

# REACHING OUT

FALL 2010

A Publication of the Myalgic Encephalomyelitis  
Association of Ontario

meao



**WELCOME TO OUR EARLY FALL  
NEWSLETTER ... WE HAVE SOME  
IMPORTANT EVENTS IN  
SEPTEMBER AND OCTOBER AND  
WE DON'T WANT YOU TO MISS OUT**

This fall we have two very exciting talks as part of our Fall Lecture Series, as well as our Annual General Meeting.

We wanted to send out our newsletter a couple of weeks early to give you lots of time to mark these events on your calendar. We've included full page flyers for both events in your newsletter so you can paste them to your calendar (or refrigerator, as so many of us do.)

PLEASE NOTE THE REVISED DATES FOR THESE EVENTS.

**DR. ELLIE STEIN, NOTED  
PSYCHIATRIST, IS OUR FIRST  
LECTURER OF THE FALL**

Dr. Stein's talk is entitled "**Myalgic Encephalomyelitis and Chronic Fatigue Syndrome: Coping and Hoping**". Her talk is on Wednesday, September 15<sup>th</sup>, from 2-4 p.m. and all of the details are included on page 3. Dr. Stein's work is internationally-recognized. She is a wonderful speaker, clinician and researcher and she will be taking your questions.

**JOIN US AT OUR ANNUAL GENERAL  
MEETING WITH GUEST LECTURER  
RUSSELL HOWE, LL.B**

Our **Annual General Meeting** will be held on Saturday, October 2<sup>nd</sup>, from 1-4 p.m. and all of the details are included on page 4. The MEAO has had a full year with a new office, new brochure, an exciting event at Queen's Park and much more. Our board will also be presenting our Strategic plan for 2011 and onward and we'd like your thoughts on our plan.

Each AGM we invite a special guest lecturer to speak on an issue of concern to our members. This year, Mr. Russell Howe, will present "**Tales from the Legal Trenches**". This talk will help all those living with ME/CFS, Fibromyalgia and Multiple Chemical Sensitivities who are struggling with disability and employment claims. Mr. Howe will also hold a Q&A session after his talk.

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## REACHING OUT

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## NOTICE OF ANNUAL GENERAL MEETING FOR THE MEAO, SATURDAY, OCTOBER 2<sup>ND</sup>, 2010

The Board of Directors of the MEAO invites all members and friends to our Annual General Meeting, to be held on Saturday, October 2<sup>nd</sup>, from 1-4 p.m. at the Women's College Hospital Auditorium, 76 Grenville Street.

### All those who are official members of the MEAO as of October 1<sup>st</sup> may vote at our AGM.

If you haven't renewed your membership, you may download our membership form online at [www.meao-cfs.on.ca/about.html](http://www.meao-cfs.on.ca/about.html) or use our form on the back of this newsletter. If you are a member and you cannot attend the AGM, please complete the proxy form on page 7 and mail it back to us by October 1<sup>st</sup>. Alternatively, you can give your signed proxy to a representative to bring to the AGM for you.

We also welcome all guests to our Annual General Meeting so please invite your friends. The AGM is a great opportunity to learn about our Association, our services and our future plans. We also invite all guests to hear Russell Howe's talk.

## STRATEGIC PLAN FOR THE MEAO

At the AGM, the Board of Directors will be presenting our Annual Report and our Financial Statements for 2009-2010, highlighting the events of the past year. We will also be presenting a **new Strategic Plan for the MEAO**. This is a great opportunity to hear our ideas for the future and to add your own thoughts to our Plan. We look forward to your feedback at our meeting.

## HELP US CELEBRATE SOME AMAZING VOLUNTEERS

This AGM will mark the third year for our **Audrey MacKenzie Memorial Award**. This award is given to a volunteer who has demonstrated years of support to the MEAO and the ME/FM/MCS community.

The Board of Directors will also be presenting our **"Volunteer of the Year"** Awards to the key volunteers who went *above-and-beyond* this past year and helped us achieve our goals for the community. As we go to print, nominations are still being considered for all our awards, so if you have a suggestion, please let us know by September 10<sup>th</sup>.

## ELECTION OF YOUR BOARD OF DIRECTORS FOR 2010-2011

The MEAO is grateful that each year so many wonderful members of the community step forward to join our Board of Directors. Board governance is an ongoing process of recruiting new potential board members, interviewing those members and then placing them before the membership at the AGM for election. Currently we are looking for board members with medical, financial, fundraising and community experience.

**The MEAO will post our Board Candidates on our website on September 15<sup>th</sup>. If you, or someone you know, are interested in joining our board, please contact us by September 10<sup>th</sup>.**

# meao



The Myalgic Encephalomyelitis Association of Ontario and the Environmental Health Clinic,  
Women's College Hospital Present Our Special Guest Lecturer



Dr. Ellie Stein, MD, FRCP(C)

## "Myalgic Encephalomyelitis and Chronic Fatigue Syndrome: Coping and Hoping"

Wednesday, September 15, 2010, 2 - 4 p.m.,  
Women's College Hospital Auditorium, 76 Grenville Street, Toronto

Dr. Stein's talk will be of benefit to patients and practitioners. Her talk will include:

- The evidence that ME/CFS differs from known psychiatric conditions
- How to differentiate depression/anxiety from ME/CFS
- How to manage psychological symptoms in the face of ME/CFS (including the CBT debate)
- How to manage the neuro-cognitive symptoms of ME/CFS (like "brain fog")
- Maintaining hope while waiting for better medical understanding

Dr. Stein is a psychiatrist and psychotherapist who for the past 8 years has been intensively learning and teaching about the management of Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivity. She runs a small, part-time private practice in Calgary, Canada. Her clinical interest is working in mind-body techniques, combining medical and psychological approaches. Dr. Stein's research includes a study of heart rate variability in ME/CFS and an upcoming study of exercise testing in ME/CFS. Dr. Stein's work is internationally recognized. She was an invited speaker at the 2007 International Association of Chronic Fatigue Syndrome (IACFS) conference in Florida, the 2007 ME Research UK conference in Scotland and the Canadian Chronic Fatigue Syndrome Conference in 2008.

**EVERYONE WELCOME! WHEELCHAIR ACCESSIBLE  
FRAGRANCE / SCENT FREE ONLY PLEASE**

Please do not use hand sanitizers right before entering the event

**For further information, call 416.222.8820 or 1.877.632.6682  
or visit us at [www.meao-cfs.on.ca](http://www.meao-cfs.on.ca)**

The Myalgic Encephalomyelitis Association of Ontario is grateful for the ongoing support of:







The Myalgic Encephalomyelitis Association of Ontario

## Join Us for our Annual General Meeting

Saturday, October 2, 2010, 1 - 4 p.m.,  
Women's College Hospital Auditorium, 76 Grenville Street, Toronto

- Help us celebrate our successes and our amazing volunteers
- Learn about our new Strategic Plan
- Elect your new Board of Directors
- Join us for our special lecture and Q & A with Mr. Russell Howe, LL.B



Mr. Russell Howe, LL.B

### "Tales from the Legal Trenches"

Mr. Howe will be covering information for those with Myalgic Encephalomyelitis, Chronic Fatigue Syndrome, Fibromyalgia and Multiple Chemical Sensitivities:

His talk will include information on:

- The latest legal developments for disability claims
- The latest legal developments for employment claims
- How much evidence is enough?
- Is "Good Faith" just words?

Russ is the past President of the Ontario Trial Lawyers Association, which is a body of more than 1000 personal injury lawyers who fight at the political level to maintain the rights of the negligently injured. He is also a member of the Advocates Society, a State Delegate to the American Association for Justice, the Ontario and Canadian Bar Associations and other advocacy groups. Russ has conducted trials, appeals and tribunal hearings for his clients at every court level in Ontario. He is the co-author Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia, with Dr. Alison Bested and has published multiple magazine articles and papers in legal and scholarly journals on topics related to all types of personal injury litigation. Russ is a highly sought after public speaker both in Canada and the United States.

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## FROM THE PROVINCIAL COORDINATOR

### \$25,000 and Counting

Three years ago the MEAO received a wonderful grant from the Ontario Trillium Foundation.



The goals for the Trillium grant are:

- Improve community support by expanding our services.
- Grow our membership.
- Improve volunteerism at the MEAO.
- Open an MEAO office.
- Raise \$75,000 by December 2010 to continue our services and support the new office.

**Our Trillium grant is coming to an end and we are one goal away from making that grant a complete success. We need to raise \$25,000 more by December 2010 to top our fundraising goal with Trillium.**

My job for this year is to approach numerous foundations and corporations for support. I hope that these donors will give to us, just as they do to many other health charities, but progress has been very slow. If we fulfill this final Trillium goal, we stand an excellent chance of receiving funding for other projects in the future.

## WHAT YOU CAN DO TO HELP

“Extra” money can be tight or even non-existent when you are sick, but fundraising doesn’t just mean giving your own dollars; it can mean asking spouses, family members, employers and corporate contacts to donate to your cause.

**If you are able, now is the time to make the largest donation to the MEAO that you have ever made. We would be honoured to recognize a donation of \$100 or more in our Annual Report, and \$1,000 or more on our website. What we need most right now are donations of \$500 or more to meet our Trillium deadline.**

Here are some ways other MEAO members are giving:

- M. & P. are \$500 United Way donors. They give through the UW at work and it comes off their pay cheques a little each month.
- L. used CanadaHelps from our website and set up a monthly donation of only \$40 a month.
- J. works for a large corporation that matches employee donations, so we get twice the gift!
- T.’s good friend is a bank executive so together they are asking the bank for a donation for us.

If you need some help with a “big ask”, just give me a call and we’ll work on it together. To make your own donation, just use our donation form on page 8 of this newsletter. Every donation counts!

## MEAO MEMBERSHIP SURVEY

Please participate in our 2010 Online Membership Survey. This survey is your opportunity to tell us how we are doing and how we might improve our services. The Trillium Foundation has also requested this survey to evaluate the effectiveness of their grant.

To participate, please go to this website [www.surveymonkey.com/s/3CXJ85J](http://www.surveymonkey.com/s/3CXJ85J) by September 6<sup>th</sup> and participate in our confidential survey. This is a trusted website that protects your privacy. You will never be contacted by them. If you wish to participate by phone instead, please give us a call and a volunteer surveyor will call you back.

See you at our fall events, *Theresa Dobko*



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**Myalgic Encephalomyelitis Association of Ontario  
PROXY FOR THE ANNUAL MEETING  
TO BE HELD ON OCTOBER 2, 2010**

**This proxy is solicited by the Board of Directors of the Corporation**

The undersigned member of the Myalgic Encephalomyelitis Association of Ontario (MEAO), hereby revokes any proxy previously given and appoints Arvinder Bindra, Chair of the Board Governance Committee (or his designate) or \_\_\_\_\_ (please print name), as nominee of the undersigned with power of substitution to attend and to vote in the name and on behalf of the undersigned. This proxy holds for the following matters at the Meeting of Members to be held on **October 2, 2010** at Women's College Hospital, 76 Grenville Street, Toronto, Ontario, from 1-4 pm and at any and all adjournments thereof. The undersigned hereby specifically directs such proxy holder as follows:

- (a) To vote **FOR**  or **WITHOLD**  in respect of the election of directors;
- (b) To vote **FOR**  or **WITHOLD**  in respect of the approval of Financial Statements and appointment of the auditors of the MEAO and the authorization of the directors to fix the auditors' remuneration; and
- (c) To vote in respect of such other business as may properly be brought before the meeting or any adjournment thereof in such manner as the proxy holder sees fit.

This proxy will be voted, or withheld from voting, in accordance with the instructions of the member on this proxy for each ballot called for at the meeting. If the undersigned does not specify a vote FOR or WITHOLD on the items above, then this proxy will be voted in favour of the election of the nominees for the office of director listed in the MEAO Agenda presented at the AGM on October 2, 2010 and in favour of the 2009 Financial Statements and appointment of the auditors of the MEAO and any other matter that may be brought before the meeting will be voted on in such manner as the proxy holder sees fit.

Discretionary authority is hereby conferred by the undersigned on the proxy holder herein named with respect to amendments or variations to the matters identified in the notice of meeting or other matters which may properly come before the meeting or any adjournment thereof.

DATED this \_\_\_\_\_ day of \_\_\_\_\_, 2010.

Signature of Member \_\_\_\_\_ Please Print Name \_\_\_\_\_

NOTES:

1. This proxy must be signed by the member.
2. Each member has the right to appoint a person other than the person listed above to attend and act on his or her behalf at the meeting. If the member wishes to exercise such right, he or she should insert the name of his or her appointee in the space provided. That appointee must attend the meeting.
3. If this proxy is not dated in the space designated above, it shall be deemed to bear the date on which it was mailed to the member.
4. This proxy, properly executed, must be received by the Myalgic Encephalomyelitis Association of Ontario at Suite 402, 170 The Donway West, Toronto, ON, M3C 2G3 prior to the start of the Meeting, or any adjournment thereof, in order to be valid. Members mailing their proxy should ensure the proxy is received at the MEAO office by noon October 1, 2010 for the proxy to be valid.

## CONTACT US:

### Our mailing address:

Ste. 402, 170 The Donway West  
Toronto, ON M3C 2G3

### Our website can be found at:

[www.meao-cfs.on.ca](http://www.meao-cfs.on.ca)

### You can email us at:

[info@meao-cfs.on.ca](mailto:info@meao-cfs.on.ca)

## OUR INFO-LINE IS:

**416.222.8820**, for callers in the Greater Toronto Area, or **1.877.632.6682** for toll-free calls across the Province.

Our Info Line is a message centre. Please leave your name, number and the best times to call you on our machine, and a volunteer will call you back to help with information and referrals.

## MEMBERSHIPS AND DONATIONS:

Annual membership is \$25.00, and you will be given a tax receipt for your membership. Membership also entitles you to our **'Reaching Out'** newsletter. All members are eligible to direct the work of the MEAO and vote at our Annual General Meeting. Members who provide an email address also receive special email alerts, full of the latest news and events. Paid memberships cover the costs of our mailings but we do have complimentary memberships for those experiencing financial hardship. See our Membership / Donation Form on our website or use the form below.

Donations are our lifeblood. Donations of \$10.00 and over are issued a charitable tax receipt. You can mail us a cheque or donate by credit card through CanadaHelps on our website.

### **MEAO Disclaimer:**

*As a resource group, the function of our organization is to provide you with current information on ME/CFS, FM, MCS and related illnesses. As we are not medical or legal professionals, we accept no responsibility for how this information might be applied. We urge you to discuss all aspects of your needs with your doctors, lawyers and other professionals before making any decisions.*

### THE MYALGIC ENCEPHALOMYELITIS ASSOCIATION OF ONTARIO

Ste. 402, 170 The Donway West, Toronto, ON M3C 2G3

Please go to our website for our full Membership Application or send us this form with payment  
**MEMBERSHIP AND / OR DONATION**

PLEASE PRINT

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

TELEPHONE NO: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

**NEW MEMBERSHIP FEE: \$25.00**

**DONATION: \_\_\_\_\_**

**TOTAL ENCLOSED: \_\_\_\_\_**

**We are now able to give Tax Receipts  
for Memberships and Donations!**

I am requesting a free membership due to financial need

I would like to get my newsletters by email, along with special email alerts for upcoming events and other news

CHARITABLE REGISTRATION NO. 89226 7568 RR0001