HOPE
life without lupus

LET'S TALK LUPUS

April 2023 E-Newsletter

LUPUS CANADA
Life Without Lupus

Together Let's Make Lupus Visible

Spring Has Sprung

Take time to get some fresh air and enjoy the changes this season has to offer.

On **April 7th we celebrate World Health Day**. This day focuses on health issues that have relevance on a global scale including mental health, childcare, and access to health care. Join us in advocating today for awareness and equity in healthcare. We encourage you to learn more by going to the official page.

National Volunteer Week is from April 16th to 22nd! "Let's celebrate our individual and collective actions in creating a strong, interconnected and vibrant community! Volunteering weaves us together, strengthening the fabric of our community by sharing our time, talent and energy to support one another." For more information on National Volunteer Week visit here. Lupus Canada would like to take a moment to thank and celebrate our dedicated and passionate Board of Directors and Ambassadors. Board service is one of the most challenging volunteer roles and your commitment brings hope to not only Lupus Canada but to the over 1 in 1,000 Canadians living with lupus.

Important Dates In April:

- **Easter Weekend -** April 7 -10, 2023
- **World Health Day** - April 7, 2023
- **National Volunteer Week** - April 16 - 22, 2023
- **Earth Day -** April 22, 2023

We are excited to share with you a sneak peak at some of our initiatives for **Lupus Awareness Month** in this month's newsletter.

DONATE NOW
your gift makes a difference

JOIN LUPUS CANADA TO ADVOCATE FOR CHANGE

Lupus Canada has embarked on a national advocacy campaign. By participating in this advocacy campaign, you will be urging our elected officials to support our call to action to ask CADTH to revisit their decision and to recommend Belimumab for public listing to include non renal lupus patients.

To advocate for change please click here to be redirected to Lupus Canada's Advocacy Campaign page.

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LUPUS AWARENESS MONTH

LUPUS AWARENESS MONTH 2023

Let's continue to advocate for equity, resources and support

Empowerment is the basic attitude underlying advocacy. It is the conviction that every person has the right to be heard, the right to understand, the right to decide, and the right to equity. The more we act on this attitude, the more people will come to recognize the rights of persons living with lupus.

Lupus is a chronic disease characterized by inflammation in one or more parts of the body. It is a complex and sometimes baffling condition that can target any organ in the body, in any individual, at any point in their lives. The cause remains unknown and a cure does not exist. In spite of its widespread nature, lupus is not an easily recognizable disease and remains incredibly under-diagnosed as it often presents itself uniquely in every individual.

As we approach Lupus Awareness Month in May, Lupus Canada would like to invite you to join us in helping to put a spotlight on the unmet needs of all Canadians impacted by lupus. Public health policy, access to medications and resources that better support those impacted by lupus will provide preventative strategies to help manage this debilitating disease.

During Lupus Awareness Month the following tools will be available on our website:

- Social Media Tool Kit available in English and French: Lupus Awareness Month poster, logo, I support World Lupus Day image, I Support Put On Purple Day image, infographics etc.
- Fundraising Ideas
- Activities Guide

Follow us on social media for more information regarding our Lupus Awareness Month initiatives and how you can get involved.

World Lupus Day

On **May 10th, 2023** Lupus Canada will join others across the globe to recognize and celebrate World Lupus Day. World Lupus Day is sponsored by the World Lupus Federation, World Lupus Day serves to call attention to the impact that lupus has on people around the world.

Put On Purple Day

On ***May 19th, 2023*** show your support in finding a cure and help those living with lupus by wearing **purple**!

Together let's make lupus visible.

Stay tuned for more information about **Put On Purple** Day.

Bracelets by Jamie Tees

Jamie Tees has created a beautiful and meaningful piece of jewellery that when worn weaves a thread of connection through the lupus community. Thank you for your generosity, for your contribution to Lupus Canada and also for your role in raising awareness for lupus. To purchase your bracelet follow us on social media for the release date!

"My daughter started displaying symptoms at the age of 19 toward the end of her first year of university. She is now 21 and has been recently been diagnosed with lupus. Ultimately, she is the one who has to learn to live with and manage this disease, but as a parent watching her struggle hasn't been easy. At this stage of life, when your child is moving toward independence and transitioning into adulthood, it is already tricky being a parent. When you add lupus into the equation, it is even more challenging and adds a whole new layer of stress. I am supporting

from the sidelines when she is struggling now. It is tough, because at this age, a parent can't just step in and take responsibility. So, accepting what I can not control, staying strong when she feels weak, keeping positive and learning as much as I can about lupus so I can understand is key.

All of this is easier said than done, so creating these bracelets has been a way for me to channel my energy in a good way. It feels like a way I can support her through creating awareness. The more people know, the better they can be empathetic to those who are suffering. If I can also raise money to support research, then I believe there is hope for a cure. When I see others wearing a bracelet, it warms me knowing she is surrounded by others who believe in her strength and support her journey. This little project has connected me more with my daughter. She proudly wears a bracelet which serves as a little reminder that she is strong and a true warrior." Jamie Tees

2023 Lupus Awareness Month Merchandise

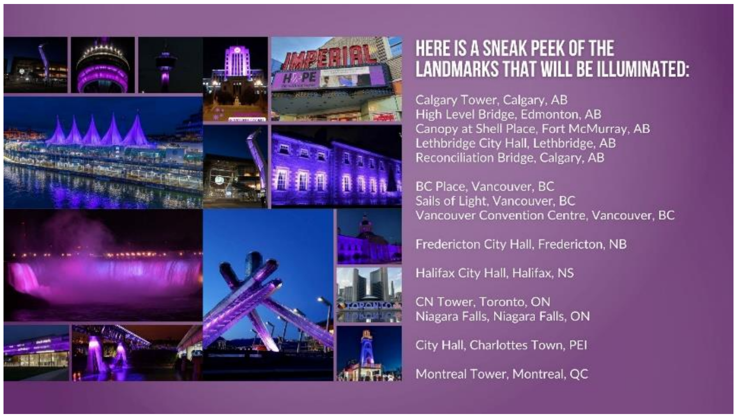
LIFE WITHOUT LUPUS T-SHIRTS ARE NOW ON SALE!

Get ready to #MakeLupusVisible on May 19th by purchasing Lupus Canada's merchandise.

With limited quantities available be sure to order your t-shirt early. For more information please visit www.lupuscanada.org/merchandise/.

Canada Illuminates in Purple on May 10th

Lupus Canada is happy to announce that once again we will be illuminating landmarks throughout Canada in May! Follow us on social media for updates regarding the illuminations.



HERE IS A SNEAK PEEK OF THE LANDMARKS THAT WILL BE ILLUMINATED:

Calgary Tower, Calgary, AB
High Level Bridge, Edmonton, AB
Canopy at Shell Place, Fort McMurray, AB
Lethbridge City Hall, Lethbridge, AB
Reconciliation Bridge, Calgary, AB

BC Place, Vancouver, BC
Sails of Light, Vancouver, BC
Vancouver Convention Centre, Vancouver, BC

Fredericton City Hall, Fredericton, NB

Halifax City Hall, Halifax, NS

CN Tower, Toronto, ON
Niagara Falls, Niagara Falls, ON

City Hall, Charlottes Town, PEI

Montreal Tower, Montreal, QC

ARTFULXISTENCE PRESENTS

A LUPUS AWARENESS MONTH ART EVENT

& PRE MOTHER'S DAY CELEBRATION

Essence of a Butterfly

MAY 13, 2023
7PM TO LATE
$20 ADVANCE TICKET
COMPLIMENTARY CHAMPAGNE
$25 AT THE DOOR
FOOD & DRINKS AVAILABLE

ART BY KIYARI
SPOKEN WORD PERFORMANCES
DEEJAY BIG RICH
RED CARPET AT 6PM
DOOR PRIZES
MOTHER'S DAY TREATS
SILENT AUCTION
IN SUPPORT OF LUPUS CANADA

LUPUS CANADA
Life Without Lupus

Sisters In Canada
Wellness Society

COMFORT INN
BAKERVIEW ROOM
8255 166 ST SURREY

Essence of a Butterfly presented by Artful Xistence

Date: Saturday May 13th, 2023, 7:00 PM - Late

Location: Comfort Inn, Bakerview Room - Surrey, BC

Link to purchase tickets:
https://square.link/u/2vfdNtYI?src=sms

LUPUS CANADA NEWS

Investments to Support Access to Drugs for Rare Diseases

On March 22, 2023 the Government announced a total investment of up to $1.5 billion over three years in support of the first-ever National Strategy for Drugs for Rare Diseases to help increase access to, and affordability of, promising and effective drugs for rare diseases to improve the health of patients across Canada.

For more information, please visit https://www.canada.ca/en/health-canada/news/2023/03/investments-to-support-access-to-drugs-for-rare-diseases.html

Lupus Canada is pleased to present the

Let's Talk Lupus

Disease Awareness Webinars

An informative and interactive series of webinars for all Canadians impacted by lupus.
Each month we will offer a new topic. To learn more about our upcoming webinars please visit
https://lupuscanada.org/resources/disease-awareness-webinars/.

Sponsored By AstraZeneca GSK

LUPUS CANADA
Life Without Lupus

Let's Talk Lupus Disease Awareness Webinar

You're Not Alone: Isolation and Autoimmune Disease

Social Isolation can be devastating and challenging and has been much more prevalent in the past 3 years, due to pandemic restrictions.

Join *Lupus Canada on April 26th at 7:00 pm EST* as we host Registered Psychotherapist, Janice LeBlanc, as she discusses the impact of isolation on those with autoimmune disease. Topics to be discussed include isolation vs. loneliness, the feelings and mental health challenges that may arise from isolation, as well as coping and self care strategies to lessen its impact.

To register for the webinar please click here.

Apply today for the 2023 Lupus Canada Scholarship Program!

2023 Lupus Canada Scholarship Program

"Being a recipient of the Lupus Canada Scholarship truly changed my life. This scholarship allowed me to focus on my goals of becoming a supportive and inclusive educator. Other opportunities have also risen as a result of this scholarship; I have been exposed to other people with lupus and other autoimmune diseases who have become a part of my support network, all while spreading awareness about my disease."

Koraleigh Ahearn, 2021 Lupus Canada Scholarship

Offering six (6) one-time scholarships of $2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution.

Applications close on
MAY 31ST 2023

LUPUS
CANADA
Life Without Lupus

Lupus Canada created our Scholarship program to help students living with lupus to succeed in attaining a post-secondary education. Through the financial support of the Lupus Canada Scholarship, we intend to recognize and raise awareness of the achievement of students living with lupus who have taken a positive and ambitious outlook in achieving their academic goals.

For more information please visit https://www.lupuscanada.org/news/lupus-canada-scholarship/

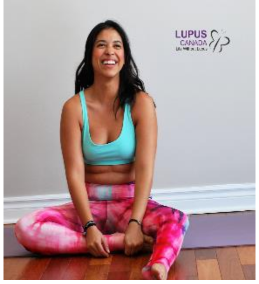
Research Funding Programs

Lupus Canada has partnered with the Lupus Foundation of America, Inc. for the fourth year to offer the Lupus Canada Catalyst Grant. The Catalyst grant is intended to help kick start a new project or research idea focused on discoid or systematic lupus erythematosus (SLE). This grant provides support to Canadian investigators to initiate new research ideas and projects and is intended to complement rather than compete with traditional sources of funding such as the Canadian Institutes for Health Research (CIHR).

Applications are due April 14th, 2023 at 5:00PM EST

To learn more visit www.lupuscanada.org/research/research-funding-programs/

Lupus Canada Collaboration: *Let's Talk Lupus with Wendy*



Lupus Canada is excited to embark on our collaboration with Wendy Issa. Please read below the message from Wendy.

Hi! I am so thrilled and honoured to create this collaboration with Lupus Canada. I am a Yoga Teacher, Breathwork Coach, and a Lupus Warrior. I am originally from Ecuador and I have called Canada my home for over 10 years now. This collaboration has been a dream of mine for such a long time, I wanted to share with those who are Lupus Warriors about my journey with lupus, how it started, how I got into remission, and how is going; the tools that have helped me to cope with some symptoms and resources that have supported me through this huge chapter of my life.

A bit about myself, I was diagnosed with lupus when I was 15 years old (now soon to be 34!). I studied Internal Business Development with a Minor in Marketing at the University as well as a Technician in International Cuisine. However, as life goes by and many things in between in 2012 I took my first Yoga Teacher Training then many more, and further down the line I discovered Somatic Breathwork. After a few years of teaching and practicing, I created my own Breathwork approach and coaching style, Energy Breathwork.

How is that connected with lupus and with the collaboration with Lupus Canada?

Due to the ups and downs of my own journey with lupus and learning about lupus, the symptoms, the treatments (back in the days not many), then re-learning again when a new symptom happened, befriending my body, etc. The tools that I used are based on practicing Wellness and Mindfulness (Yoga, Meditation and Breathing Techniques, Self-Care tools, Bodywork, and a lot of healing in between, etc.). Those tools and resources are going to be a big component of Let's Talk Lupus with Wendy #letstalklupuswithwendy.

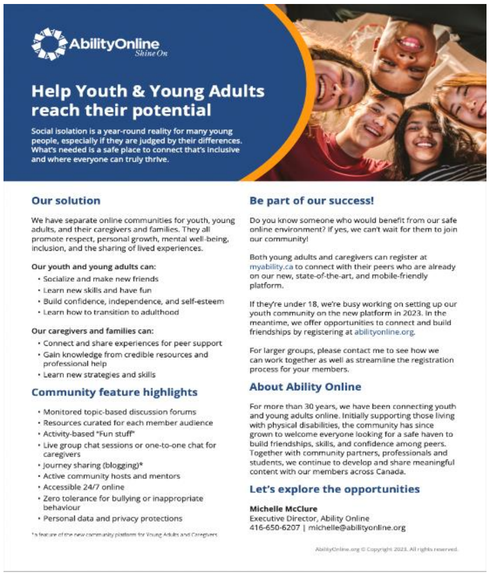
Every Tuesday you will find me on Twitter, Instagram, Facebook, and Website, sharing information in the hopes that will serve you in a way that has served and helped me and my support system understand what I went/go/will go through with lupus.

This collaboration is very close to my heart and if I can somehow help another Lupus Warrior make their toll a bit lighter or understood, then, my mission is done.

But first, let's get to know each other. I will start sharing pieces of My Journey with Lupus next week.

RESOURCES

Ability Online



AbilityOnline
Shine On

Help Youth & Young Adults reach their potential

Social isolation is a year-round reality for many young people, especially if they are judged by their differences. What's needed is a safe place to connect that's inclusive and where everyone can truly thrive.

Our solution

We have separate online communities for youth, young adults, and their caregivers and families. They all promote respect, personal growth, mental well-being, inclusion, and the sharing of lived experiences.

Our youth and young adults can:
- Socialize and make new friends
- Learn new skills and have fun
- Build confidence, independence, and self-esteem
- Learn how to transition to adulthood

Our caregivers and families can:
- Connect and share experiences for peer support
- Gain knowledge from credible resources and professional help
- Learn new strategies and skills

Community feature highlights
- Monitored topic-based discussion forums
- Resources curated for each member audience
- Activity-based "Fun stuff"
- Live group chat sessions or one-to-one chat for caregivers
- Journey sharing (blogging)*
- Active community hosts and mentors
- Accessible 24/7 online
- Zero tolerance for bullying or inappropriate behaviour
- Personal data and privacy protections

*a feature of the new community platform for Young Adults and Caregivers

Be part of our success!

Do you know someone who would benefit from our safe online environment? If yes, we can't wait for them to join our community!

Both young adults and caregivers can register at myability.ca to connect with their peers who are already on our new, state-of-the-art, and mobile-friendly platform.

If they're under 18, we're busy working on setting up our youth community on the new platform in 2023. In the meantime, we offer opportunities to connect and build friendships by registering at abilityonline.org.

For larger groups, please contact me to see how we can work together as well as streamline the registration process for your members.

About Ability Online

For more than 30 years, we have been connecting youth and young adults online. Initially supporting those living with physical disabilities, the community has since grown to welcome everyone looking for a safe haven to build friendships, skills, and confidence among peers. Together with community partners, professionals and students, we continue to develop and share meaningful content with our members across Canada.

Let's explore the opportunities

Michelle McClure
Executive Director, Ability Online
416-650-6207 | michelle@abilityonline.org

Help Youth & Young Adults reach their potential

Social isolation is a year-round reality for many young people, especially if they are judged by their differences. What's needed is a safe place to connect that's inclusive and where everyone can truly thrive.

Ability Online offers separate online communities for youth, young adults, and their caregivers and families. They all promote respect, personal growth, mental well-being, inclusion, and the sharing of lived experiences.

For more information please visit https://newabilityonline.org/

CARP Survey

The Canadian Association of Retired Persons (CARP) launched a survey around Canadians and immune-compromised Canadians' attitudes towards COVID-19. The questions included in the survey were informed by a diverse group of immune-compromised Canadians including organizations that support immune-compromised communities.

The survey can be found here: https://www.surveymonkey.com/r/SCJSBSW, and I hope that you can take a moment to share your experiences in efforts to inspire action to better support the health and wellbeing of immune-compromised Canadians.

Did You Know?

Lupus symptoms can be unclear, can come and go, and can change. On average, it takes nearly six years for people with lupus to be diagnosed, from the time they first notice their lupus symptoms.

ARTICLES

Lupus & Hair Loss: What You Can Do

Lupus is an autoimmune disease that causes fatigue, joint pain, joint stiffness, and a butterfly-shaped rash on the face. In addition, some people with lupus experience hair loss.

Losing your hair can be distressing, but there are ways to deal with this condition. Here's what you need to know about lupus hair loss.

Why does lupus cause hair loss?

Not everyone with lupus experiences hair loss. But many people living with this condition notice gradual thinning or breakage along their hairline. Sometimes the hair grows back, and sometimes it doesn't.

There are different reasons for this hair loss.

Inflammation

There are two types of hair loss involved in lupus according to research: scarring and non-scarring. Non-scarring hair loss is the result of inflammation.

Inflammation — which is a hallmark symptom of lupus — is often widespread. When it develops around the scalp and hair follicles, hair loss can occur.

It’s important to note that inflammation caused by lupus doesn’t only affect hair on the scalp. It can also cause loss of eyebrows, beards, and eyelashes.

Hair loss due to inflammation may be reversible, but only if you’re able to successfully treat lupus and the disease goes into remission.

Discoid sores/lesions

Sometimes, lupus causes discoid sores or lesions. These lesions — which can form anywhere on the body — can cause permanent scarring. Lesions that form and leave scars on the scalp often damage hair follicles, resulting in permanent hair loss.

Medication

Hair loss can also be a side effect of the medications used to treat lupus.

You may also receive a prescription for an immunosuppressant. These drugs work by suppressing your immune system and helping you achieve remission.

What are the symptoms of lupus hair loss?

Lupus doesn’t always affect the hair. But when it does, there’s an increase in the number of shed hairs.

It’s normal to shed up to 100 hairs each day, says the American Academy of Dermatology (AAD). However, people with lupus can lose more than this amount depending on the severity of the illness. If you have lupus, hair loss may be evident when washing or brushing your hair.

Some people may only have breakage around their hairline or minor thinning, whereas others may lose clumps of hair. Hair loss can be widespread, or limited to a section of the head.

One study examined non-scarring hair loss in four women with systemic lupus erythematosus and found variations in the degree of hair loss. The women lost between 55 percent and 100 percent of their hair. A larger scale study is needed in order to more accurately find trends.

Speak with your doctor if you experience any type of hair loss or hair thinning. Sometimes, hair loss is one of the first symptoms of lupus.

What can you do to treat it?

Lupus hair loss may be reversible, if you don’t have discoid lesions. Hair loss will only reverse itself, however, if you’re able to control the disease.

In addition to a corticosteroid and an immunosuppressant to manage symptoms, your doctor may prescribe an antimalarial drug to reduce lupus flares.

You may also receive biologics, which are intravenous drugs that can help relieve lupus symptoms. Follow your doctor’s instructions and take your medication as directed.

It can take weeks or months for lupus to go into remission. In the meantime, here are tips to help you cope with hair loss:

- Avoid sun exposure. The sun can trigger lupus flares and discoid lesions. Protect your skin and head when outdoors. Wear a hat and apply sunscreen.
- Change your medication. If you believe that your medication is contributing to hair loss, talk to your doctor and discuss alternative drugs, or perhaps reducing your dosage.
- Eat a healthy diet. A diet rich in fruits and vegetables may also slow hair loss. Also, ask your doctor about vitamins and supplements that can help strengthen your hair and reduce hair loss. Vitamins for hair growth include biotin, vitamin C, vitamin D, iron, and zinc.
- Limit stress. Certain factors can trigger a lupus flare and worsen hair loss. Stress is a known lupus trigger. To help reduce stress, try exercise and meditation. These 10 ways to relieve stress can also help.
- Get plenty of rest. Sleep between eight and nine hours a night

Understand that lupus hair loss isn’t always preventable. Even so, implementing a few hair care practices may help reduce how much hair you lose.

- Sleep on a satin pillowcase to protect your hair from breakage.
- Keep your strands moisturized. Dry, brittle hair can break off, resulting in thinning or weak strands.
- Avoid harsh hair care treatments — such as coloring and heat — until you’re able to get the disease under control. You should also limit frequent brushing and tight rollers.

Until hair loss stops or reverses itself, experiment with wigs, or cut your hair into a shorter style. If you have permanent hair loss from scarring, talk to your doctor about your options.

Avoid using over-the-counter hair growth products (such as Rogaine) without your doctor's approval. These medications are used to treat a different type of hair loss.

The takeaway

The outlook for lupus hair loss depends on the underlying cause. When hair loss is the result of inflammation or medication, there's a chance that your hair will grow back once your condition improves.

On the other hand, when lesions form on your scalp and damage your hair follicles, hair loss may be permanent.

If you have any questions about lupus or hair loss, seek medical help. Your doctor can provide advice on how to reverse hair loss, as well as information on how to restore healthy hair through supplementation, a change in medication, or cosmetic procedures.

Source: *https://www.healthline.com/health/lupus/hair-loss*

MY LUPUS JOURNEY WITH SARAH

I was diagnosed with Lupus SLE in May of 2015, although it had been a few years earlier that I began going to specialists trying to get to the bottom of my stomach pain. Many of them told me that I was inflamed, but it wasn't this or it wasn't that and they didn't really know what to do other than to send me back to my family doctor/nurse practitioner.

I went to Florida on vacation in early 2015 and got a sunburn that never seemed to go away. The redness on my face began to spread so much that I was staying home as much as possible and covering up with scarves (in April). I am also an active person and noticed that my recovery was becoming more difficult between activities. I remember after a ski trip, my feet and shins were sore for over week from what I thought were the ski boots. But in fact, I was sore all over all the time.

I finally went to see my Nurse Practitioner about my rash and soreness, and she sent me to a Dietitian. Maybe all of it had something to do with what I was eating? Finally at that appointment, the Dietitian suggested that I get a skin biopsy on my rash (thinking maybe it was Celiac), even though the doctor on call was reluctant to actually do it. I pushed for it, and am thankful I did, as two weeks later during the follow-up, that's when I first heard the word, Lupus. As the nurse practitioner went out of the room to get me some additional information, I quickly looked up Lupus on the Internet as I had no idea what it was. Shockingly, I had about 8 of the listed symptoms, even though I hadn't said much about the others.

The Nurse Practitioner sent me to the ER that night as she had a colleague who was working that would better be able to assess all my symptoms. After a few more tests and a rushed appointment with a Rheumatologist two weeks later, I was diagnosed.

The first 8 months after diagnosis were some of the worst in my life as I got a lot sicker. I had fevers every night, zero appetite, severe pain in my muscles and joints, it hurt to eat, I lost about 30 pounds and 75% of my hair, and had so much brain fog I didn't know if I was coming or going. I was taking 2 naps/day, had no energy, and was hardly living any kind of enjoyable life.

It took a while to adjust to this new life of taking medications several times throughout the day (and getting used to the some with food, some without), pacing myself, and finding new activities that I could enjoy relatively pain-free. I continue have medical appointments every week, have unexpected flares like the rest of my Lupies, and have been in the ER for two short stays (once at the beginning of the pandemic, which was quite scary) since 2015. My heart and kidneys have recently become affected which brings in new challenges.

To this day, I fatigue easily and must pace myself between my work and personal life. I am also quick to try and minimize my work-related stress (although sometimes it's just not possible). I keep active by walking and swimming regularly and try to keep a positive outlook on my future.

As a professor in Kinesiology, I like to remind myself to laugh at some of the challenges I face with Lupus, particularly with my arthritis and muscle soreness. Also, when I'm lecturing or in a meeting where I'm expected to be the expert and I forget a word or what I'm saying, there's nothing else to do but laugh at myself. I am open with those around me, including my colleagues and students, often trying to educate them about Lupus so they know my challenges and limitations. I am extremely lucky to have an amazing support system at work, particularly with the option of working from home when needed and the flexibility for medical appointments.

Most importantly, I have learned several lessons over the past 8 years including a newfound perspective on balancing work and family fun time. I appreciate the little things a lot more, especially the good days. I am thankful for my family and friends, my medical team, and access to the care I need. I also have learned that it's also okay to ask for help (even for the little things) and always, always, always, wear comfortable shoes!

I received a special gift a few years ago from a colleague and friend, who'd witnessed my struggles early on. It's an ID bracelet with the word WARRIOR on it. I wear it every day to remind myself that I've got this and will continue to fight every day.

COMMUNITY ENGAGEMENT

Spotlight on Community Fundraisers

Lupus Canada and Big Yellow Bag Give & Grow Program

By using our loyalty code you will receive a $5 discount and a $10 donation will be made to Lupus Canada.

https://bigyellowbag.com/

Discount Code: LC23

Big League Movers Golf Tournament @ Puslinch Golf Course

Event name: 2nd Annual Luis Agurrie Memorial Golf Tournament, Power by Big League Movers

Date: Saturday July 22nd, 1:00 pm Shotgun Start

Location: Puslinch Lake Golf Course 6527 Ellis Rd. Cambridge, ON N3C 2V4

Format: 4-person scramble

Includes: 18 holes of golf with cart, dinner and reception following the round, on-course contests, silent auction and draw prizes.

If you are interested in more information, please reach out to Jonathan Petro - jonathan@puslinchlakegolf.ca

Green Apple Cannabis Lupus Awareness Month Fundraiser

Green Apple Cannabis located in Burks Falls, ON is hosting a Lupus Awareness month fundraiser with a May Long Weekend in person event to generate funds and awareness. One of their employees lives with lupus and the manager and owner feel very passionate about supporting her however they can.

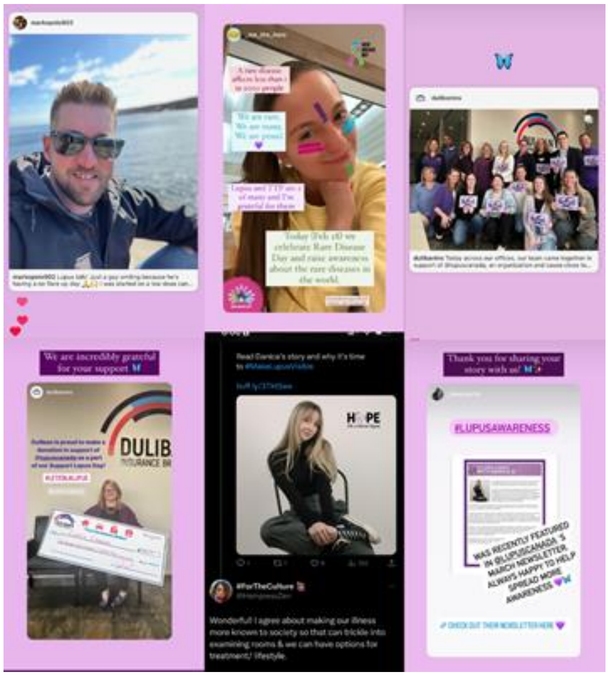
Duliban Insurance Brokers

"On Tuesday March 21st our team participated in Support Lupus Day and wore purple and/or butterflies. This initiative was led by our Customer Service Manager Dana Bernardi. From our team donations we raised a total of $164.50 with Duliban as a company making a contribution of $1825.

We are an independent insurance brokerage with locations across Niagara and Haldimand in Pelham, Grimsby, Beamsville and Dunnville."

Thank you for your support! Together we can make a difference.

Social Media Highlights



A rare disease affects less than 1 in 2000 people

We are rare. We are many. We are proud

Today (Feb 28) we celebrate Rare Disease Day and raise awareness about the rare diseases in the world.

We are incredibly grateful for your support

Read Danica's story and why it's time to #MakeLupusVisible

Wonderful! I agree about making our illness more known to society so that can trickle into examining rooms & we can have options for treatment/ lifestyle.

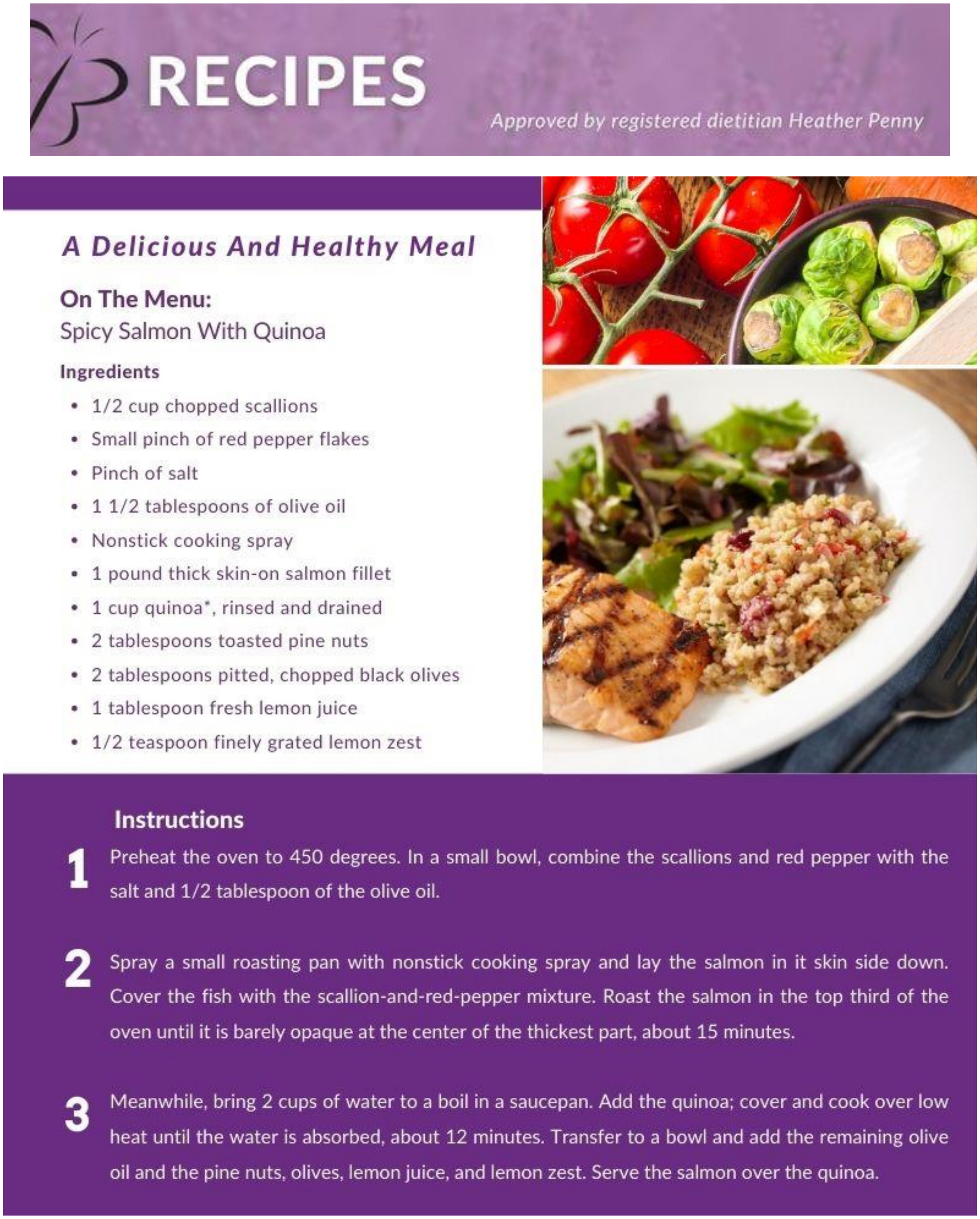
Thank you for sharing your story with us!

#LUPUSAWARENESS

WAS RECENTLY FEATURED IN @LUPUSCANADA'S MARCH NEWSLETTER ALWAYS HAPPY TO HELP SPREAD MORE AWARENESS

CHECK OUT THEIR NEWSLETTER HERE

Thank you to everyone for tagging us in their social media posts, here's a little recap of our favourite community posts from March! Keep tagging us in your posts for a chance to be featured in our Social Media Highlights.



RECIPES

Approved by registered dietitian Heather Penny

A Delicious And Healthy Meal

On The Menu:
Spicy Salmon With Quinoa

Ingredients

- 1/2 cup chopped scallions
- Small pinch of red pepper flakes
- Pinch of salt
- 1 1/2 tablespoons of olive oil
- Nonstick cooking spray
- 1 pound thick skin-on salmon fillet
- 1 cup quinoa*, rinsed and drained
- 2 tablespoons toasted pine nuts
- 2 tablespoons pitted, chopped black olives
- 1 tablespoon fresh lemon juice
- 1/2 teaspoon finely grated lemon zest

Instructions

1. Preheat the oven to 450 degrees. In a small bowl, combine the scallions and red pepper with the salt and 1/2 tablespoon of the olive oil.

2. Spray a small roasting pan with nonstick cooking spray and lay the salmon in it skin side down. Cover the fish with the scallion-and-red-pepper mixture. Roast the salmon in the top third of the oven until it is barely opaque at the center of the thickest part, about 15 minutes.

3. Meanwhile, bring 2 cups of water to a boil in a saucepan. Add the quinoa; cover and cook over low heat until the water is absorbed, about 12 minutes. Transfer to a bowl and add the remaining olive oil and the pine nuts, olives, lemon juice, and lemon zest. Serve the salmon over the quinoa.

Source: *https://www.lifescholarship.org/recipes*

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