News published an ad promoting Lupus Walkathon
- ◆ Amy & Derrick Ross Concert, 2 venues - 80 attendees

**United
Way**



**CITY & COUNTY EMPLOYEES UNITED WAY
KICK-OFF CAMPAIGN**

300 Department Heads & Supervisors distributed Lupus Information Packets to over 35,000 of their Employees in 2015.

PATIENT EDUCATION & SUPPORT

Lupus Quarterly Newsletters



408 Lupus Patients each quarter received the Lupus News in printed or e-mail edition.

"I am sorry my health does not allow me to attend any meetings but I get so much from your Newsletters. The one on Lupus Fog was so timely as I was having this problem. I would like to request 3 more copies for my family. Thank you again for not forgetting those of us who are not well."

Emergency Medical Fund

The Foundation was able to assist a Lupus patient cover medical expenses for a much needed physician's visit and testing. This Fund was established to provide medical help in 1999 and are proud to have provided emergency funding for several of our members since that time. We are heartened by the response to our assistance....

"I would like to thank the Foundation for assisting me in a moment in my life where I was needing help. All personnel were very kind and assisted me with the health exams and tests. Again, I want to thank you for the lupus office personnel for the kindness and support offered.....Sincerely, Alma"

New Program - Lupus Scholarships

The Lupus Scholarship Program has already received two applicants this fiscal year (see page 2). It is our hope that more potential students will apply during the new 2016 fiscal year and move forward with their professional goals!

New Program - Lupus Retreats

Ten women attended the 2015 Lupus Retreat at White Stallion Ranch. This proved to be a relaxing and educational weekend away from the stresses associated with Lupus. Currently we plan to provide two of these weekends each year.

"I had a wonderful time at the Retreat! Thank you so very much for this Program. The moment I walked into the lobby I felt welcome and as if I was part of a family. That is how the Foundation made me feel the first night of Coffee Talk. Thank you for all of your efforts on behalf of lupus survivors, I am so very grateful. Sincerely, Terry"

Lupus Day & Evening Support Groups

Eleven daytime and five evening Support Groups were held during 2015. Attendees received information on relaxation techniques, understanding 'organic' foods, home assistance programs, hand therapy, massage therapy, integrative medicine, herbal medicine, and coping with multiple diagnoses.



Accrual Basis

Lupus Fdn. of Southern Arizona
Profit & Loss
October 2014 through September 2015
Oct '14 - Sep 15

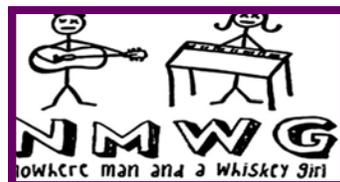
Income	
Apple Annie's Fundraiser	659.00
Concert Fundraiser	5,412.00
Donations - Outside Fundraising	822.55
Donations for Research	277.00
Dues	795.00
Gala	8,800.00
General Donations	8,224.97
Golf Tournament	12,419.97
Interest Income	4.11
Jim Click Raffle	1,550.00
Memorials	685.00
Payroll Plan Donations	4,579.75
Rebecca's Fundraiser	11,225.00
Small Item Sales	6.00
Walkathon Business Sponsors	19,050.00
Walkathon Receipts	<u>25,189.59</u>
Total Income	99,699.94
Cost of Goods Sold	
Apple Annie's Cost	480.00
Gala Expense	54.95
Golf Tournament Expenses	5,142.24
Walk a thon Expenses	<u>8,032.75</u>
Total COGS	<u>13,709.94</u>
Gross Profit	85,990.00
Expense	
Advertising and Promotion	1,878.32
Bank Fees	246.11
Depreciation/Amortization Exp	2,405.48
Fees	328.72
Grants	1,619.24
Health Fairs	298.69
Insurance	2,397.06
Lending Library	231.00
Meals	273.65
Meetings and Conferences	170.44
Office Equipment-Noncapitalized	1,313.58
Office Expense	5,071.90
Payroll Tax Expense	2,150.09
Postage	1,581.94
Printing	3,462.25
Professional Fees	1,721.00
Rent	8,614.80
Repairs and Maint. Office	1,064.33
Telephone/Internet	2,442.18
Utilities	2,672.99



Lupus Foundation of Southern Arizona 2015 Annual Report

Lupus Fdtn. of Southern Arizona	
Profit & Loss	
October 2014 through September 2015	
Oct '14 - Sep 15	
Accrual Basis	
Wages	26,392.50
Website Expenses	3,670.00
Total Expense	70,006.27
Net Income	<u>15,983.73</u>

2015 Major Lupus Foundation Sponsors



Lupus Foundation of Southern Arizona, Inc.
Fiscal Year 2015
Board of Directors

BOARD OF DIRECTORS

President - Rebecca Shields, MBA

Director of Corporate Philanthropy
Finley Distributing

Vice-President - Joni Broussard

Personal Trust Administration
Northern Trust Bank

Treasurer - Sherri Fritz

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Youngs Market Company

Secretary - Lani Baker

Director of Finance
Holualoa Companies

BOARD MEMBERS

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Valerie Light, MBA - Business Manager-Surgical Services, TMC

Donna Morton - Director of Development-Annual Giving, TMC Foundation

Bill Murphy - Assistant Director, Information Technology, Arizona Superior Court-
Pima County

Shaunna Schelin-Kowalewski - Management Consulting, Banner – University
Medical Center

Suzanne Thomas - CMA, Skin Spectrum

HONORARY BOARD MEMBER

Carlotta Flores - Owner, El Charro's

