

## The MATA SISTERS – Juana and Estela

November/December 2014

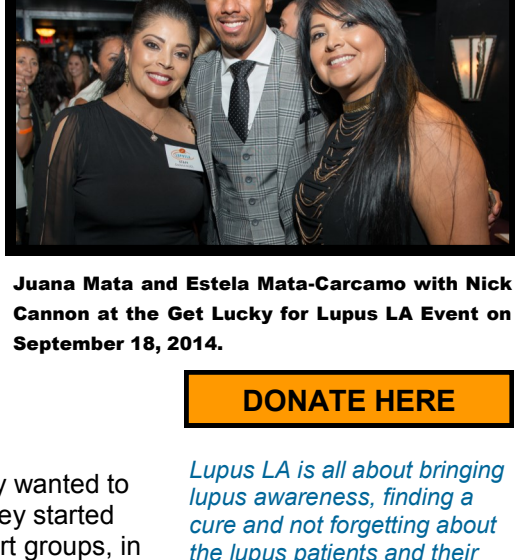
**The Mata Sisters are true Lupus Heroes!** Juana is a full-time mother, wife, social worker, and lupus patient. Estela is also a full-time working mother, wife, and supportive sister.

In 2009, Juana was diagnosed with Systemic Lupus Erythematosus (lupus). Estela explains, *"We knew very little about lupus so we began to search for information. It was then that I came across the Lupus LA website and decided to attend the Alhambra support group. It was amazing to share and have others share their stories about lupus and to have people who understand what you are going through."*

In 2010, Estela and Juana decided that they wanted to be a bigger part of the Lupus LA family. They started Looms4Lupus, one of nine Lupus LA support groups, in Baldwin Park. Together they facilitate the group sessions for patients and their families while teaching everyone how to loom knit. Estela and Juana give of their time as volunteers for Lupus LA and the community-at-large.

Juana shares, *"Estela and I participate in the 'Latest on Lupus' Patient Conferences where we learn about current medical trends in fighting this disease. In addition, we network with other volunteers and service providers. Lupus LA to me means support, support for me as a lupus patient and as a facilitator."*

We are so lucky to have lupus heroes like Estela and Juana. To learn more about their support group held on the second Saturday of the month in Baldwin Park, please check out [www.Looms4Lupus.org](http://www.Looms4Lupus.org) or [www.lupusla.org](http://www.lupusla.org).



**Juana Mata and Estela Mata-Carcamo with Nick Cannon at the Get Lucky for Lupus LA Event on September 18, 2014.**

**DONATE HERE**

*Lupus LA is all about bringing lupus awareness, finding a cure and not forgetting about the lupus patients and their families. Lupus LA to me means HOPE, hope for Life without Lupus.*

- Estela Mata-Carcamo

### 2015 is our year of the Lupus Hero.

Each month Lupus LA will focus on a new **Lupus Hero** and share his or her story. Through the retelling of people's stories, we can build upon our lupus community. If you would like to share your story and tell how you are a true lupus hero, please contact us at [info@lupusla.org](mailto:info@lupusla.org).

### What can my donation do?

Every dollar you donate counts at Lupus LA. Here are some of the ways your donation can help support our programs and initiatives:



\$ 100 = One (1) monthly adult support group session

\$ 250 = One (1) monthly pediatric support group session

\$ 500 = One (1) Emergency Grant for a lupus patient

\$ 750 = Sponsorship for one family to attend a special summer camp for kids with lupus

\$ 1,000 = One (1) week for a Rheumatology Fellow

\$ 5,000 = Two (2) weeks of Scientific Research

\$10,000 = One (1) day-long Patient Conference

**DONATE HERE**

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Questions or comments? E-mail us at [info@lupusla.org](mailto:info@lupusla.org) or call us at (310) 657-5667.