



Lymphedema Association of Nova Scotia

October 2026 Newsletter

Connecting Members, Empowering Professionals

We hope you all had a fantastic summer! It has been an incredibly busy and rewarding few months at LANS. From community events to the progression of our healthcare initiatives, we are deeply grateful for your continued dedication to supporting those living with lymphedema.

Here is a recap of what we've accomplished together and a look at what is just around the corner.

What We've Been Up To

- **LANS July Yard Sale Success:** We want to send a massive thank you to all our wonderful volunteers, as well as to Karen's incredible colleagues at **Exit Realty**. Together, your hard work helped us raise **\$1131.25** to support our ongoing programs!
 - **Pilot Study – Round 1 Complete:** We have wrapped up the first round of our Pilot Study! We are still distributing funds to our selected applicants. Nearly \$5000 has been proudly distributed so far to help those in need.
 - **Patient Education & Resource Day:** Held this past September, our Resource Day was a true success. Despite facing a few technical hurdles for our Zoom participants, it was a profoundly heart-filling gathering. We want to extend our deepest gratitude to every person living with lymphedema, the caregivers, and the invested members of the healthcare community who attended and shared their day with us.
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Website Updates & Community Call-In

We have been busy updating our website to better serve you!

- **Check out our Resources Section:** We have added fresh articles, new research, and updated fact sheets. You can also now find a direct link to the [Foot Care Nurses of Nova Scotia](#) on our resource page.
 -  **We Need Your Help (Garment Fitter Directory):** One of the critical things we have learned through administering our Garment Funding Pilot is that a lack of awareness and local access to **Garment Fitters** is a major barrier for many people across our province. We want to change that! **Please send us information on who your local fitter is or where you go to access your compression garments.** Your local knowledge will help us build a better network for everyone in Nova Scotia.
 - **Events-** On October 18 one of our LANS members Marie Jardine is hosting a workshop using Reflexology to Love Your Lymph in Baxter Harbour NS. More information can be found on our [website](#)!
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What's Coming Up Next

1. Our First-Ever Online 50/50 Fundraiser!

We are incredibly excited to try something brand new to raise funds for the Lymphedema Association of Nova Scotia! Our **first-ever online 50/50 draw** is officially underway. The winner takes home **50% of the total ticket sales**, with the remaining half directly supporting our education, resources, and awareness work across the province.

One of the unique challenges of launching a new 50/50 is that it takes buyers to attract buyers—people notice the jackpot most when they see it growing. That is where our amazing LANS members, families, and friends can really help us get the momentum going!

- **Ticket Pricing Options:**
 -  **3 tickets** for \$10
 -  **7 tickets** for \$20
 -  **20 tickets** for \$50
- **Important Rules:** You must be at least **19 years old** and **physically located in Nova Scotia** at the time of purchase.
- **Draw Date:** The grand prize draw will take place on **December 4, 2026, at 3:00 p.m.** at EXIT Real Estate Professionals in Lower Sackville.
-  **How You Can Help:**
 - **Buy your tickets directly online:**  [Purchase Your 50/50 Tickets Here](#)
 - **Spread the word:** Share the raffle link on Facebook, email it to your Nova Scotia network, or tell your friends!
 - **Hang a poster:** We have attached two printable 50/50 posters to this newsletter. If you have a workplace, local clinic, community bulletin board, or business that allows community flyers, please print and post them!

2. Pilot Study – Round 2 is Open!

Our second round officially launched on **September 1**, and applications are already rolling in.

- **How you can help:** We need your help to reach as many applicants as possible. **Please share the attached Pilot Study poster widely** across your personal communities and on your social media channels!

3. Advancing Lymphedema Care in Nova Scotia: Clinical Education Forum (November 4 Ashburn Golf Course)

Preparations are officially underway for our major upcoming Forum this November. Following the profoundly felt loss and passing of Dr. Keast, we received crucial support from the **Canadian Lymphedema Framework (CLF)** to search nationwide for a speaker capable of delivering the deep knowledge and experience our community needs.

We are honored to announce our featured speaker: **Dr. Laurie Parsons** from Calgary!

- **About Dr. Parsons:** She is a Dermatologist practicing at the University of Calgary academic centre. She brings over 25 years of specialized experience in chronic wounds, contact dermatitis, and general skin disease, and previously served for 12 years as the Medical Director of the Calgary Zone Wound Clinic. She worked with Dr Keast to write the chapter on Prevention and Management of Wounds Related to Lower Limb Lymphedema in the [2025 Wounds Canada Best Practice Guidelines](#)

4. Looking Ahead: CLF National Conference (May 2027) 🇨🇦

Registration is officially open for the next **Canadian Lymphedema Framework (CLF) National Conference**, taking place **May 13-15 2027**! More than a traditional conference, CLFA2027 is designed not simply to bring people together, but to put the people in the room at the centre of what happens next. People with lived experience, healthcare professionals, researchers, educators, advocates, industry partners, health-system leaders, and others will bring different perspectives to the Assembly –

and, through the professionally facilitated Open Space Forum, will help create the agenda together around the issues and opportunities they believe matter most.

- **Secure your spot** [Register for the CLF Conference](#)
 - **Get Involved:** Volunteer opportunities for the conference will be coming soon, so stay tuned for details on how you can support this national gathering!
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Volunteer Call-Out

We are looking for a few helpful LANS members to assist us with making follow-up phone calls to the November Forum invitees we haven't heard from yet.

- **The Role:** If you have some spare time during your day, you will be provided with a complete list of invitees and a simple, easy-to-follow phone script.
 - **How to Apply:** Please **email Sarah** directly if you are able to gift us a bit of your time to help ensure our November forum is fully attended.
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Thank you for your hands, your hearts, and your ongoing commitment to the LANS community!