

LET'S TALK LUPUS

November Monthly E-Newsletter



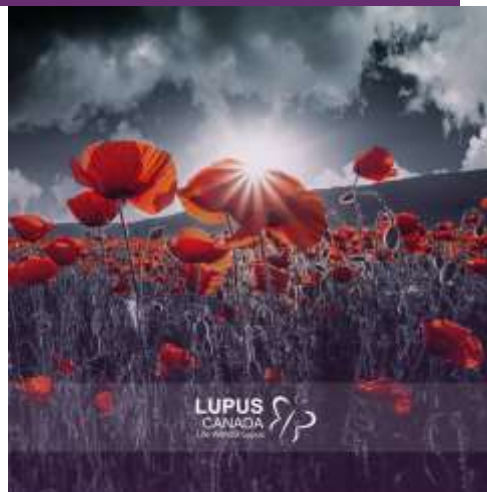
HOPE
life without lupus



November has arrived! Lupus Canada would like to thank all those who participated in our Informational Survey. This survey will be used to advocate for access to new treatments for those living with lupus across Canada. Thank you for your ongoing support!

As the weather begins to get cold, please remember to keep warm, dress in layers, use a humidifier to moisten the air and get plenty of sleep! **Daylight Savings is on November 7th** don't forget to turn your clocks back one hour.

Lupus Canada would like to thank our brave Canadian military and veterans. **November 11th is Remembrance Day**, please remember to show your support by wearing a poppy and observing a moment of silence.



Giving Tuesday is on November 30th which marks the beginning of the season of giving. November 30th is a day to show appreciation to good causes, whether that be to individuals, to charitable organizations, or through volunteering. In light of Giving Tuesday quickly approaching Lupus Canada has shared an article below from Canada Helps, *Make the Most Out of Your Charitable Tax Credits!*

Congratulations to Minister Jean-Yves Duclos on being appointed to the role of Health Minister. We look forward to working with you to help those living with lupus have access to new treatments while supporting important research to one day, hopefully, find a cure.

Special thanks to Minister Patty Hajdu for all her support while previously serving as the Minister of Health. We wish you all the best in your new role of Minister of Indigenous Services and Minister responsible for the Federal Economic Development Agency for Northern Ontario.

DONATE NOW

your gift makes a difference



NEW MERCHANDISE!

Join us as we #Sockit2lupus!

In advance of the holiday season we are excited to share that we will add lupus socks to our list of merchandise. Each black pair will be embroidered with the purple lupus butterfly.

Please note that they will not be available for purchase until the end of November.

Keep your feet warm while creating awareness for lupus!

Great stocking stuffers for that someone special.

Be sure to follow us on social media for your chance to purchase a pair of lupus branded socks.



It is with great sadness we share with our lupus community that Patricia Morzenti passed away peacefully on October 5, 2021, in Toronto, Ontario.

Patricia had a passion for charitable work in which she served as a volunteer Director on the Lupus Canada Board from 2015 to 2018. Given her background in finance Patricia excelled in her role of Treasurer with the organization. Patricia's passion to help those living with lupus certainly shined through her work. Our condolences to Patricia's family during this difficult time. She will be missed.

PURPLE PUMPKIN FOR LUPUS

Lupus Canada is beyond thrilled with the positive response we received from our Purple Pumpkin for Lupus Initiative. Lupus Canada enjoyed seeing all the ways you integrated the Purple Pumpkin for Lupus into your Halloween activities with friends and family. By putting a purple pumpkin on your front porch you are advocating for the one in one thousand Canadians living with lupus!



We would like to especially shout out to the BC Lupus Society for assisting us in sharing this initiative. With the help of our Provincial Organizations we are able to raise lupus awareness in every province and ensure every Canadian has the resources and community they need.

Self-Advocacy 2021 Live Webinars

Mental Health and Lupus – Managing Expectations During the Holiday Season

We invite you to join us on Thursday, December 9th as Janice LeBlanc, a Registered Psychotherapist, will address self-care over the holiday season. Tips will be offered on how to best manage expectations. Follow us on social media for the registration link.

Janice has over 20 years of clinical experience working with those who have experienced childhood trauma and abuse, motor vehicle accidents and domestic violence, as well as individuals who experience mental health challenges such as PTSD, depression and anxiety. Currently in private practice, she provides ongoing support to first responders and their families. She has extensive experience working with individuals with Special Needs such as ADHD,

Learning Disabilities and Autism Spectrum Disorder. Janice has specialized training in Art Therapy, EMDR Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy and is a national speaker on self care for professionals, anxiety in children and youth and coping with chronic illness. She works with all walks of life including children, youth, adults and seniors, and is also a retired Secondary School Educator

A promotional graphic for a live webinar. It features a purple background with a circular portrait of Janice LeBlanc, a Registered Psychotherapist. The text includes: "Live Webinar", "@LupusCanada", "Mental Health and Lupus – Managing Expectations During the Holiday Season", "WITH JANICE LEBLANC Registered Psychotherapist", and "THURSDAY DECEMBER 9TH AT 7:00 PM (EST)". The Lupus Canada logo is also present.



Lupus and the COVID-19 Vaccine

Lupus Canada is grateful to have had Dr. Matsos back to present our October Self-Advocacy Webinar, “Lupus and the COVID-19 Vaccine”.

Do you have questions about the COVID-19 Vaccine? Listen as Dr. Matsos reviews the updated recommendations from Rheumatology Professional Societies regarding COVID Vaccinations and review available published data specific to the lupus experience following COVID vaccination.

To watch the recording please visit [here](#).

GIVING TUESDAY™

Once again, Lupus Canada will be celebrating Giving Tuesday on November 30th!


GivingTuesday is a global day of giving. After the sales of Black Friday and Cyber Monday, GivingTuesday is a time to celebrate and encourage activities that support charities and non profits. Whether it's making a donation, volunteering time, helping a neighbour or spreading the word, GivingTuesday is a movement for everyone who wants to give something back.

Giving Tuesday emphasizes the importance of advocating and bringing awareness to causes around the world. 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.

Giving Tuesday provides us with the opportunity to unite with other organizations, charities and people in empowering each other to make a positive change. Contributions such as yours allows Lupus Canada to work towards our mission of creating, "A Life Without Lupus".

Source: <https://givingtuesday.ca/about>





RESEARCH & RESOURCES

Lupus Canada has been a generous funder of the CaNIOS National Lupus Registry for many years. CaNIOS is a group of lupus researchers in Canada that collaborate nationally and internationally with each other and many other lupus researchers. The Registry is a core activity of the Canadian Network for Improved Outcomes for Systemic Lupus Erythematosus (CaNIOS).

Patients from across Canada are invited to participate; their clinical information, such as their lupus features and treatment, is entered and tracked in a standardized fashion. The participating patients also provide standardized information about themselves and their lupus experience, including general health and well-being, and response to treatment. Having such a Registry allows CaNIOS to pool our information, very important in a disease as variable as lupus. The Registry also allows CaNIOS to participate in other studies, including clinical trials of new treatments for lupus, and link to international lupus studies.

Lupus Canada provides the infrastructure funding for CaNIOS to continue the Registry, grow it, and improve it such as ensuring the inclusion of new measures, drugs and variables as they become relevant. For example, the COVID-19 pandemic raised questions about heart rhythm disturbances related to hydroxychloroquine (one of the mainstay drugs for lupus). This Registry now has added annual electrocardiograms (EKGs) and EKG related variables to the Registry, to try to answer some of these questions.



QUOTATION OF THE MONTH

"Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience, and the passion to reach for the stars to change the world."

-HARRIET TUBMAN



ARTICLES

MAKE THE MOST OUT OF YOUR CHARITABLE TAX CREDITS!

Support your favourite cause and you can receive as much as 53% back through charity tax deductions. See the difference that charitable tax credits make when you donate to your favourite charity, and claim your charitable donation receipts.

Not only is giving to charity a great way to make a difference to your favourite cause, but when you claim your charitable tax credits you can also take advantage of federal and provincial government tax incentives. Here are just some of the ways that giving charitably might pay off for you!

Federal and provincial tax incentives add up: By donating to your favourite charity, you may receive as much as 53% of the amount you donated back at tax-time. Calculate how much you can claim with our Charitable Tax Credit calculator below.

Donate securities, eliminate the capital gains tax and get a larger tax credit: Securities are the most efficient way to give charitably. When you donate publicly traded securities (stocks, mutual funds, bonds, etc.) directly to your favourite charity, you can eliminate the capital gains tax as these securities are sold, and still receive a tax receipt for the fair market value on the date the security is received by our broker. Plus, your charity also gets the full value of the securities.

Consider carrying donations forward for larger charitable tax credits: You do not have to claim all of the donations you made in the year they were made. When you donate over \$200, you are automatically eligible to carry them forward and claim them on your tax return for any of the next five years. This flexibility means that the unclaimed carry forward portion may qualify for a larger tax deduction for you, in the future.

Source: <https://www.canadahelps.org/en/tax-time/>

GET OUTSIDE! THE HEALTH BENEFITS OF SPENDING TIME IN NATURE

Lupus Canada is pleased to share the article, Get Outside! The Health Benefits of Spending Time In Nature, from Bayshore HealthCare. Just a reminder that it is important for lupus patients to be wearing appropriate clothing to protect yourself from the sun as lupus patients can have sun sensitivity not only during the summer months, but year round.

The next time you see your doctor, don't be surprised if they tell you to take a hike. They mean it in the best possible way: spend more time outdoors, especially in natural settings like parks and forests.

Health professionals in North America are catching on to a growing trend: nature as medicine. In recent years, you may have heard the terms "forest bathing" and "friluftsliv." These two concepts – the first from Japan, the second from Norway – focus on spending time outside and reconnecting with nature. Both have become popular with wellness seekers who want to counteract the effects

of a sedentary lifestyle and too much screen time.

Forest bathing (*shinrin-yoku* in Japanese) encourages slow walking through forests to ease stress and other negative emotions. It's an opportunity to contemplate, engage the senses and take in the natural surroundings. Friluftsliv (pronounced *free-loofts-liv*) is a delightful combination of the Norwegian words for "free," "air" and "life." In Nordic countries, friluftsliv is a way of life. People spend a lot of time outdoors, alone or together, doing activities such as hiking, camping and skiing. Canadians would be smart to follow suit, especially when indoor facilities such as gyms and swimming pools are closed due to COVID-19 safety precautions.

Nature is good for you

Starting in the 1990s, researchers began to uncover the health benefits of forest bathing and other ways of spending time outdoors. They've found that people experience lower blood pressure, reduced levels of cortisol (stress hormones), stronger immunity and less anxiety, as well as improved concentration, short-term memory, energy, mood and sleep.

By now, researchers have conducted hundreds of studies into the link between nature and health. Last year, a study published in the *International Journal of Environmental Health Research* found that spending just 20 minutes in a park can boost a person's well-being. In 2018, researchers at the University of East Anglia published a large review of studies – including data from 290 million people in 20 countries – and they concluded that spending time in or living near green spaces had many positive effects, including a lower risk of type 2 diabetes, cardiovascular disease, premature death and preterm birth.

Even without this growing body of research, however, you likely already know that spending time in nature is good for you. Many of us go for a walk when we need to clear our minds, stretch our legs or just get some air – and we feel better afterwards, even if it's just a quick stroll around the block.

Doctor's orders: Go outside!

Nature walks, birding, gardening and other "ecotherapy" activities won't replace conventional medical therapies, but they are a healthy addition to your routine – and physicians are getting on board. In the past few years, some doctors in Canada and the United States have started writing "nature prescriptions" or "park prescriptions," directing their patients to spend more time outdoors. Shetland, Scotland, made headlines in 2018 when its health board authorized physicians to write nature prescriptions for patients with chronic illnesses and other health issues. Meanwhile, a program in Oxford, England, aims to improve the well-being of hospital patients by encouraging them to visit nearby woodlands and parks.

Don't wait for a doctor's orders to start enjoying the great outdoors. Try going for a walk every morning or afternoon. Eat your lunch outside. Plan a day trip to a provincial park. Create your own friluftsliv lifestyle – your body and mind will thank you.

Source: <https://www.bayshore.ca/resources/get-outside-the-health-benefits-of-spending-time-in-nature/>

FALL BRINGS COLOUR AND CAUTION: HOW TO GET READY FOR COLDER WEATHER

Fall weather brings a lot of uncertainty – weather can rapidly change from warm to cold to warm again: sometimes thermostats are on, other times windows are open; sun is out and shining, other times grey skies and rain clouds hide all hint of sun.

But we can be certain that fall weather means increasingly colder temperatures, especially at night, and accompanying freezing rain, overnight freezes, storms are on the horizon.

Be Ready

In that way, we can prepare! Knowing what weather risks are coming our way is the first step in preparing for the transition into fall. Here's how to get ready:

1. When it comes to common types of weather hazards or disasters, know the risks in your community. If you're unsure, call your local municipality to find out what types of hazards can occur in your area.
2. Once you're aware of risks, make a plan to keep you and loved ones safe in case of emergency.
3. Ensure part of that plan is to have an emergency kit to get you and loved ones through three days on your own, if necessary. You can buy one or build your own.
4. Be prepared for the ever-common power outages – either as a result of weather, grid overload due to heaters, or other variables.

With the changing temperatures and weather of the fall, it's important to be ready for fall storms and tornadoes. When the weather moves towards winter and starts bringing freezing rain and overnight freezes, we can prepare ourselves, and our cars, so we're ready to handle it when it does arrive – and it will.

Get ready for freezing weather

Be prepared for harsher weather by listening to local weather forecasts and dress accordingly. Ice can form on sidewalks, driveways and roads without notice as it gets colder.

Here are some tips when for when it gets chilly:

- Check your local weather conditions before heading out; prepare to dress accordingly and drive according to weather and road conditions.
- Prepare your car for winter weather and slippery conditions.
- If you happen to run into fog while driving, leave extra space between you and the car in front of you, keep your lights on low beam mode and follow the right sideline of the road to guide you. Whether you're driving in fog, hail, ice, or rain, if you can't see, always pull over and wait until conditions clear to continue driving.
- Have a car emergency kit so you can be ready for any emergency you may encounter on the road. Not sure what that would entail? Learn how to make an emergency kit for your car.

Don't skip mental health

In taking care of all aspects of your health come this time of year, fall weather can bring bouts of seasonal depression to many Canadians; here are 5 tips to help combat that.

1. Eat healthy. It's tough to be on top of your game if you aren't giving your body nutrients that can provide the most energy and vitamins.
2. Get moving. Physical activity releases endorphins and activates neurotransmitters that are associated with feelings of wellbeing and pleasure. Additionally, outdoor activities oxygenate your body and get you out in the sunshine.
3. Go outdoors often and dress warmly. Take advantage of sunny days to venture outside.
4. Soak up some sun... inside your home! Let sunshine in as often as possible.
5. Talk to a health professional if you think you have seasonal depression or are affected by the lack of light. They can present the various solutions that are available to you.

Source: <https://www.redcross.ca/blog/2020/10/fall-brings-colour-and-caution-how-to-get-ready-for-colder-weather>

RECIPES



Teriyaki Chicken Lettuce Wraps

PREPARATION: 15MIN
COOKING: 15 MIN
SERVES: 4

Ingredients

- 1 1/2 lbs. boneless skinless chicken breasts, diced into small pieces
- 2 tbsp. sesame oil, divided
- 2/3 cup shredded carrots
- 1 garlic clove, minced
- 1 cup green onion, sliced
- 1 large red bell pepper, seeded and diced
- 1 (8oz.) can sliced water chestnuts, drained and chopped
- 2/3 cup cashews or peanuts, roughly chopped
- 1 cup teriyaki marinade/sauce
- Romain, iceberg or butter leaves
- 2 tbsp. sesame seeds for garnish

Directions



In a large skillet, heat 1 tbsp. sesame oil over medium-high heat.



Add the chicken and cook for 3-5 minutes or until cooked through and no longer pink in the center, internal temperature should read at least 165°F. Remove to plate.



In the same skillet heat 1 tbsp. sesame oil over medium-high heat, add garlic and 2/3 cup of green onions, saute for 30 seconds.



Add bell pepper and water chestnuts and cook for an additional 2 minutes.



Stir in 2/3 of the teriyaki sauce, saving the rest for drizzling. Cook for 1 minute, stirring occasionally.



Stir in chicken and carrots, mix thoroughly until mixture is heated through to your preference.



Serve over lettuce leaves and garnish with cashews, green onion and sesame seeds.

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

Source: https://kinders.com/blogs/recipes_and_tips/teriyaki-chicken-lettuce-wraps?utm_source=pinterest&utm_medium=social

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