



## MEETING MINUTES

SEPTEMBER 16, 2014

### GENERAL ITEMS:

- There was a general consensus that our support group meetings should also have a “living with scarring alopecia” focus as well. This could mean that we have social workers as guest speakers, yoga and meditation or positive affirmations and mantras. If anyone has any ideas for future topics or speakers, please let Shirley know. What do you want to see at the meetings and where would you like to group to go?
- We should resurrect the original list of survey questions that we had started gathering as a group a year back. These questions are representative of what we are all wondering and looking for answers for. Examples include, “Does any CA suffer have any other immune diseases?”, “Has anyone suffered any head trauma in their past?”, “Does anyone else have vitiligo?”
- Our member Hatcho runs a Facebook site for scarring alopecia. To join, send him a message through the site here... LPP Lets Put Out the Fire <https://www.facebook.com/#!/groups/179660093699/>
- Our website needs some work and help to expand and evolve. We will be creating a sub group for the website. Hatcho mentioned that he will ask a friend of his for some free support. Jill also mentioned that she has a friend who has done some good website work for her.
- Shirley will send the CASA logo to Elio so that he can clean it up.
- What is everyone’s opinion about having a Scarring Alopecia event in Toronto? There is interest from the global Facebook group LPP Lets Put out the Fire to have a gathering in Toronto next year. If anyone has any ideas they should submit them to Shirley. We will bring this up as a continuing conversation.
- One of our members is using the Hair Max comb with so-far-so good results. This is also endorsed by Dr. Donovan and is very easy to use. Learn more here... <http://www.hairmax.com/>
- One of our members brought up the additional condition that they have on top of LPP. It is a condition of the skin that is affecting their hairline and forehead. Learn more about Linear Morphea here... <http://en.wikipedia.org/wiki/Morphea>
- We are very lucky to have a Naturopath, Dr. Jonathan Prousky with an interest in Scarring Alopecia joining us at our next meeting on Tuesday November 25th. We will keep the same format where we submit questions ahead of time for him to answer when he joins us. **Please submit your questions for the Naturopath to Shirley before November 19th so that we can compile and share to give the doctor enough time to prepare.**



- All \$20 annual dues collected from members have been used for meeting snacks and to host the website. If anyone has any suggestions on ways to spend the money, please submit to Shirley. As noted, the website needs to be upgraded to accommodate additional functions like question submission. (See action items) If you have not paid your 2014 \$20 dues, please bring it to our next meeting and see Erynn.
- Please let Shirley know if you would like to give your contact info to any of the other members and she will facilitate the connection.
- Next meeting is at 6pm on Tuesday November 25th at 2200 Yonge Street. (See directions attached [Directions to the Canadian Tire Conference Centre.docx](#))
- November agenda:
  - 5:30 - 6:00 Room opened and member check-in
  - 6:00 - 6:30 Welcome new members
  - 6:30 - 8:00 Q & A with our guest
  - 8:00 Meeting is adjourned

#### ACTION ITEMS:

All: Send your questions for the Naturopath back to Shirley and we will make sure that the doctor receives them in advance.

Shirley: Send the CASA logo to Elio for clean-up.

Shirley and Erynn: Launch the website sub group.

#### PREVIOUS MEETING ITEMS:

- Chair and Co-Chair positions within CASA are still open. Any interested people should contact Shirley.
- Is there a need to incorporate CASA or become a registered charity?

#### NEXT STEPS

##### **Next Meetings:**

Tuesday November 25, 2014 – 6:00 pm – 8:00 pm

2200 Yonge Street, Canadian Tire Conference Centre