



December is here and the end of 2018 is upon us! For many people, this month is a special time of year, especially with the holiday season in full swing. Lights and decorations adorn many houses while children, and parents alike, get ready for the end of year break. Whether or not you celebrate the holidays, this time of year can get quite hectic and so, it is important to remember to take care of yourself too. In this newsletter, we have brought you some quick tips on relaxing during busy times and how to avoid the potential stress. Especially as someone living with lupus, stress

can worsen your symptoms and even cause an unwanted flare. Take measures to care for your health so that you can focus on the important things!

This season is also an important time for us. If you are someone who will be celebrating a holiday and currently seeking out gifts for loved ones, Lupus Canada would kindly ask that you keep us in mind when finishing your shopping! Consider making an "In Honour" donation in the name of someone special so that we can continue to work towards Life Without Lupus. For every donation of this type, Lupus Canada will send a personalized card to the individual for which the donation was made so that they know you are thinking of them! Donations allow us to keep working towards funding scholarships for students, providing research grants and continuing the conversation around lupus. Thank you for considering us to be a part of your celebrations!

Donate
Today

Health Quality Ontario released its yearly report, Measuring Up 2018 featuring a story about a lupus patient and how she navigates her way through our health care system. This 2018 report provides a yearly look at the performance of Ontario's health system. It's produced with input from patients, families, doctors, nurses, and other health care professionals to understand what's working well and where there is room for improvement.

To read the full report visit <https://www.hqontario.ca/Measuring-UP>

Lupus 21st Century Conference Research Abstracts Available Online

Earlier this year an Intra-American conference dedicated to research in lupus, *Lupus 21st Century: New targets, New approaches* was held in Armonk, New York. The conference featured a wide variety of lupus topics, representing the latest developments and future trends in clinical, basic, and translational sciences of lupus. Through a unique partnership with Lupus Science & Medicine the abstracts from the meeting have been published in a special supplement, and are available free online. We encourage you to take a look and catch up on the latest evidence on lupus!
<https://bit.ly/2DR1bA5>

Reminder - Registration for Catalyst Grant Program Open!

The Lupus Canada Catalyst Grant Program was launched in October and offers funding of up to \$35,000 to Canadian lupus scientists to initiate high calibre research projects that will impact the lives of person living with lupus and their families. Grants will be awarded in the Spring of 2019 after adjudication by a committee comprised of both lupus experts and informed patients.

To apply or find out more about the Catalyst Grant Program, visit our website
<https://www.lupuscanada.org/resources/catalyst-research-program/>

Lupus and Holiday Stress

Source: <https://www.kaleidoscopefightinglupus.org/lupus-and-holiday-stress/>

The holidays are here and 'jingling along the way with them' are the mixed Santa's bag of emotions that creep-up on us during this special season. Along with the good tidings, come the "I-have-no-idea-what-gift-to-buy" worries, the financial woes, the work obligations, the meal-planning insecurities (for everyone's special dietary needs), the fighting through the frenzy of crazed shoppers for the best deals, the physical and emotional demands of decorating, and the wanted (and unwanted) house guests. For those of you heading out of town, there's the four missed flights, three layovers, two nap-deprived children, and a partridge in a pear tree!

All of this can, understandably, lead to that pesky thing called 'holiday stress'. Because stress can be a trigger for lupus, worsen flares, and has been linked to increased intensity in pain, stress avoidance is helpful for everyone, especially lupus sufferers.

Sadly, we cannot avoid stress outright, because it is ever present in our daily lives, and it is hugely amplified during the holiday season. Our aim is learning to utilize techniques that minimize the negative impact of stress on our bodies and finding ways to deal with the unavoidable stress.

How to Find Joy in the Holiday Season

- Attitude of Gratitude:

When you wake up in the morning, no matter how overwhelmed you may be feeling by holiday stress, say these words to yourself "I CHOOSE JOY." Then, try making a mental list of 5 things you are thankful for. Author M. J. Ryan, who wrote the book *365 Health and Happiness Boosters* explains, "If you only focus on what's wrong, you will not experience joy. You will experience discouragement, depression, and low self-esteem. But when you focus on what's right about a situation—the exact same situation—you're increasing the possibility that you will experience joy and high happiness."

- Praise yourself for who you are, not what you do:

For many who are diagnosed with lupus, the holidays may look or feel different after your diagnosis. You may need help with the meal preparations and gift shopping. The way you feel may dictate whether you can do all the things you want to do this season. Don't let it steal your joy! Owning the realization that your value is not in what you do, can help you to not feel defeated. Author Max Lucado once stated, "You are valuable because you exist. Not because of what you do or what you have done, but simply because you ARE."

- Let go of past hurts:

Henry Wadsworth Longfellow once said, "Look not mournfully into the past, it comes not back again. Wisely improve the present, it is thine...". If you spend your time mourning what could have been and focusing solely on your limitations you miss out on the joy of the holiday season. Also, if you spend your time thinking about things that others have said that have caused hurt and anger, that steals your joy too.

- Love Thy Neighbor:

One of the best ways to break yourself of focusing on your holiday stress, pain or depression is to focus on serving someone else. A study done at the University of Virginia found that merely witnessing acts of kindness, loyalty, and heroism created a significant elevation in mood and increased the desire to perform good deeds. According to happiness researcher Sonja Lyubomirsky, PhD, those that participate in helping others have a generally more joyful attitude. She states, "There are lots of consequences that come from showing kindness that make you happier and help you stay happy." She adds, "...and being happy is the key antecedent to joy." Whether it be serving at a soup kitchen, making gift boxes for those in need or helping someone in *your* family, showing kindness can reap joy and allow you to look back at this season of giving with fondness.

Tips on Holiday Foods to Prepare for those with lupus

Though some doctors believe that there is only anecdotal evidence that certain foods can affect lupus symptoms and increase inflammation, those living with lupus would beg to differ. Here are some suggestions for lupus-friendly holiday foods:

- Garlic Mashed no-potatoes with cauliflower
- Winter Squash
- "Crustless" pecan pie
- Homemade cranberry sauce
- Turkey!!!
- Veggie and ground pork stuffing
- Walnut, cranberry and avocado salad

Try and stay away from:

- Processed foods
- Artificial sweeteners
- Sodas
- Red meat
- Starchy nightshade vegetables
- Limit your intake of refined carbohydrates

Tips on gift ideas for those with lupus

- Hand Warmers
- Easy Grip Jar Opener
- Microwavable Sock Slippers
- Key Turner
- Neck Wrap

Join our team!

Do you have 5 to 10 years in fundraising experience in a not-for-profit environment, experience in developing funding proposals and managing accountability to funders, then you may want to visit our website to learn more about our new National Fundraising Manager position.

If you are interested in joining our team please visit <https://www.lupuscanada.org/careers>

Recipe: Green Bean Casserole

Ingredients

- 3 to 4 medium shallots, in their skins
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- Kosher salt, plus 1 1/2 teaspoons
- 1 pound fresh green beans, steamed, and halved crosswise
- 1 tablespoon extra-virgin olive oil
- 8 ounces cremini mushrooms, sliced (about 4 cups)
- 2 tablespoons unsalted butter
- 3 tablespoons all-purpose flour
- 1 1/2 cups mushroom, vegetable, or chicken broth
- 3 teaspoons fresh thyme leaves
- Freshly ground black pepper
- Vegetable cooking spray
- 1 cup fresh bread crumbs

Directions

- Preheat the oven to 400 degrees F. Put the shallots (in their skins) on a small baking dish, roast until soft, about 30 minutes. When cool enough to handle, skin and coarsely chop the shallots. Set aside.
- Bring a medium-large saucepan of water to a boil over high heat. Add kosher salt, to taste. Add the green beans, and cook, uncovered, until crisp-tender and bright green, about 3 minutes. Drain the beans in a colander and rinse with cold water. Transfer the beans to a large bowl.
- In the same saucepan, heat the oil over medium heat. Add the mushrooms, season with 1 teaspoon salt, cook, stirring occasionally, until browned, about 7 minutes. Add the mushrooms to the beans.
- Melt the butter in a small saucepan over medium heat. Add the flour and cook, stirring with a wooden spoon, until golden, about 2 minutes. Slowly whisk in the broth, increase the heat to high, and bring to a boil. Add the shallots, 1 teaspoon of the thyme, and remaining 1/2 teaspoon of salt. Reduce the heat to maintain a simmer and cook until thickened, stirring occasionally, about 5 minutes. Pour the sauce over the vegetables and stir to combine evenly.
- Spray a 2-quart baking dish with vegetable cooking spray. Transfer the vegetable mixture to the pan. Add the remaining 2 teaspoons of thyme to bread crumbs and scatter over the vegetables. Bake uncovered until the sauce bubbles and the crumbs brown, about 20 minutes.

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

Source:


<https://www.foodnetwork.com/recipes/food-network-kitchen/green-bean-casserole-slimmed-recipe-2009016>


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