

LET'S TALK LUPUS

November 2022 E-Newsletter

November is here!

As we head into colder days we want to remind you to take care of yourself. Remember to take check of both your mental and physical health as winter can be a difficult season so it is important to prioritize self care and well-being.

Daylight Savings is on November 6th don't forget to adjust your clocks accordingly!

On **November 11th we recognize Remembrance Day** and honour the veterans and Canadian military who fight bravely for our country. Please remember to show your support by wearing a poppy, taking time to reflect on the sacrifice of our troops or donating to a local Legion. Lest we forget.

Giving Tuesday is on November 29th. This is an opportunity to give back in whatever way you can. Join this global generosity movement through donating, volunteering or advocating. During this season of generosity consider giving to Lupus Canada.

Important Dates To Keep In Mind:

- November 6, 2022 - **Daylight Savings End**
- November 11, 2022 - **Remembrance Day**
- November 14 to 21, 2022 - **Lupus Canada's Holiday Silent Auction**
- November 25, 2022 - **Black Friday**
- November 28, 2022 - **Cyber Monday**
- November 29, 2022 - **Giving Tuesday**





Lupus Canada would like to recognize Bonny's Memorial Fundraiser in Memory of her sister Leslie

In memory of her sister, Leslie, who passed away after a very short battle with lupus, Bonny held an online fundraiser for Lupus Canada. With the support of her family and friends, Bonny raised \$4,810 in support of Lupus Canada various initiatives. We thank Bonny and all that supported her fundraiser in the memory of her sister Leslie.

Thank you to all our loyal supporters.

Your donations help us to continue to make an impact for those impacted by lupus.

Help support Lupus Canada by donating below!

DONATE TODAY
your gift makes a difference

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Lupus Canada Welcomes Heather Coates

Lupus Canada is happy to announce that Heather Coates has recently joined our team as the National Fundraising Development Officer. Heather's experience includes not-for-profit event planning, corporate production coordination as well as, most recently, a successful self-employed decade in the wellness world. Heather is driven by the opportunity of creating meaningful & impactful change in the lives of people living with lupus. We welcome Heather to our team.



Silent Auction

Our Virtual Silent Auction Fundraiser goes live on **November 14th!**

We are thrilled at the variety of auction items from outdoor experiences to hotel stays, to gym passes in various cities across Canada and the Gift of Flight! There truly is something for everyone. With the gift giving season just around the corner, there's no better time to find a unique gift(s) for yourself and/or loved ones and support Lupus Canada while doing so.

Bidding closes on November 21st so be sure to check back (and often) on your items to be the lucky winner.

Lupus Canada Virtual Silent Auction

November 14th @ 9am EST

<https://app.galabid.com/lc2022/items>



Lupus Canada Fall 2022 Advocacy Campaign

Advocate for those impacted by lupus across Canada this Fall by completing our Advocacy Campaign form.

Lupus Canada has embarked on a national advocacy campaign this Fall. Lupus Canada's Advocacy Campaign is aimed to engage with our Elected Officials to provide a better understanding of what lupus is and emphasize the immediate need for a diversity of treatments. ALL Canadians can participate to help raise the voice for those living with this debilitating disease.



Join Lupus Canada to make a difference!

To participate please visit

<https://www.lupuscanada.org/get-involved/advocate/fall2022-advocacy-campaign>

Giving Tuesday



Lupus Canada will be celebrating Giving Tuesday on November 29th! GivingTuesday is the world's largest generosity movement. It was created in 2012 as a simple idea: a day that encourages people to do good. Over the past nine years it has since grown into a global movement, unleashing the power of people and organizations to transform their communities and the world.

GivingTuesday is a time when Canadians, charities, and businesses come together to celebrate giving and participate in activities that support charities and non-profits; to thank, help, give, show kindness, and share what they have with those in need. Every act of generosity counts. Everybody has something to give.

Contributions such as yours allows Lupus Canada to work towards their mission of creating, "A Life Without Lupus".

One of Lupus Canada's goals is to bring national and international awareness to lupus. The donations we receive allow us to advocate for lupus patients, create resources, and financially support more research. For Lupus Canada this means that Giving Tuesday assists us with raising money that will be used to continue to spread HOPE for lupus patients across Canada by:

- Fund Catalyst Grants which offer as a kick-start to innovative new projects or research ideas
- Support Canadians impacted by lupus and their families
- Advocate and bring lupus to the forefront through conversations with members of parliament and local politicians

- Financially support post-secondary scholarships to Canadians living with lupus

We need your help! If 200 people pledge to donate \$10 we will reach our \$2,000 fundraising goal. We hope you will consider helping Lupus Canada on November 29th. We thank you for your continued support.

Will you pledge to donate \$10 to Lupus Canada on November 29th?

#GIVINGTUESDAYCA

Help Lupus Canada reach our \$2,000 fundraising goal to help fund important research for new treatments for lupus patients across Canada.

\$0 \$500 \$1,000 \$1,500 \$2,000



Let's Talk Lupus - Disease Awareness Webinars



Lupus Canada is pleased to present the
**Let's Talk Lupus
Disease Awareness Webinars**

**LUPUS
CANADA**
Life Without Lupus

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



On November 17th at 7:00 pm EST Lupus Canada will be joined by Dr. Roger Levy who will discuss empowering women living with lupus by educating them on lupus and pregnancy/fertility; what to know and to think of, questions to ask, things to consider, the stigma around lupus and pregnancy. Professor Levy worked as Adjunct Professor of Rheumatology at The State University of Rio de Janeiro, Brazil, from 1996 to 2017.

He completed a fellowship programme in Rheumatology in 1989 at HSS/Cornell Medical College and received his PhD in Immunology/Biological Sciences from The Federal University of Rio de Janeiro in 1994.

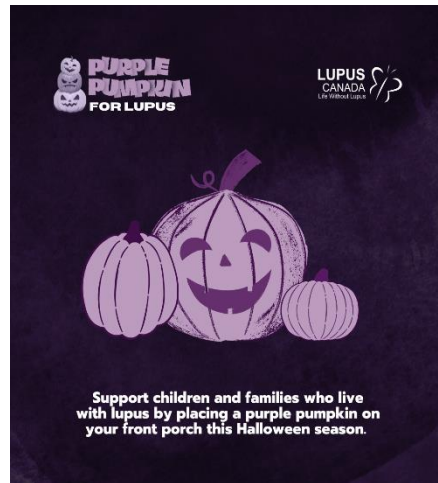
Professor Levy's research concerns the clinical and immunological aspects of Systemic Lupus Erythematosus (SLE), antiphospholipid syndrome (APS), Sjögren's syndrome and always had a special interest and many publications on the interplay of pregnancy and autoimmune diseases.

To learn more about Dr. Levy and to register for the webinar, please visit
<https://www.lupuscanada.org/resources/disease-awareness-webinars/>

Purple Pumpkin For Lupus

Lupus Canada would like to thank all those throughout the country that participated in our Purple Pumpkin for Lupus Initiative. Lupus Canada enjoyed seeing everyone gather their friends and family to participate in this Halloween activity. By putting a purple pumpkin on your front porch you are advocating for the over 1 in 1,000 Canadians living with lupus!

Public awareness initiatives like this allow people from all provinces and countries to join together, to unite voices and #MakeLupusVisible!



Thank you to everyone who voted in our Purple Pumpkin for Lupus Contest. We are pleased to announce that the winner is...

@iluizam

Lupus Canada is grateful for everyone who participated and submitted a photo for this contest!

Did You Know?

Lupus is treatable and much can be done to control it. In fact, with proper treatment it is the rule, not the exception, for physicians (and patients) to succeed in bringing lupus under control.



ARTICLES



26 Popular & Fun Indoor Hobbies To Try At Home This Winter

Don't let boredom strike this year by using your free time to take up some popular and fun indoor hobbies not just for this winter, but all year round.

Use or list of indoor hobbies to inspire you to spend your time better indoors. Our selection covers all different types of winter hobbies, giving you plenty of new ways to exert your energy and creativity, away from the cold weather outside.

1. Cooking

Cooking is a fun way for you to spend time alone, with a friend, partner, or the whole family. There's no limit to the number of new recipes and dishes you can try to cook.

Getting into food is a great way to spend your spare time. Cooking can help you host dinner parties, learn about different foods and cultures, and become healthier.

Sites like MasterClass are great for learning new culinary skills, for all levels of cooking. And the best part is, you get to eat your delicious dishes at the end of it all!

2. Learning a New Language

Learning a new language is a fun, challenging, and overall great indoor hobby to take up. Plus, it can open up the door to a range of opportunities abroad.

Always wanted to order in French at a Paris bakery? Or maybe reconnect with family and friends who live abroad?

Apps like Duolingo and Rosetta Stone are a good place to start. You'll be amazed at how quickly you can learn a new language by practicing a little every day.

Language learning is the type of hobby people who really love to learn and grow take up.

3. Indoor Gardening

Indoor hobbies: indoor gardening

Indoor gardening allows you to grow and care for plants and flowers at a time when outdoor gardening is not possible in many places around the world due to the weather.

You can cultivate beautiful plants in your home for a number of reasons, from decoration to cooking.

Indoor gardening is one of the most relaxing indoor hobbies you can take up. It requires much less physical effort than outdoor gardening but with the same reward and satisfaction. If you're interested in indoor hydroponic gardens, you can get started with an AeroGarden Harvest with a gourmet herb seed kit or splurge on an AeroGarden Farm.

4. Bread Making

Indoor Hobbies: Bread making

Imagine bringing the calming hum and the delightful smell of the local bakery into your own home.

Bread making is only increasing in popularity. It's one of those quiet indoor hobbies that are ideal if you have a spare afternoon or morning, with nothing to do.

A bread machine can aid you in making fresh and delicious loaves of your favorite types of bread. Plus, making bread will help you save money purchasing bread at the supermarket in the long run.

Your morning toast and afternoon sandwiches will never be the same again!

5. Drawing

If you're stuck indoors, drawing is a therapeutic way to use your spare time and one of the best creative indoor hobbies you can try.

No matter what your skill level when you starting drawing, with practice you will always get better.

Whether you like drawing intricate floral patterns or the still life around you, drawing helps give you a real sense of achievement.

Get started with some Skillshare drawing classes, ranging from basic techniques to 3D drawing and perspective.

6. Writing

Do you constantly conjure up new stories and ideas in your head? If so, writing could be an excellent output for your thoughts, feelings, and energy.

From journaling and mind-mapping to writing a novel, writing can be both therapeutic and creative.

Writing is one of the most productive indoor hobbies you can take up. Who knows? Maybe the next Hollywood blockbuster or chart-topping thriller is sitting in your head, ready to be written.

MasterClass has online writing classes taught by fantastic authors and screenwriters, including James Patterson, Dan Brown, Margaret Atwood, Aaron Sorkin, and Shonda Rhimes.

7. Investing

If you have cash savings doing little in a bank account, or just a little money at the end of the month, investing can be one of the most useful indoor hobbies to take up.

Understanding money and more about investing can help you build a better financial future for you and your family.

Investing can also be fun, interesting, and very rewarding. It's an indoor hobby that, if done right, can literally change your life and move you toward total financial freedom when you're older.

8. Reading

Reading can suck in your mind and imagination for hours and end. There's nothing like getting lost in a good book.

Whether you like learning about ancient history or escaping into fantasy worlds, reading is one of those easy indoor hobbies you can pick up straight away. If you don't have space for physical books, get yourself a Kindle Paperwhite. You can download thousands of books to your device and read them at any time.

9. Taking Classes Online

From scriptwriting to magic, workouts to music making, if you've always wanted to learn a skill, chances are there's an online course you can take.

Start with online classes from Masterclass, Skillshare, or Udemy. They have thousands of tailored and curated courses, for a wide range of skills and interests.

10. Home DIY

Home DIY is one of the best indoor hobbies for men and women. You can learn helpful skills and crafts while making your home more comfortable to live in.

The sense of achievement that comes with putting up a shelf or putting down flooring is very satisfying.

Home DIY can also save you thousands of dollars in the long run. It is a great way to spend your free time at home.

11. Dancing

There are very few pastimes that can match the fun, energy, and passion of dancing with your partner during free afternoons or evenings.

From lively, modern dancing to classic dances like tango or ballroom, there are many online dance courses you can take or videos online to follow along.

12. Playing Board Games or Video Games

Not just for kids, playing board games or video games is one of the easiest indoor hobbies for adults too.

Both board games and video games can be enjoyed alone, with your partner, or with the whole family.

Games test your reactions, knowledge, and problem-solving skills. You can pass hours of time with board games and video games while having plenty of fun.

13. Volunteering Online

Giving your time to people less fortunate than yourself is a wonderful way to spend the free time you have.

There are many ways you can volunteer online. Teaching, doing work for charities pro bono, and keeping elderly people company are just three that can be both enjoyable and rewarding.

Volunteering online is one of the best free indoor hobbies you can take up. All you need to give is a little of your time and energy to help a range of good causes.

14. Making Your Own Beer / Gin / Wine

Making your own beer, gin, or wine is not as complicated as you might think. As craft brewing and winemaking become more popular, more and more people are brewing from home.

Maybe you like rich, artisanal beers? Or maybe a deep, flavorful red wine is your choice of a tippie?

There are many excellent brewing kits and starter kits you can buy online. Or, take a course from an expert, and try one of the most unique indoor hobbies you can get into.

15. Creating a Bucket List Together

Finally, if you're looking for fun and free indoor hobbies, nothing beats time spent writing down all the things you want to do in your life.

You can create a bucket list on your own, with a partner, or with the whole family.

Remember to set dates to aim towards, and even think about saving or budgeting to save up for certain activities.

16. Ballroom Dancing

One of the best ways to keep the romance alive and ignited is by dancing together. Ballroom dancing is both fun and intimate, and it's a rewarding hobby for you both to take up.

Be it at a dance class or from your own living via a course or online tutorial, ballroom dancing is a wonderfully enjoyable way to spend time together indoors.

17. Join a Facebook Group

One of the challenges of being indoors, particularly if you live alone, is getting the social interaction you need. Regular interaction with others has huge positive effects on our mental health.

Facebook groups are a great way to engage in topics and meet people with similar interests. No matter how quirky or niche your interest, chances are there's a Facebook group for it.

Facebook groups are free to join and, generally, only require you to answer a few questions to join. Via Facebook, you can chat about hobbies and interests you love with like-minded people on a regular basis.

18. Join a Book Club

As with Facebook groups, the great thing about a book club is that it allows you to meet new people in a comfortable environment. As low-cost hobbies go, this is a great choice.

Members of book clubs either love reading or want to read more. And many book clubs today have themes. That way, a romance reader doesn't end up with a group of sci-fi fanatics!

Reading is one of the most popular hobbies for those who spent a lot of time indoors, but it can be very lonely. Book clubs allow you to connect with others with similar interests, be it online or at an indoor location.

19. Start a YouTube Channel

Filmmaking is a great hobby. But posting on YouTube opens your content up to a world of potential fans, like-minded people, and good friends.

Anyone can start a YouTube channel for free. Making videos is a good hobby to learn new skills, get the creative juices flowing, and have a creative outlet for your energy.

These days, modern smartphones have such good recording options that you don't even need an expensive camera.

In time, if you stick at it, you can even monetize your channel once you hit 1000 subscribers and 4000 annual watch hours, and earn extra money through ad revenue.

As free hobbies go, starting a YouTube channel has so much potential to be more than just something you do in your spare time.

20. Shop at Local Craft Stores

Buying local is a good way to support local artmakers and businesses while discovering new things to decorate your home with.

Try local galleries, indoor markets, or designated sections of clothes stores or coffee shops to find local crafts for sale. It can be a lot of fun, and you may even make some friends along the way.

If you want to support the local economy in a little way, supporting local crafts and businesses is a good thing to do.

21. Play Card Games

Want to spend more time with friends or family members indoors? Card games are a simple and great way to do this.

From simple games, like Rummy and Crazy Eights, to longer games that require equipment, like Texas Hold 'Em poker, cards are the perfect hobby for people who like to take it easy, in good company.

22. Take Up Martial Arts

Need a little discipline in your life? Or maybe a new challenge? Learning a martial art is the perfect hobby to get indoor exercise, meet new people, and learn how to defend yourself.

Most martial arts classes take place in sports centers or community halls. Generally, tutors cater to all ages, and martial arts will help you keep fit and healthy without putting you through rigorous or strenuous amounts of exercise.

23. Adult Coloring Books

The mental benefits of coloring are plentiful. Coloring allows you to be in the moment, relax from the noise of everyday life, and feel the positive benefits of completing a task.

Coloring books are a lot of fun, and one of the best creative hobbies to undertake if you enjoy doing creative things but need a little guidance along the way.

24. Still Life Photography

Most people believe photography is one of the outdoor hobbies that doesn't translate indoors; they couldn't be more wrong!

One of the best things about still life photography is that it allows you to see true beauty in even some of the most mundane things in your home or living space.

Invest in a good starter kit of a DSLR camera, lens, a stand, and some lighting, and you can take some truly staggering photos from the comfort of your own home.

There are plenty of online courses to help you get the hang of your new equipment. Still life photography is an incredibly fun hobby when you get the hang of it, and a great way to spend time during the winter months when it's too cold to go outside to take photos.

25. Table Tennis

Tired of the bad weather stopping you getting some exercise in with friends? If you have space at home or in the garage, table tennis can be the perfect hobby to take up.

Don't have space for a table tennis table? Buy a detachable net and bat and ball set, and use an old dining or wooden table you have stored away.

Table tennis is great time spent with friends. It's fun, competitive, and a great way to entertain guests.

26. Rock Climbing

Rock climbing is becoming more popular, and for good reason: it's one of the best ways to work out your entire body, in a similar way to boxing or swimming.

While outdoor rock climbing requires travel, expertise, and a look of training, indoor rock climbing centers are great for people of all ages.

The center will provide the equipment and help you scale climbing walls for various abilities, so all you need to do is drive to a center and wear simple workout clothes.

This fun hobby is incredibly rewarding. Plus, it's a great way to make friends and be a part of a larger community.

Source: <https://ordinaryandhappy.com/indoor-hobbies/>



MY LUPUS JOURNEY WITH SHELLEY NUTMA



One week before the pandemic began in 2020, I was diagnosed with lupus.

The story started when I woke up one morning to swollen and sore fingers.

At the time of my diagnosis, I was a stay at home mother of two little children. Waking with swollen joints was something I – like many pregnant women – had become used to, except that I wasn't pregnant and I could hardly dress my then two year old because of the pain.

I had experienced this symptom before, but had unfortunately always received an answer from my previous doctor that went something like,

"You must have slept on your hand funny."

"Drink more water."

"Perhaps you have sprained your hand but didn't notice?"

These remarks often made me think that if I had slept so poorly on my hand that it was now causing me this much pain and swelling, surely I would have woken up. It's true that I need to drink more water! But also, how many people sprain their fingers without noticing?

This time, I was lucky to have a new and wonderful doctor who sent me in to get blood work done right away, that day. She explained to me that the symptom being present was important for some diagnoses.

Going to last minute appointments with two little children in tow is easier said than done, but we went, I got tested and I waited.

A week later I had a follow-up appointment during which my doctor told me that it had come back positive for lupus. However, no one in my family has lupus so she suggested more tests and an appointment with a Rheumatologist to see if it could be anything else.

After more tests and a long conversation with the Rheumatologist, we had an answer.

I had lupus.

Initially, I was in a very real denial and kept thinking that I would soon receive a call from my doctor that it was a mistake, or that the test got mixed up with someone else's, or that they'd call and laugh out a "just kidding!" or something else along those lines.

In order to process the news, I did research, lots of research. I thought that maybe if I learned all that I felt I could about lupus that it would become easier to come to terms with having it.

I tried to research all angles of it – the bad, the good, other peoples' experiences, treatments, symptoms, studies – and it did help, a lot!

One thing that stood out to me as I learned more about it was that a lot of the symptoms were things that had been ailing me since I was quite young; low energy, rashes and joint pain being the most prevalent. There was also an awful and unexplainable bout of pancreatitis I had at age 6.

It was relieving to finally have an answer.

Pain had become a regular part of my life since my later teen years and I had tried various ways to help reduce it. Eating healthy, cooking my own food and taking care of my body was one of the main ways I had learned to combat it.

So when I learned that things such as stress management and reducing my intake inflammatory foods could help lupus, I felt really encouraged because I had already begun to incorporate that into my life quite a few years prior.

I realized that lupus – before and after I had been made aware of it – had made a positive impact on my life without my realizing it.

As I thought about my future, or on days I was feeling particularly sore and exhausted, I tried my best to focus on this.

It was easy to sink into anxiety (something I also struggle with very much) and despair about what my health might look like in the future, but I had to remind myself that worrying would only elevate symptoms.

Instead, I turned to things that had always been anchors in my life – my faith, people who love me, and my artwork.

Learning about my lupus was hard and having to live with pain and low energy while also chasing little people all day is really hard.

But figuring out how to best take care of my body, being able to connect with a community, knowing why I have the issues that I do instead of worrying about the unknown – all of these things have made a lasting positive impact on my life and I am grateful for them!

In 2021, I was excited to be pregnant again but was now a "high risk" pregnancy. I dreamed of birthing in the comfort of our home but I was told it was an unlikely possibility.

After many tests, many ultrasounds, many encouraging conversations with my wonderful midwives, and a long exhausting pregnancy, my dream came true.

Our third child was born in our home and everything was fine.

I was sore and so tired and would continue to be for a long time, but I did it!

It was a huge moment of encouragement and celebration for me.

I live with a lot of pain, but I will not let it take my joy.

Lupus scares me, but I will face whatever comes with as much courage as I can muster.

I will always choose to be a warrior instead of a victim, even when it's really hard.

I have lupus.

But I can do great things.

- Shelley Nutma

COMMUNITY ENGAGEMENT

Social Media Highlights

Over the years, Lupus Canada has built a wonderful community of amazing people who always show love and support.

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



Accounts Of Interest

Dealing with chronic illnesses may be hard so it's important to stay connected with pages that can help boost morale and keep a positive mindset. We've decided to group together some great social media pages that we think can help make things easier!



[@shelleynutma_art](#)

Shelley's Instagram page is where she shares her passion for art with the world.

She is a self-taught artist who began pursuing art 5 years ago after the birth of her first child. She works mostly with pens and ink, drawing nature landscapes inspired by the Alberta countryside and her love for spending time outdoors.



[@wendyissayoga](#)

Diagnosed with lupus at age 16, Wendy lived through a series of events that threatened her life, pushing her to find a more sustainable way of living. After losing her grandmother when she was 13, being in heavy treatments for her disease until she was 19, and some heartbreaks in between; she discovered Yoga, Meditation, and Breathwork.

It was through these practices that at the age of 23 she entered a remission stage in Lupus. This meant the tangible proof of all her hard work using the tools and practices that she created and now teaches to her students. She is an advocate of befriending your body and your mental being, as someone who has dealt with anxiety and depression, she knows how important it is to create a toolbox full of coping mechanisms to create a safe and balance environment.



RECIPES

Approved by registered dietitian Heather Penny

A Delicious And Healthy Meal

On The Menu:

Lasagna-Stuffed Zucchini

Ingredients

- 4 large zucchini, halved lengthwise
- 1 tbsp. extra-virgin olive oil
- 1/2 onion, diced
- 2 cloves garlic, minced
- 1/2 lb. ground beef
- Kosher salt
- Freshly ground black pepper
- 1 c. jarred marinara
- Pinch of crushed red pepper flakes
- 1 c. ricotta
- 1 c. shredded mozzarella
- Freshly chopped parsley, for garnish



Instructions

- 1** Preheat oven to 350°. Score zucchini (like you're dicing an avocado) and scoop out insides.
- 2** In a large skillet over medium-high heat, heat oil. Add onion and cook until soft, 5 minutes, then add garlic and cook until fragrant, 1 minute more. Add ground beef and cook until no longer pink, 5 minutes. Season with salt and pepper. Add marinara and stir until combined. Add crushed red pepper flakes.
- 3** Spread ricotta on bottom of each zucchini boat, then spoon beef sauce over ricotta layer and sprinkle with mozzarella.
- 4** Bake until zucchini is tender and cheese is melty, 15 minutes.
- 5** Garnish with parsley before serving.

Source: <https://www.delish.com/cooking/recipe-ideas/recipes/a48828/lasagna-stuffed-zucchini-recipe/>

QUICK LINKS



Volunteering

Get involved! For more information about volunteering click [here](#).



Merchandise

Help support Lupus Canada by shopping from our merchandise catalogue [here](#).



Brochures

Read and learn about everything lupus related [here](#).

Visit Our Website

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Working together to conquer lupus 

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