



Volunteer Appreciation

THE **ILC** FOUNDATION

Chronic Pain 🍁 Ehlers Danlos 🍁 HCTD

10
years

Donate today to help us do more tomorrow

www.theilcfoundation.org/donate/

It's
Neurogenic
Bladder

It's Seizures

It's
Hypermobility

It's
Chronic
Fatigue
Syndrome

It's
Neck Pain
CCI Instability
Whiplash

It's
Dysautonomia

It's
POTS

It's
Headaches

It's
Chronic
Pain

It's
Gastroparesis

It's
Neuropathic
Pain

It's
Arachnoiditis

It's
Chiari

It's
Mast Cell
Activation

It's Adrenal
Insufficiency

It's
Addison's

It's Spinal
CSF Leaks

It's
Tethered Cord
Syndrome

It's
Syringomyelia

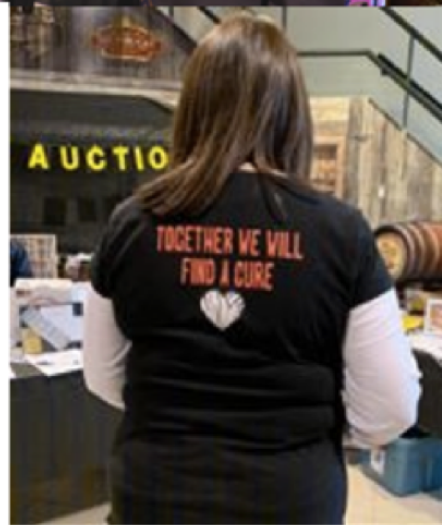
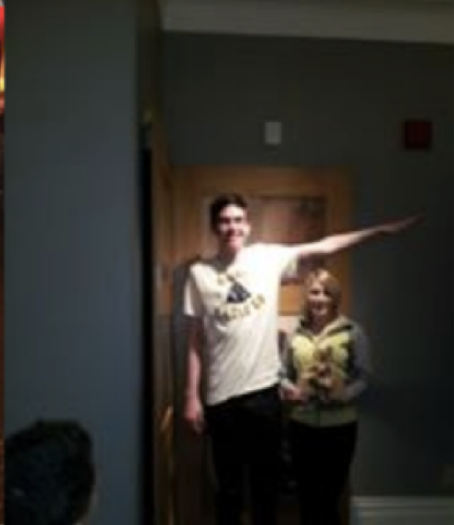


The Elephant in the Room - NOT RARE - EDS/HCTD/HSD

THE **ILC** FOUNDATION

Chronic Pain  Ehlers Danlos  HCTD

10
years



Celebrating Ten-Years!



Extraordinary
Dynamic
Support
by
Caring
People

To help our volunteers do more!

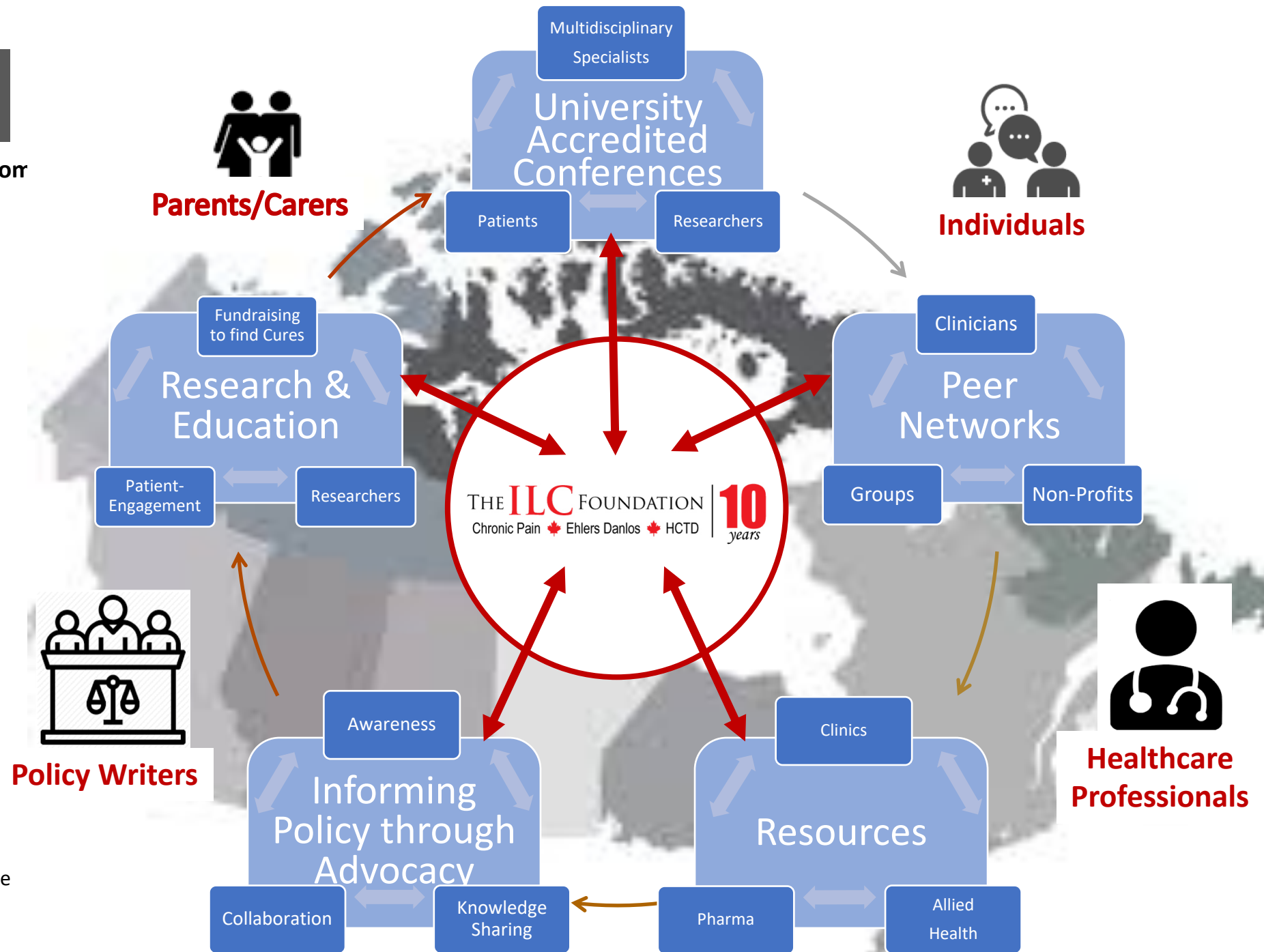
Virtual Wall of Hope - <https://www.theilcfoundation.org/virtual-wall-of-hope/>

Eva Barbatbun	Dr. R.G. Beaulieu	Pan & Sergio Bidinost	Sara Bolter	Walter Botter	Susan Bowes	Megan Brunet
David Brunet	Vicki Campbell	Ian Cohen	Electric Effect Inc., Steven Cohen	Brandon Collings	Carey Compton	Richard Cork
Andrea Cumpson	Jackie Currie	Christopher Cuyllé	Peter Datrk	Eddie Davidson	Frank Deaner	Jack & JoAnn Deline
Kelly Eckersall	Damon Emmanuel	Colleen Frost	Bruce Fudger	Tino Gaetani & Carusi Accountants	Pat Garrod	Erika Gillis
Allan Gordon	Glenn Goster	Kaitland Gray-Jones	Maira Gunn	Kasi Hajra	Leena Hajra-Bryan	Melanie Harris
Janette Hillier-McVeety	Delaney Hobson Gies	Pytor Hodgson	Mark Hoefler	Brenda & Brian Hope	Denis Hosdil	Gabriella Ir
Dawn Kamfoley	Carrie Kiesewetter	Pam Larouche	Lillian Lawford	Winkie Lee	Viv Leese	Jesse Lehrman
						David Lifson

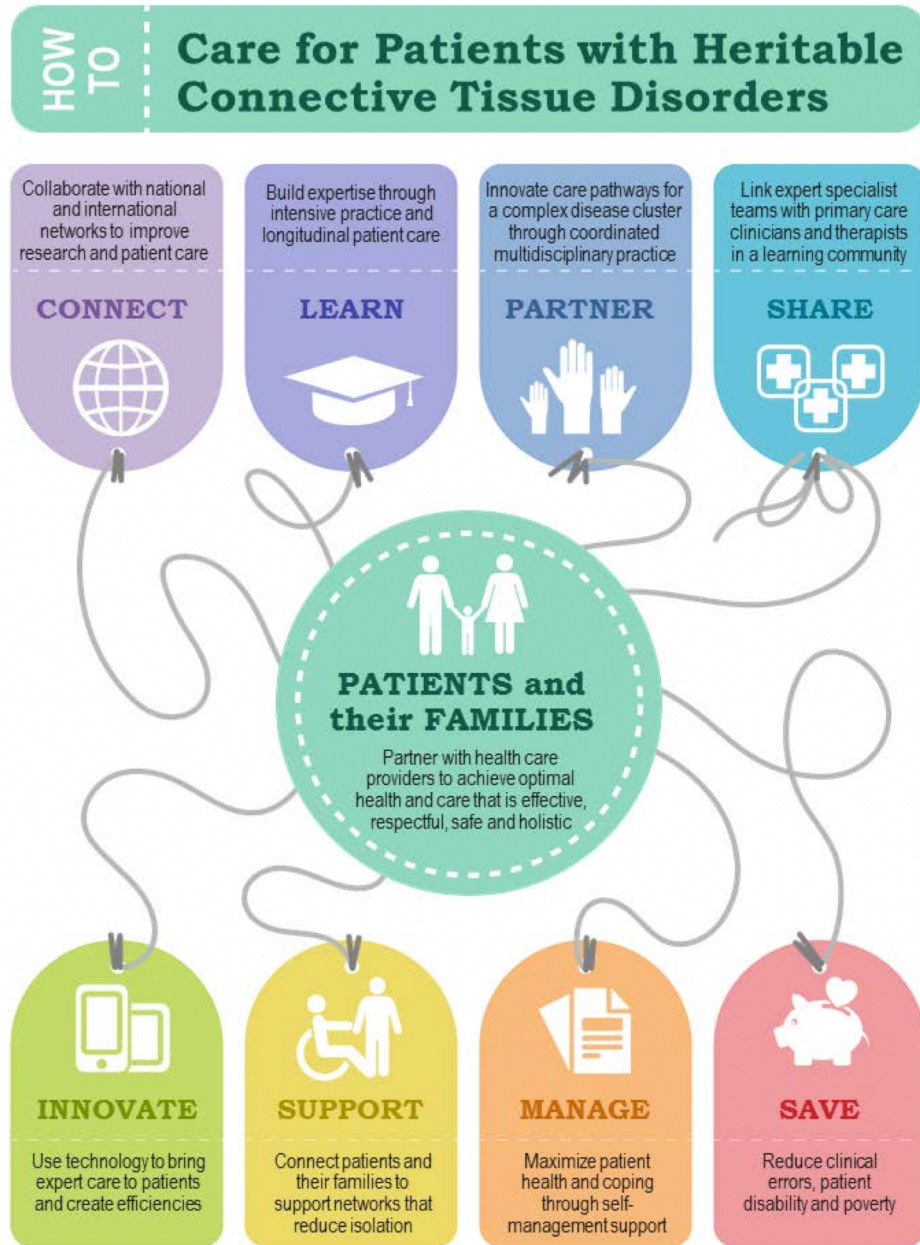
Impact through The ILC Knowledge Exchange Cycle

Chronic Pain and Ehlers Danlos Syndrom

- Hypermobility Spectrum Disorder
- Heritable Connective Tissue Disorders
- Craniocervical Instability
- Chiari Malformation
- Syringomyelia
- Headache/Migraine
- Brain Fog
- Memory Issues
- Cerebral Spinal Fluid Leak
- Chronic Fatigue Syndrome
- Sleep Apnea
- Restless Leg Syndrome
- Eagles-like Syndrome
- Fibromyalgia
- Gastrointestinal Dysmotility
- Sjogren's/Lupus/Celiac
- Mast Cell Activation
- Mitochondrial Dysfunction
- Dysautonomia
- Neuro MALS
- Vascular MALS
- Skin Issues
- Joint Problems
- Tethered Cord Syndrome
- Neurogenic Bladder
- Gait Disorder
- Postural Orthostatic Tachycardia Syndrome



Resources



Advocacy through Member Surveys



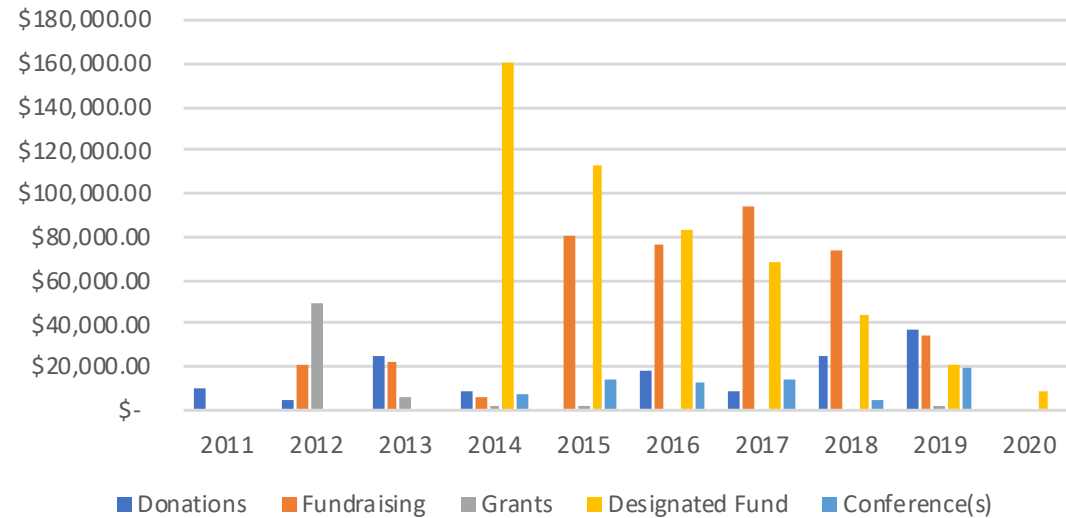
Position Statement



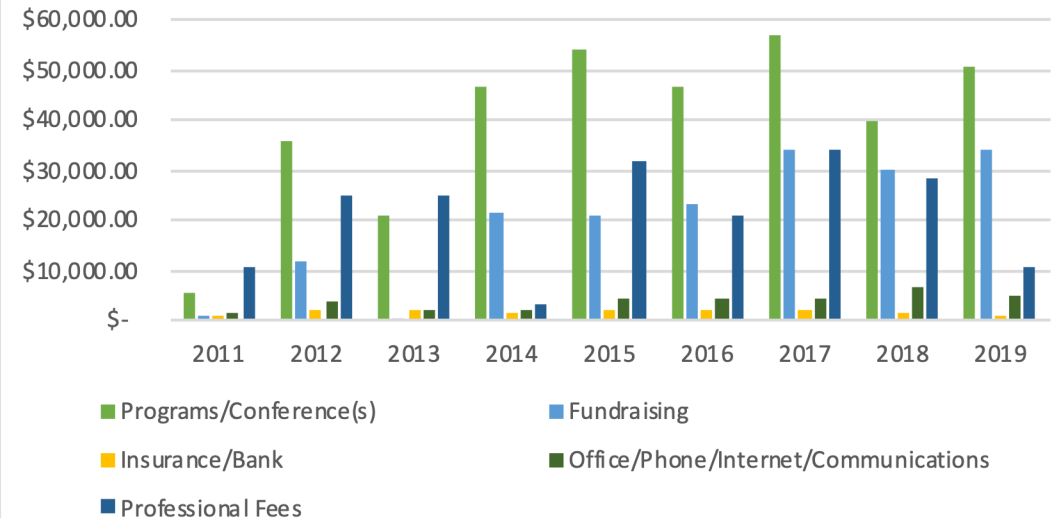
Write to your MPP

FACTS & MISCONCEPTIONS

The ILC Revenues 2011-2020



The ILC Expenditures 2011-2020



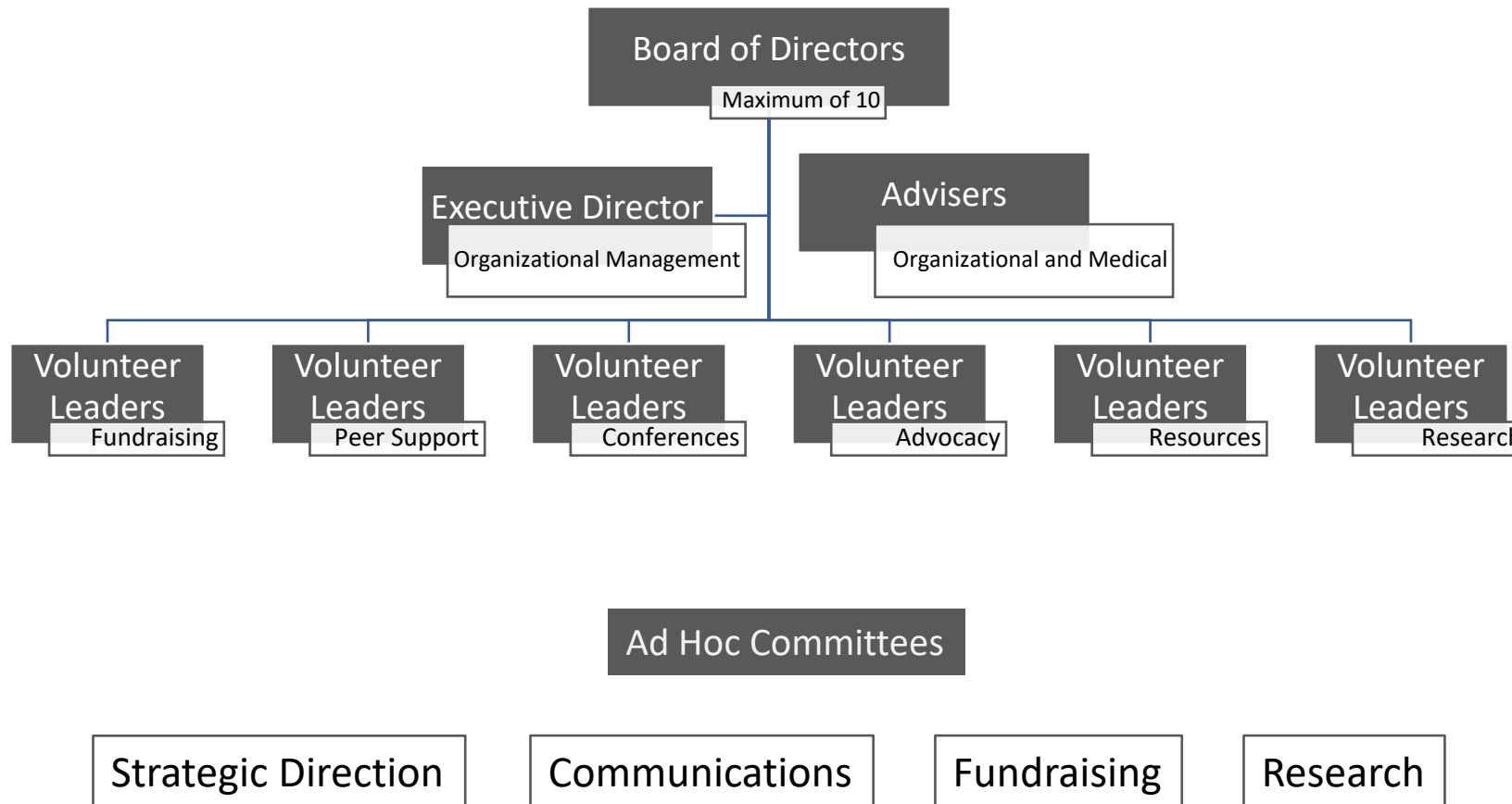
Facts:

- The ILC on average operates with an annual budget of under \$100,000
- Impact achievements without accountability and responsibility beyond the commitment of dedicated volunteers
- COVID impact cause risk of dissolving if funds are not raised to help us maintain and expand programs with accountability and responsibility

Misconceptions:

- “Foundation’ in name helped us build relationships w/Clinicians, Researchers, Institutions - including their recent belief we had money to give including funding EDS Clinics
- Belief we have full time paid staff instead of program related expenses expended under consulting fees

Running a Charity: Governing By-Laws, Board of Directors, Advisers, Programs through Volunteer Leaders



... mostly, thank you for the friendships that have developed over the years!



*People will forget what **you** said, **people** will forget what **you** did, but **people** will never forget how **you** made them feel.* Mya Angelou

*If **you** want to go **fast**, go **alone**. If **you** want to go **far**, go **together**!*
African proverb