

Lupus Ontario

Annual Report

Fiscal Year Ending September 30, 2025

**Fuel the Research.
Find the Cure.**

A YEAR OF GRATITUDE AND PROGRESS

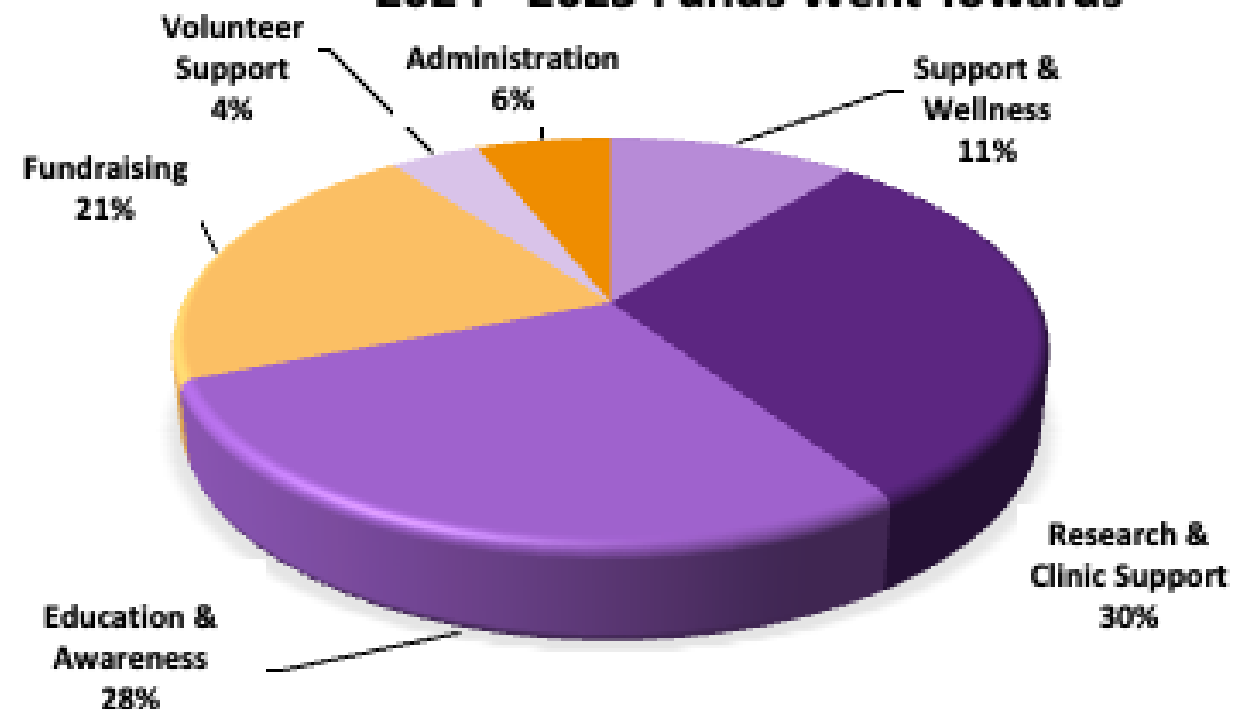
As we reflect on 2025, we celebrate a year marked by meaningful progress and shared commitment to improving the lives of those living with lupus. Our heartfelt thanks go to everyone who contributed their time, energy, and resources to advocacy and awareness events, the Lupus Ontario Silent Auction, and the many Walks for Lupus Ontario held across the province.

We are also deeply grateful to our grantors, sponsors and to the organizers of third-party fundraising events—including the Windsor Waterfront Marathon, the Research Fellowship Fundraiser, the Luau Dance Party, Volleyball Tournaments, and Ottawa Door to Door. Thanks to your efforts, revenue from event-based sources grew by a remarkable **30.9%**, totalling **\$370,812**.

Non-event revenue—including investment income, bequests, charitable donations, and memorial gifts—also saw significant growth. With the Canadian stock market among the world's strongest performers in 2025, investment income rose substantially. Overall, non-event-based revenue increased by an extraordinary **40.3%**, totalling **\$593,289**.

Our overhead expenses, which include fundraising and administration, declined from 31.2% to 27% of total expenses, reflecting our continued commitment to operational efficiency and responsible stewardship of donor funds.

2024 - 2025 Funds Went Towards



This remarkable growth allowed us to increase program spending by 9.8% over last year and positions us to expand our support for the lupus community even further in the years ahead.

LOOKING FORWARD

Research continues to advance, with new lupus-specific biologics and treatments emerging. Unfortunately, access to these therapies is often slowed by provincial government barriers and administrative hurdles. In the year ahead, we remain steadfast in our advocacy—working to remove obstacles to timely medication access by educating policymakers and raising awareness of the unmet needs of people living with lupus.

Our research commitments will continue to support two vital fellowships: the **Lupus Ontario Geoff Carr Fellowship** and the **Honey Agar Fellowship for High-Risk Pregnancy in the Rheumatic Diseases**. These fellowships provide immeasurable value to the lupus community. Funding for research and education at our six accredited lupus clinics will also remain a priority.

Our education programs will keep delivering the latest research and lifestyle insights through webinars, podcasts, and newsletters. The annual Lupus Ontario Symposium—now reaching a growing audience—will continue to highlight new developments in treatments, research, and topics of importance to our community.

Support programs will expand to include **nine support groups**, including new groups for the South Georgian Bay region and for individuals navigating menopause. All program details can be found on our newly launched website.

I extend my deepest gratitude to our sponsors, donors, grantors, staff, and volunteers. Your generosity sustains the high-quality programs that serve the lupus community across Ontario. Your unwavering dedication to our vision of a **Life Without Lupus** strengthens awareness, expands our reach, and fuels the research and treatments that improve quality of life for those affected by this disease.

Sincerely,

June Alikhan
President, Lupus Ontario



About Us

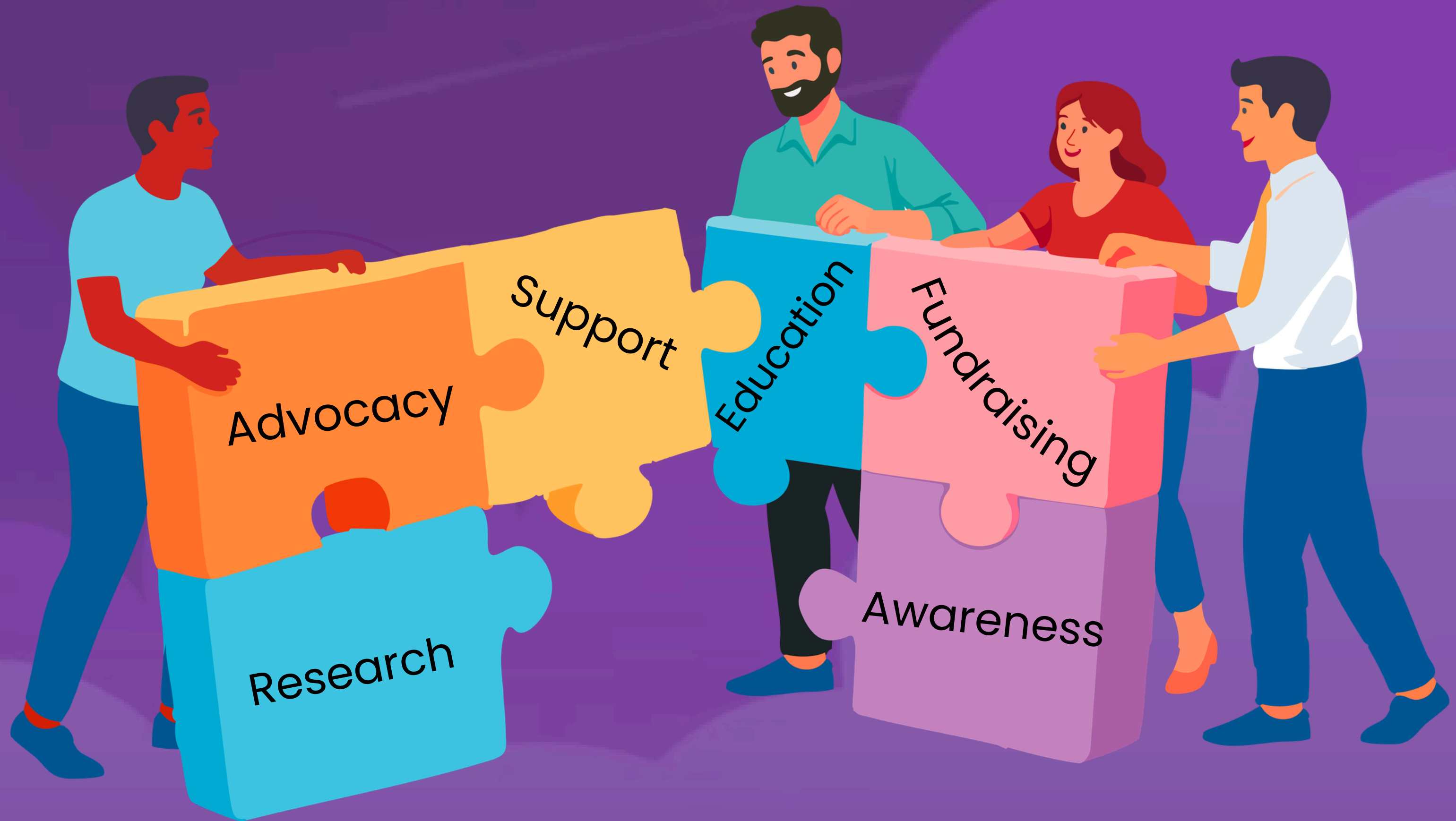


Lupus Ontario is the largest Canadian provincial organization focused on improving the lives of lupus patients and their families.

Our mission is to provide vital **support, education, awareness, advocacy** and **research** through the fundraising efforts of our staff and volunteer community to help those with lupus live longer, healthier and better lives.

In 1978, Honey Agar and Linda Ethier, two lupus patients frustrated by the lack of knowledge and treatment for the disease, joined forces. Their goal was to create awareness and to educate.

We support the Lupus Community through



Support

CONTACT SUPPORT

support@lupusontario.org
905-415-1099 or 1-877-240-1099

We provide 9 interactive monthly support groups to lupus patients throughout Ontario. Facilitators guide the meetings based on specific themes or key discussion topics.

9

**Support
Groups**

250+
Attendees

100+
Connections

Phone calls, emails &
In-person connections

Our goal is to provide a strong network of support that empowers individuals and their families to navigate life with lupus.

Research

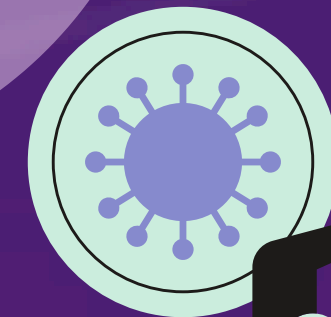
Increased to two
research Fellowships

NEW!

**Honey Agar
Fellowship**
for High-Risk
Pregnancy in
Rheumatic
Diseases

35+
Geoff Carr
Research
Fellowships

Support
6 accredited
Lupus Clinics
in Ontario



Advocacy

Lupus Ontario had the opportunity to be invited to the Legislative Assembly of Ontario on May 7, 2025.

We were invited by MPP Billy Pang in recognition of our advocacy efforts, public awareness initiatives, and support of the lupus community.

We attended the legislature followed by a picture at the grand staircase.



Awareness

Sharing lupus awareness, through these initiatives:



40+
illuminations

Secured over 40 Ontario landmarks to illuminate purple for Lupus Awareness Day.



8
awareness events

- Markham Sunrise Rotary Group
- Diabeat-it Health Fair
- Oakville Trafalgar Rotary Group
- Rexdale Community Health Centre
- Ancaster AM Rotary Group
- 16th International Congress on Systemic Lupus Erythematosus (LUPUS 2025)
- Island Fest London
- Horizon Place Retirement Home



900,000+ social
media impressions

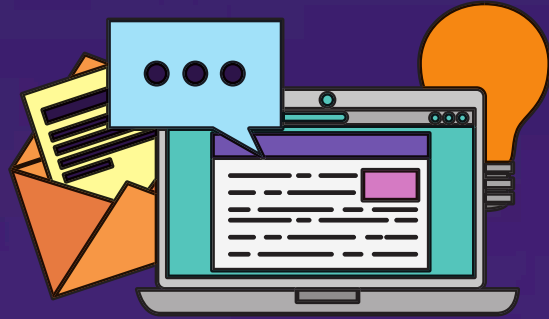
Across Facebook,
Instagram & LinkedIn



Lupus 2025
Conference

Staff and volunteers attended this year's lupus conference, participating in sessions and hosting a booth to share resources and information.

Education



12 newsletters with **3K** subscribers



6 webinars with **2,400+** views



6 podcasts with **850+** listens



**Lupus Ontario Symposium 2024 –
Redefining the Lupus Landscape**

1 symposium with **4 sessions**

Fundraising

WALK 2025 STATS

- Over 1,100 participants
- Nearly 2,000 donors
- Media coverage in over 14 regional outlets (tv, radio, online news, social media)
- Raised over \$149,000

LOCATIONS

- Barrie
- Brampton
- Durham
- Hamilton-Halton
- London
- Mississauga
- Ottawa
- Peel
- Richmond Hill
- Sudbury
- Toronto x2
- Windsor
- Woodstock

Fundraisers in Support of Lupus Ontario

Research Fellowship Fundraiser
Raised \$7,173

Windsor Waterfront 5km & Half Marathon
Raised \$1,808

Aloha! Hawaiian Luau Party
Raised \$3,700

Lupus Ontario Beach Volleyball Tournament
Raised \$2,300

Ajax High School Volleyball Tournament
Raised \$5,900

Ottawa Door to Door
Raised \$9,346

Online Silent Auction
Raised \$10,015

Leadership



EXECUTIVES



June Alikhan

President,
Chair: Executive Committee,
Chair: Advocacy Committee,
Finance, Fund Development,
Governance and Operations
Committees



Lisa Bilodeau

Vice President,
Chair: Fund Development
Committee, Executive, Advocacy,
Education & Awareness, Finance,
Operations and Support
Committees



Linda Keill

Secretary, Chair: Governance,
Committee, Executive,
Advocacy, Finance, Fund
Development and Operations
Committees



Siraj Mehdi

Treasurer,
Chair Finance Committee

STAFF



Karen Furlotte

Office Manager,
Finance, Fund
Development and
Operations Committees



Anne Brooks

Fundraising & Marketing Manager,
Education & Awareness, Finance,
Fund Development and Operations
Committees



Keriszma Bhargava

**Digital Marketing & Social
Media Specialist,**
Education & Awareness,
Fund Development and
Operations Committees

MEDICAL ADVISORY BOARD

Dr. Amanda Steiman

Assistant Professor, Rheumatologist at Sinai
Health/University Health Network, Toronto

Dr. Catherine Ivory

Assistant Professor at University of Ottawa, Division of
Rheumatology, University of Ottawa, Senior Clinician
Investigator with the Ottawa Hospital Research Institute

Dr. Deborah Levy

Associate Professor, Department of Paediatrics University
of Toronto

Dr. Earl Silverman

Pediatric Rheumatologist at SickKids Hospital, Toronto

Dr. Murray Urowitz

Professor Emeritus, Temerty Faculty of Medicine, University
of Toronto, Schroeder Arthritis Institute, Toronto Western
Hospital.

Dr. Kostas Tselios

Rheumatologist at Hamilton Health Sciences Centre,
Assistant Professor McMaster University, Hamilton

Dr. Janet Pope

Chair/Chief of Division of Rheumatology,
Professor of Medicine in the Division of
Rheumatology at the University of Western
Ontario (UWO), Schulich School of Medicine,
London, Ontario

Dr. Zahi Touma

Dr. Murray B. Urowitz Chair in Lupus Research
at UHN, Director, Toronto Lupus Program at UHN,
Associate Professor of Medicine, University of
Toronto, Institute of Health Policy, Management
and Evaluation, Institute of Medical Sciences,
Adjunct Scientist, Institute for Work and Health,
Clinician-Scientist, Rheumatology, University
Health Network, Scientist, Schroeder Arthritis
Institute, Krembil Research Institute.

DIRECTORS



Sabrina Hundal

Chair, Support Committee



Julian Cappelli

**Chair, Education &
Awareness Committee**



Maneka Kaur

Director at Large,
Fund Development and
Governance Committees



Justin Ferraro

Director at Large,
Finance Committee



Kyle Morrow

Director at Large,
Governance Committee



Deni Ogunrinde

Director at Large,
Advocacy and Governance
Committees



Jaime Wilson

Director at Large,
Advocacy Committee



Sarah Irshad

Director at Large,
Finance and Fund
Development Committees

We are sincerely grateful for the continued generosity of our donors, sponsors, and community partners. Their support enables us to advance our mission while maintaining strong financial stewardship and long-term sustainability.

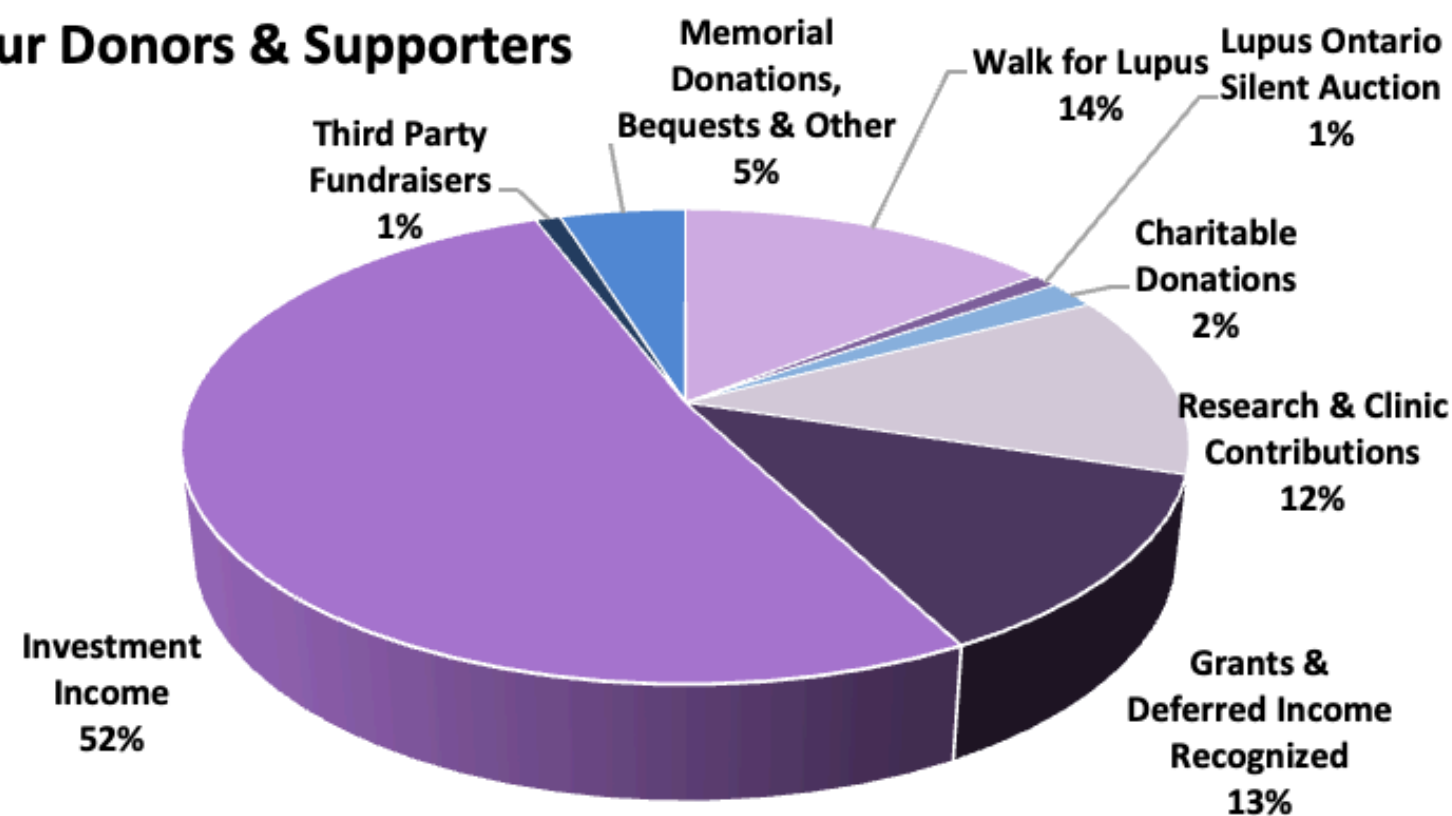
The organization’s largest fundraising initiative, the WALK for Lupus Ontario, continued to demonstrate the strength of community engagement, raising \$149,131 during the year—an increase of nearly 22% compared to \$122,590 in the prior year. This growth reflects both increased participation and the ongoing commitment of individuals and families who support those affected by lupus.

Research donations and deferred contributions recognized accounted for 13% of total revenue. While research donations declined due to corporate reductions in grant funding, donor support remained critical in sustaining research activities and advancing awareness and understanding of lupus.

Investment income represented 52% of total revenue, reflecting improved market conditions, including lower interest rates and moderating inflation. This performance underscores prudent investment management and responsible oversight of donor funds.

Collectively, these efforts resulted in total revenue of \$964,101, representing a 37% increase over the prior year. This increase helped offset reductions in grants and sponsorships and allowed the organization to continue delivering programs, supporting research, and serving the lupus community across Ontario.

Our Donors & Supporters



Every dollar entrusted to us carries hope. Thanks to the generosity of our donors, sponsors, and grantors, we were able to increase our investment in programs by 10%, reaching \$356,477, up from \$324,798 the year before. This growth reflects a shared commitment to improving the lives of people living with lupus—today and for generations to come.

We remained focused on what matters most: impact. Nearly three-quarters (73%) of every dollar spent went directly to program funding, ensuring that donor support translated into meaningful research, care, and community services. Only 27% was required to sustain fundraising and administration, allowing us to maximize the reach and effectiveness of our mission.

Advancing Hope Through Research

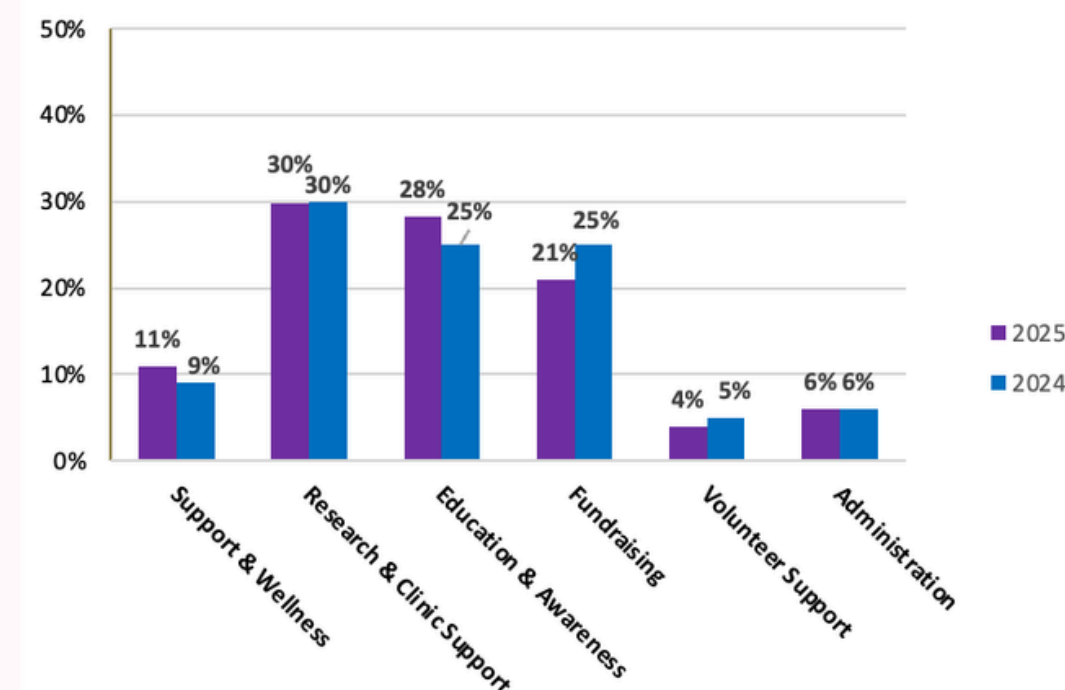
We invested \$145,411 in research initiatives that are shaping the future of lupus care. This included support for the Geoff Carr Fellowship, the Lupus Ontario Anne Matheson Biobank at the McMaster University Lupus Clinic, and Ontario’s six accredited lupus clinics. Together, these initiatives strengthen clinical care, advance scientific understanding, and build the foundation for future breakthroughs—all moving us closer to a Life Without Lupus.

This year’s Geoff Carr Fellow, Dr. Justin Smith, completed his clinical training and research at Toronto Western Hospital. He is now practicing at the Edmonton Clinic within Alberta Rheumatology, where he continues to make a difference for people living with lupus and contributing to lupus research -- an enduring legacy made possible by donor support.

Strengthening Community and Support

An additional \$211,066 was dedicated to education, awareness, advocacy, support, and volunteer programs. Through online support groups, webinars, podcasts, newsletters, and our annual Education Symposium, we provided connection, knowledge, and reassurance to people navigating lupus every day. By expanding our online programming, we were able to reach individuals across Ontario and beyond—breaking down geographic barriers and ensuring that no one faces lupus alone.

Our Programs & Expenses



Financial
LUPUS ONTARIO For the Year Ended September 30, 2025
YOUR GENEROSITY AT WORK

For the year ending September 30,
2025 **2024**

Support and Wellness Programs

Newly diagnosed	\$ 51,998	\$ 41,811	11%	9%
Ongoing support and training				
Counselling				
Lupus educational kits				

Research and Clinical Training, Clinic Support

Toronto Western Hospital Lupus Clinic	145,411	141,222	30%	30%
Ottawa, London and Mount Sinai Lupus Clinics				
Sick Kids Hospital Lupus Clinic				
Hamilton Lupus Clinic				
Fellowships: Geoff Carr & Honey Agar				

Volunteer Support

Education and training	21,322	22,991	4%	5%
Appreciation awards and recognition				

Education and Awareness

Community education: symposium and webinars	137,746	118,774	28%	25%
Website, podcasts and social media				
Awareness events				
Newsletter, posters, pamphlets				

Fundraising

Direct fundraising expenses	104,749	120,754	21%	25%
Event planning and execution				
Forms, event packages				

Administration

Facilities rent	27,070	26,529	6%	6%
Insurance				
Office expenses				
Audit				

Total Expenses

\$ 488,296 **\$ 472,081**

Excess (Deficiency) of Receipts over Expenses

\$ 475,805 **\$ 234,047**

DONATIONS, GIFTS AND OTHER

For the year ending September 30,
2025 **2024**

Walk for Lupus	149,131	122,590
Lupus Ontario Silent Auction	10,015	15,427
Lupus Ontario Spring Gala	-	36,658
Charitable Donations	20,709	15,557
Memorial Donations	21,505	5,295
Research Donations and Grants <i>(includes Research Fellowship Fundraiser)</i>	111,258	67,698
Deferred Contributions Recognized	49,844	26,000
Corporate Grants	30,000	-
Ottawa Door to Door	9,746	9,595
Third Party Events Windsor Waterfront Marathon Luau Dance Party Volleyball Tournaments	10,818	5,309
Bequests	27,324	74,172
Investment and Other Income	523,751	327,827
Total Receipts	<u>\$ 964,101</u>	<u>\$ 706,128</u>

SPONSORS & MAJOR DONORS

SPONSORS



MAJOR DONORS



- June Alikhan
- Lisa Bilodeau
- Nicola Carroll
- Estate of Helen Dodds
- David and Helen Eastaugh

- Foundation for Human Development
- John Hicks
- Anna Hoad
- Linda Keill

- Keilty Family
- Ryan Macdonald
- The late Janet Moore
- Hasnain Panju
- Estate of Edwin Pooler

- David Ryan & Cirissa Sellars
- James Samuel
- Anonymous (11)



PARTNER WITH US.
VOLUNTEER WITH US.
BE PART OF THE CURE.

CONTACT US

285 Taunton Road E, Suite 4438

Oshawa, ON L1G 3V2

1-877-240-1099

905-415-1099

info@lupusontario.org

www.lupusontario.org