

LET'S TALK LUPUS

June Monthly E-Newsletter



HOPE
life without lupus



June is a beautiful month, the weather gets warmer, the sun is shining and the school year is coming to a close. Lupus Canada celebrates and honours all Fathers on June 19th and we mark the first day of summer on June 21st. This summer enjoy the simple pleasures, relax and recharge.

"It's only when you grow up and step back from him — or leave him for your own home — it's only then that you can measure his greatness and fully appreciate it." Margaret Truman

DONATE NOW

your gift makes a difference

LUPUS AWARENESS MONTH



Thank You

Thank you to all those who joined Lupus Canada in making lupus visible and raising the voices of all those impacted by lupus.

By sharing the messages and amplifying the voices of Canadians living with lupus, we hope that we demonstrated how complex this disease truly is and how by joining together we can make a difference.

Lupus Canada is thrilled to share that we surpassed our \$2,022 fundraising goal! Thank you to all those who donated. It is because of our community's continued support that Lupus Canada can continue to provide reliable resources and programs that foster awareness and educate Canadians about lupus.



Lupus Canada's Lupus Awareness Month Contest is Officially Closed!



Thank you to all those who participated in our Lupus Awareness Month contest. We are happy to announce that our two winners were selected yesterday, June 1st, and will be announced on Friday June 3rd at 9:00 am. A special thank you to DeMar DeRoza for collaborating with us.

World Lupus Day Proclamations

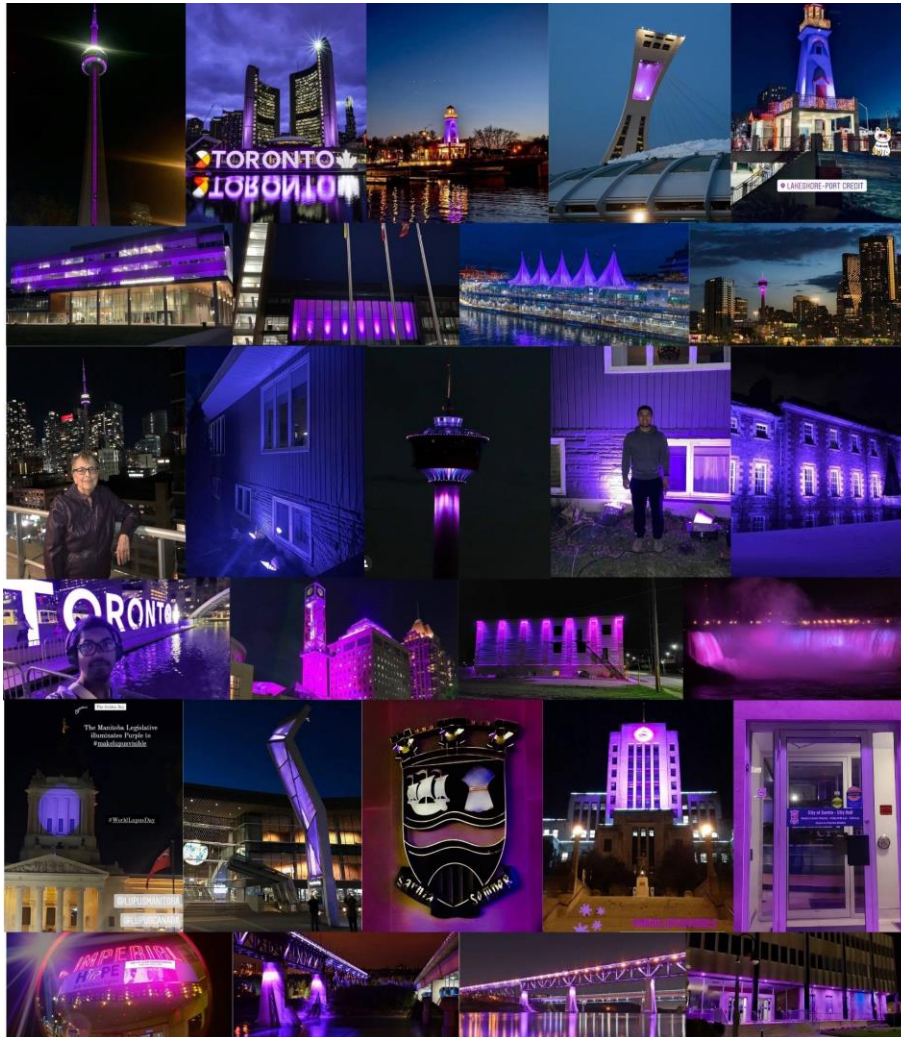
Special thanks to the provinces that declared May 10th, 2022 as World Lupus Day. Together we do make a difference!

The collage displays four official proclamations:

- Saskatchewan:** A 'Certificate of Recognition' from the Province of Saskatchewan, signed by the Minister of Health, recognizing World Lupus Day on May 10, 2022.
- Nova Scotia:** A 'Proclamation' from the Province of Nova Scotia, signed by the Premier, recognizing World Lupus Day on May 10, 2022.
- Manitoba:** A 'PROCLAMATION' from the Province of Manitoba, signed by the Premier, recognizing World Lupus Day on May 10, 2022.
- British Columbia:** A 'Proclamation' from the Province of British Columbia, signed by the Premier, recognizing World Lupus Day on May 10, 2022.

Over 50 Canadian landmarks were illuminated in purple for World Lupus Day and Put On Purple Day

Thank you to all those who visited one of the landmarks that were illuminated in purple and to those who sent us pictures of the landmarks! We had an incredible success this year ensuring that more landmarks were illuminated throughout the country. We look forward to continued success in 2023!



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**Thank you to all those who collaborated with Lupus Canada during
Lupus Awareness Month!**

Your contribution was crucial in helping us make lupus visible!
With your help Lupus Canada achieved so much.
.....

The Ride Cycle Calgary Club

After a successful event, the Ride Cycle Calgary Club raised over \$850! Lupus Canada is incredibly grateful to Richelle Jimeno for coordinating this event and to all the individuals who participated and donated in support of Lupus Awareness Month.



Haley Made Shop

The owner of Haley Made Shop was diagnosed with lupus only just one year ago. In support of Lupus Awareness Month, Haley wanted to do something special to support awareness of lupus by creating a limited edition jewelry collection. With 30% of sales donated to Lupus Canada, Haley Made raised \$600 and sold out of the Hope necklace in the first 10 days of May. Thank you Haley for supporting the lupus community and for raising lupus awareness. To learn more about Haley Made Shop please visit <https://haleymade.ca/pages/about-us>.



Revolutionized Mind Podcast

Lupus Canada thanks Angelica Galluzzo, the host of the Revolutionized Mind Podcast for inviting us as guest on your podcast. The episode released on World Lupus Day featured Leanne Mielczarek, Lupus Canada Executive Director and Isaac Hall, Lupus Canada Youth Ambassador where they discussed what lupus is, what it is like living with the disease, and the importance of #LetsTalkLupus. Thank you for helping us create some awareness for lupus! To listen to the podcast please visit <https://anchor.fm/therevolutionizedmind/episodes/Special-World-Lupus-Day-with-Lupus-Canada-e1ib3ud>



Lusomé

Throughout May, Lusomé donated 20% from each limited-edition Donna set sold to help fund lupus research. Thank you to the team at Lusomé for your support during Lupus Awareness Month. For more information about Lusomé, please visit www.lusome.com



LUPUS CANADA NEWS



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 and Takeda



Let's Talk Lupus - Disease Awareness Webinar

On June 23rd at 7:00 pm EST Lupus Canada will be joined by Dr. Hiraki who will discuss '*The genetics of lupus – what we know and where we are going*'.

Dr. Linda Hiraki is a Clinician-Scientist in the Division of Rheumatology and Scientist in Genetics & Genome Biology Program at SickKids Research Institute. Dr. Hiraki completed her medical degree at Queen's University, and her clinical training in paediatrics and rheumatology at SickKids. She is certified by the Royal College of Physicians and Surgeons of Canada in the specialties of paediatrics and paediatric rheumatology. Dr. Hiraki went on to pursue research training at the Harvard School of Public Health where she completed a

Masters and Doctor of Science in Epidemiology. Dr. Hiraki holds a Canada Research Chair in Genetics of Rare Systemic Inflammatory Diseases. Dr. Hiraki is coordinating a large, international cohort of systemic lupus erythematosus patients followed prospectively over years of disease to understand the genetics of lupus, its many manifestations, the disease course, and related outcomes. She is also leading studies to identify rare genetic changes leading to systemic inflammatory diseases including SLE and Neonatal Lupus Erythematosus (NLE) studies. To register for the webinar please visit https://us06web.zoom.us/webinar/register/WN_6AP6gz71QySmDVUMnOCGHg

Donate Cryptocurrency

Lupus Canada is now accepting cryptocurrency donations. Donating your cryptocurrency to Lupus Canada is a great way to enable us to continue to support critical research, ongoing advocacy, increase public awareness and provide scholarships to well deserving students living with lupus.

Read more here: <https://www.lupuscanada.org/donate-cryptocurrency/>



Lupus Canada is excited to welcome Emma Blachar and William Vainer to our team this summer!

Under the Canada Summer Jobs program Emma joins us as our Administrative and Fundraising Assistant while Will joins our team in the role of Editorial/Graphic Design Assistant. The Canada Summer Jobs Program supports youth employment and allows Canadian youth the opportunity to develop skills and gain experience to successfully transition into the labour market.



"I am so excited to be a part of the Lupus Canada team and to help shine a spotlight on a disease that affects so many people. I am grateful for the opportunity to work for an organization that helps others and makes a positive impact."- *Emma*

"I'm so excited to leave an impact within a cause I truly believe in! I can't wait to take part in exciting projects that will not only raise awareness around the cause, but that will also help people currently living with lupus."- *Will*

Welcome Emma and Will to the Lupus Canada team!

LUPUS NEWS

COVID-19 News

On April 14, *Evusheld* – the only pre-exposure long-acting monoclonal antibody for COVID-19 prevention – was authorized by Health Canada and recently supported with broad recommendations for use in *immune-compromised Canadians* by the Canadian Agency for Drugs and Technologies in Health and Institut national d'excellence en santé et en services sociaux.

Provinces and territories are currently releasing their own jurisdictional guidance on who is eligible and how to access Evusheld. To support you and the patients you represent, the *Canadian Public Health Association* has developed [an online resource](#) centre with up-to-date information for patients and healthcare providers on preventive long-acting monoclonal antibodies, including:

- Links to the most recent provincial/territorial guidance on who can receive Evusheld and how;
- Resources for immune-compromised Canadians, including information about long-acting monoclonal antibodies;
- Information for health professionals to support decision-making discussions with patients.

Please visit <https://www.cpha.ca/laab> to learn more and check back often as content will be updated and added as new information becomes available.

ARTICLES

14 BEST SUMMER DESTINATIONS IN CANADA

Many people travel to Canada in the winter to spend time at the ski resorts and experience other fun snow activities. But when summer rolls around, Canada gets even more accessible and welcoming with pleasant temperatures, exciting cities, and epic outdoor recreation.

Here are some of our favorite summer getaway destinations in Canada to inspire your next trip.

Toronto, Ontario

Toronto is a popular vacation destination throughout the year, but it's a particularly special place in the summer if you enjoy festivals, concerts, and sporting events. This is when Toronto really comes alive with lots of events, including Blue Jays home games and food festivals. There are also some great summer markets in Toronto for farm-fresh produce and unique souvenirs. There are many restaurants with outdoor dining in the Distillery District to

check out in Toronto. Bruce Trail is one of the many great spots for hiking, and Niagara Parks is a good spot for biking.

Fundy National Park, New Brunswick

Travelers enjoy spending summer days at Fundy National Park to experience a pristine coastline and the highest tides in the world. This park in New Brunswick will give you a bit of Atlantic Canadian culture and many outdoor opportunities, including kayaking at low tide and camping in a yurt. There are also many other sites nearby worth visiting too while you're in this area, including the Carleton Martello Tower National Historic Site, Kouchibouguac National Park, Andrew's Blockhouse National Historic Site, and Fort Beauséjour – Fort Cumberland National Historic Site.

Victoria, British Columbia

Foodies and anyone looking for fun cultural experiences will enjoy a trip to Victoria. This is a capital city with sunny summertime weather and lots of festivals, including the Fringe Festival, a vegan festival, and beer festivals. You can find lots of farm-to-table restaurants here to satisfy your inner foodie and then work the extra calories off on the many hiking trails nearby. Other fun outdoor things to do around Victoria include taking a craft beer biking tour, checking out the local gardens, and going kayaking. Victoria also offers historic castles, the oldest West Coast lighthouse in Canada, and plenty of history lessons through fun sightseeing excursions.

Montreal, Quebec

Art and culture are easy to find in Montreal, which is another top summertime getaway in Canada. This bilingual city has lots of festivals, culinary events, and restaurants with outdoor seating to check out when the weather is warm. Meanwhile, music fans will enjoy going to the International Jazz Festival and other local concerts. Visiting Montreal is a great way to have a European-like experience without having to travel overseas.

Saskatoon, Saskatchewan

While the coastal destinations in Canada often get all the attention, it's also fun to visit the Saskatoon area of Saskatchewan for an agro-tourism adventure. Foodies enjoy this area because of all the local farms that offer fresh foods and homegrown products, especially berries during the summer season. You can get in your outdoor recreation at the Meewasin Trails by running, walking, or biking here. Meanwhile, the South Saskatchewan River is an ideal place for kayaking and canoeing. Grasslands National Park is also in this area and a popular spot for family vacations. Book this trip for your summer if you want to get outdoors with a country vibe and to learn about historic pioneers and indigenous groups who once lived here too.

Prince Edward Island

Prince Edward Island is another popular spot for summer trips in Canada, especially the beautiful Cavendish Beach. It gets busy here in the mid-to-late summer, so make your accommodations bookings early. Parasailing, golf, kayaking, and standup paddleboarding are all popular activities. When you visit, it's also worth taking a walking tour of Charlottetown to learn about local history and to see a production of Anne of Green Gables.

Cape Breton Island, Nova Scotia

Family vacations are nothing but fun when you plan your summer trip to Cape Breton Island. You'll be living the coastal life here and enjoying plenty of fresh seafood with awesome views. The Cabot Trail is an awesome place to enjoy some scenery and time outdoors. Guided bicycle tours are also a fun way to experience this area. You can experience the natural wildlife of the area by taking a guided boat cruise to see the bird populations. Cape Breton has been ranked the top island in North America by Condé Nast Traveler readers. Come find out why this summer!

Whistler, British Columbia

Although most people think of the famous ski resort when Whistler is mentioned, this is also a great place for a summer getaway. It's in the Coast Mountains and a couple of hours north of Vancouver, and it offers lots of warm-weather outdoor recreation. There's a family adventure zone at the base of the Blackcomb Mountains and sandy beaches with concession stands and play areas. The gondola in Whistler will give you a bird's eye view of the area, and the hiking trails will set you up for an awesome adventure. Mountain bikers love spending time in Whistler, and there are some lovely chalets to stay in for summertime travel.

Halifax, Nova Scotia

Scenic water views, lots of local history, and amazing seafood can be all yours when you visit Halifax in the summer. Halifax is a place to learn about the seafaring history and visit excellent farmers' markets. There are also public gardens here that are perfect for enjoying a picnic in the summertime. It's fun to go shopping in Halifax and take a stroll down the boardwalk. Day trips to Peggy's Cove area popular among tourists to see the idyllic community along the rocky shores with its famous lighthouse and fishing village culture.

Canadian Badlands, Alberta

A unique place to visit in Canada is the Canadian Badlands in Alberta, including Dinosaur Provincial Park. Lots of dinosaur bones have been found here, making it a UNESCO World Heritage Site for the public to enjoy responsibly. The Badlands Trail offers great views of interesting rock formations, such as hoodoos and pinnacles. To learn even more about dinosaurs, you can check out the Royal Tyrrell Museum that is full of impressive dinosaur skeleton displays. Overall, the Canadian Badlands is a 35,000-square-mile region that's truly like no place else on earth. A few other must-sees in the area include Horseshoe Canyon, the ancient pictograph and petroglyph carvings, and the sandstone boulders.

Niagara Falls, Ontario

The Canadian side of Niagara Falls should be on every traveler's bucket list, and summer is the perfect time to make this trip. Niagara Falls offers opportunities for romance and family fun with the many popular attractions here, such as the SkyWheel, water cruises, casino, and more. There are lots of wineries in the area to enjoy with your sweetheart on a trip here in the summer. For families, consider staying at the Great Wolf Lodge because there's a huge waterpark here.

Alaska Highway, Yukon

To experience a remote and truly wild Canadian adventure this summer, take a drive along the Alaska Highway through the Yukon. The highway extends through British Columbia, the Yukon, and up to Delta Junction in Alaska. It's an unforgettable scenic drive with hot springs, local communities, mountain ranges, and plenty of wildlife along the way. For example, the Kluane National Park and Reserve is along the Alaska Highway and home to most of the high mountain peaks in the country. You can set out on a mountaineering adventure here, check out the large icefields, and take a flightseeing tour to see the ice fields down below.

Tofino, British Columbia

Tofino is another British Columbia destination for summer trips and a great place to escape from the routines of city life. It is filled with great spots to hike at Pacific Rim National Park, as well as scenic views of the mountains and boat tours. Tofino is a stunning place to visit with charming inns to stay at and also campgrounds if you feel like roughing it a bit. To fill your summer days on a trip to Tofino, plan to go surfing, hike through old-growth forests, and join a whale-watching tour. In this part of Canada, it's also fun to kayak in the Clayoquot Sound, take a bear-watching tour to see black bears, check out the Tofino Botanical Gardens, and go deep-sea fishing.

Source: <https://www.tripstodiscover.com/summer-destinations-canada/>

MY LUPUS STORY

My Lupus Journey with Darci (2017 Lupus Canada Scholarship Recipient)



I want to extend my deepest gratitude to the Lupus Canada organization for choosing me as their 2017 scholarship recipient. I was able to use the scholarship to help fund my education towards becoming a certified esthetician, graduating from the program in 2019. It's been a journey over the past 5 years.

I owe so much gratitude to the Lupus Canada scholarship as well as the community of support that I am so blessed to have. Through all adversity, doubts and obstacles I am so proud of what I've accomplished. It's amazing looking back at my scholarship application and being able to "check things off the to do list" even through the state of the world these last few years.

I truly believe my lupus has given me the grit and drive I need to pursue my goals as well as enable a huge amount of self discovery.

Having lupus throughout my young adulthood meant I was met with a lot of doubts seemingly everywhere I looked. I felt like any goal I set was in question. Even when I arrived to pay my tuition for esthetics; the student coordinator questioned "are you sure

hairstyling or a less-detail oriented career wouldn't be better for you?" This only increased my drive to complete the program. During that schooling I learned what being in a competitive, all female environment can be like - especially the amount of vanity that is a big part of this industry.

Esthetics being a trade, was an hourly-based program; however, with ongoing lupus symptoms, a few flares, a car accident, and routine appointments, there were several hours of schooling I missed. This wasn't treated with empathy. I was sure my school director didn't understand a disease that was not physically visible, it often felt like they just wanted to make money on my tuition and they were not really there to support my success.

I had to make up hours in order to complete my degree. I put in extra hours anywhere I could, I went to volunteer events, took extra evening courses, came in on my days off, and worked double the work experience hours compared to anyone in my class which resulted in me graduating a week early. Towards the end of my school, I had begun working in spas part time. Learning more and more about my industry and leveling up with each job I took. I started off doing simple manis and pedis at a small spa, before moving into a management role at a different spa where I began to develop true clientele and really hone in on my skills....up until Covid hit.

Covid shut downs forced me out of work for 2+ months while living on EI and trying to stay afloat. I had already been struggling with the continued negative energy surrounding the beauty industry. I took that time off and began my self discovery. I thought long and hard and had begun the very early steps of deciding what I needed to do in order to support myself financially and also what I needed to do to support my health and lifestyle. I decided that I needed to start my own business-where I can advocate for myself, create community over competition, and gain the work life balance that I needed.

Shortly after being cleared to reopen, I had been headhunted from a top end-medical esthetics spa in town and immediately took the leap. If I had learned anything in my time-off it was to put me first and to advocate for myself. I thank my lupus for helping to teach me that.

With everyone now living in a "Covid world" - which I feel is the status quo for lupus warriors our entire lives-pre pandemic - The politics of conspiracy theories started to ramp up and I began to fear for my health at work. I felt as though I had been backed into a corner as they would not enforce the Covid safety measures as recommended by health Canada. Scared, exhausted and financially strapped as so many still are due to all of this.

I had seen a room for rent within a gym, this wasn't ideal but I had to try. Within a matter of days I had left my stable hourly paycheck and begun pursuing my dream of owning my own "spa" at a much smaller scale. It may have just been a small grey room and a massage table-but that's all I needed.

This gave me a whole new perspective on my industry. Other solo esthetician's became my friends-there was no cattiness or fighting. We lifted each other up. My clients and I built a deeper connection-they wanted the best for me- not to work me into the ground like so many employers lead you to believe.

6 months into my business my clientele had really grown to almost more than I wanted it to be. I was spending 12+ hours in a tiny 100 square ft. grey room with no windows. I had

begun looking for a new space but didn't have much luck. The gym I was renting from was starting to become politically problematic yet again in their lack of enforcing Covid safety measures. I was tired of having variables in my business, tired of relying on other people, as well as trying to defend the businesses actions which had nothing to do with mine.

Come October of 2021, I was feeling burnt out and frustrated with my relentless search for the perfect space-I did not want to have to jump ship like I did when I first went out on my own. My landlord (the owner of the gym) let me know that come November, she was closing her doors, meaning I would have to as well. Panic set in. However the universe had my back. An opportunity to create a business within my home came up within hours of receiving the bad news. This may not sound like a win or upgrade to some, but to me it was the biggest win yet. I went into esthetics wanting flexibility, wanting to have a family one day, wanting creativity and freedom. This is the beginning of that.

I have been working from home for 3 months now and loving every minute of it. My room is bright and beautiful with a window that pours in natural light. My clients love the one on one environment and not hearing the spin class instructors yell, as well as the covid safety protocols I am able to consistently have in place.

I work as much I want and if I have a last minute cancellation I'm not stuck at the studio burnt out, I can utilize that time and energy on something personal - creating the balance I need living with my lupus.

I have goals to expand my business to continue to do what is best for me and my health. I want to work less and earn more, I want to dive into my other passions and expand my business. My goal for the next few years is just that. Begin mentoring and educating other women like me, start offering women's empowerment workshops and events, I'd also like to dive more into my spirituality and perhaps add reiki as a service within my business. I want to help other entrepreneurs with their marketing, admin work and social media, creating less reliance on clients, and work outside of the treatment room as I hate to admit it, it is work that takes a physical toll on me.

All and all, I have gained huge skills and passions in many different categories, but most importantly I've gained the freedom that people like me need and so much fulfillment. I am so, so grateful. Without my lupus pushing me, I don't know if I would have made it this far. Thank you for reading my story in 2017 and believing in me, when many others wouldn't.

RECIPES



Low Fat Pasta Salad

INGREDIENTS

Salad:

- 2 Cups uncooked elbow pasta {whole wheat if you want}
- 1/2 cup cherry tomatoes, cut in quarters
- 1 cup frozen peas
- 1/2 cup shredded cheddar cheese {or cheese of your choice}
- 1/2 cup chopped celery
- 1/2 cup chopped onion or green onion

Dressing:

- 1/2 cup fat-free mayo
- 1 cup fat free plain yogurt
- 2 TBS sugar
- 1 TBS mustard
- 1/8 tsp celery seeds

DIRECTIONS

Chop and prep all the veggies.

Cook the pasta as directed on the box, drain and rinse.

Combine all the dressing ingredients.

Put the pasta, veggies, and cheese in a mixing bowl.

Pour the dressing over the salad and mix thoroughly. Cover and refrigerate for 2 hours before serving.



The recipes used by Lupus Canada have been reviewed and approved by Heather Penney, Registered Dietitian.

Source: <https://lifeseWSavory.com/low-fat-pasta-salad-with-vegetables/>

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