



iLOOMination

A newsletter from Looms For Lupus

Looms For Lupus Corner

Welcome to the iLOOMination Newsletter, dedicated to bringing you updates on support, education, advocacy and resources on Lupus, Fibromyalgia and Mental Health.

This month we will iLOOMinate on some causes observed in January 2024 and also provide recap of 2023!

Advocacy & Support



Advocacy Updates

Looms For Lupus is working hard to advocate for federal and state laws and some of our priorities for 2024 are Utilization Management, Copay Accumulators, PBM transparency, Research Advocacy.



Support Groups

Support groups are a great way to connect, learn and support one another. Join us Every Second Saturday of the month

9:30am PST. -11:00am PST

Join us virtually <https://us02web.zoom.us/meeting/register/tZcoc-GvrzMsG9M7F-ueM22r4YnY30BMB0US>

or In person:

Baldwin Park Community Center 4100 Baldwin Park Blvd., Baldwin Park, CA 91706

Grupos de Apoyo

Los grupos de apoyo son una excelente manera de conectarse, aprender y apoyarse mutuamente. Únase a nosotros cada Segundo Domingo del mes a las

9:00am PST via Zoom. <https://us02web.zoom.us/meeting/register/tZcoc-GvrzMsG9M7F-ueM22r4YnY30BMB0US>

Platica con Las Hmnas Mata

Únete a la Platica con Las Hermanas Mata cada Segundo Sabado de el Mes a las 8:00am PST en vivo vía nuestra pagina de Facebook, YouTube y Twitter.

Platica, Apoyo y Concientización sobre Lupus, Fibromialgia, Salud Mental y Familia en Español.

Contact us-Contactanos

Special Announcements:

Dear Looms For Lupus community,

As we bid farewell to 2023, we want to express our heartfelt gratitude to each and every one of you who supported Looms for



Lupus throughout the year. Your unwavering commitment and generosity have made a significant impact on our mission to eliminate lupus-related health disparities among racial and ethnic minority populations.

Here's to celebrating the successes of 2023 and looking forward to an even more remarkable year ahead!

Highlights of 2023:

1. Community Support: Your contributions, whether big or small, have created a ripple effect of positive change.
2. Educational Symposia: Our virtual and in-person educational symposia brought together experts, patients, and caregivers. We shared knowledge, dispelled myths, and empowered individuals to take charge of their health.
3. Annual Wellness Day: Our annual wellness day was a resounding success. We provided the latest on lupus and treatments, wellness workshops, and resources to enhance overall well-being.
4. Art Therapy: The therapeutic power of art—especially loom knitting—has been transformative. Stress reduction, creativity, and community bonding have been integral to our programs.

What's Ahead in 2024:

1. New Programs: Brace yourselves for exciting new initiatives! We're launching programs that focus on mental health, holistic wellness, and community engagement.
2. Virtual Connections: Our virtual symposia will continue, connecting people across borders. Let's learn, share, and grow together.
3. In-Person Gatherings: As the world heals, we eagerly anticipate in-person gatherings. Let's knit, create, and support one another face-to-face.
4. Advocacy: We'll continue advocating for lupus awareness, research, and equitable healthcare. Your voices matter.

Thank you for being the heart and soul of

Looms for Lupus. Together, we continue to Knitting a Community of Hope, a brighter future—one loop at a time.

With gratitude,
The Mata Sisters Founders, Looms for Lupus

Visit our Website for more info:



The Alondra Barragan Scholarship Fund- Tribute to Alondra's memory

Looms for Lupus is proud to announce the launch of The Alondra Barragan Scholarship Fund. Alondra Barragan was a beautiful, caring, loving goal driven young lady gone too soon. The scholarship fund will be awarded to one or more students every year, and recipients will receive a minimum award of \$500 made payable to the educational institution at which they are enrolled.

The Alondra Barragan Scholarship Fund is a wonderful initiative by Looms for Lupus to support students with lupus who are pursuing their academic goals. This scholarship fund has been created in honor of Alondra Barragan, a beautiful, intelligent, loving, and caring young lady who had a love and passion for education. Despite her illness, she never let it stop her from pursuing her dreams. She wanted to be a preschool teacher and later realized that she wanted to be a Speech and Language Pathologist. Her passion for makeup is also admirable. Even on the days she did not feel well, she would sit in her room and apply the most beautiful makeup to herself. To her, makeup was a therapy, a way of putting on a beautiful face to an already beautiful canvas.

The Alondra Barragan Scholarship Fund is a fitting tribute to Alondra's memory and her passion for education. It's a wonderful way to honor her legacy and help other students with lupus to achieve their dreams. We hope that this scholarship fund will continue to grow and support

many more students living with lupus in the future.

Visit our Website for mor info:

Health Awareness

January is Thyroid Awareness Month

Did you know that autoimmune thyroid disease is common in people living with lupus. According to John Hopkins Lupus Center, it is believed that about 6% of people with lupus have hypothyroidism which is an underactive thyroid and 1% with hyperthyroidism which is an overactive thyroid. [More info here:](#)



January is Mental Awareness Month

January is recognized as Mental Wellness Month. During this month, we encourage everyone to focus on their mental well-being. Remember, mental wellness is essential not only in January but throughout the year. Let's prioritize our well-being! [To learn more](#)



January is Cervical Awareness Month

January is Cervical Cancer Awareness Month. During this month, we encourage individuals to prioritize their well-being. Knowledge and proactive steps can make a significant difference in preventing cervical cancer. Let's prioritize our health! [To learn more](#)



Upcoming Events \Eventos

January 20, 2024

Cultivando la Salud y el Bienestar: Gran Reunión Comunitaria — GRATIS!
Sábado 20 de enero de 2024 a las 9:00 am - 1:30 pm en The Cheech Marin Center for Chicano Art and Culture, Riverside Art Museum 3581 Mission Inn Avenue, Riverside CA 92501

Únete a nosotros mientras discutimos enfoques para cuidar tu bienestar físico, mental y espiritual como paciente o miembro de la familia. También examinaremos cómo las familias cambian a medida que el cáncer ocurre y cómo afecta la salud.



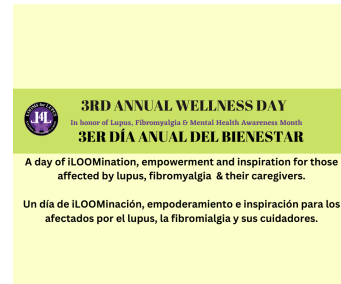
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2023 Highlights

3rd Annual Wellness Day- 3er Dia Anual De Bienestar

Thank you to all sponsors, speakers, volunteers and all attendees for making the 3rd Annual Wellness Day amazing!

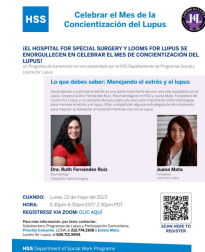
¡Gracias a todos los patrocinadores, oradores, voluntarios y todos los asistentes por hacer que el 3er Día Anual del Bienestar sea increíble!



Play Video

Lo que debes saber: Manejando el estrés y el lupus

Aprendiendo a controlar el estrés es una parte importante de vivir una vida saludable con el lupus. Únase a la Dra. Fernández Ruiz, Reumatóloga en el HSS y Juana Mata, Fundadora de Looms for Lupus y un paciente de lupus para una discusión importante sobre estrategias para manejar el estrés y el lupus. Ellas compartirán algunas estrategias de afrontamiento para mejorar su bienestar emocional mientras vive con el lupus.



Play Video

“Sentirse incómodo con la nefritis lúpica: lo que necesita saber sobre el lupus y los riñones”

Looms For Lupus presenta la Celebración del Mes de la Herencia Hispana! Espero les guste esta presentación de la Dra. Laura Geraldino-Pardilla donde aprenderemos de su presentación: “Sentirse incómodo con la nefritis lúpica: lo que necesita saber sobre el lupus y los riñones”.



Play Video

iL00Minating Stories

Alma's Story

Alma has worked in education for 12 years and is a special education teacher. She received his master's degree from the University of San



Diego. She is a wonderful mother to her son. She was diagnosed with lupus in 2009, and despite having ups and downs with lupus, she continues to be a strong advocate for herself and shares her story in hopes of letting others know they are not alone. Her experience living with Lupus helped her support, advocate, and be a caregiver for her younger sister Alondra, who was diagnosed with lupus at the young age of 16 and passed away in 2020. The last few years have been difficult for Alma but she remains grateful, staying strong and not giving up despite living with lupus.

We want to iLOOminate you! Email us your story and a picture to be featured in the newsletter.

Email us



Donate



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