LUPUS
CANADA
Life Without Lupus

Hello, November!

As we welcome the busy month ahead, we would like to remind everyone that **Daylight Savings Time arrives on *November 5th.*** As you adjust your clocks, we urge you to also take a moment to reset and check in on your own well-being. With the days growing shorter and colder, it's important to prioritize both your mental and physical health.

On *November 11th*, we gather as a nation to pay our respects to the veterans and the dedicated members of the Canadian military. We encourage you to show your support by wearing a poppy. Let us come together, as a community, to show our respect and gratitude for the men and women who have dedicated their lives to protecting our great nation.

Lupus Canada wishes to pause and acknowledge the meaningful themes of November’s events, **Lupus Canada's Virtual Silent Auction and Giving Tuesday, *the spirit of giving and support.***

Together We Can Make A Difference!

Thank you to our supporters and for your continued dedication to our cause.
Support our initiatives, make a donation today!

DONATE NOW

LUPUS CANADA NEWS

Lupus Canada's Virtual Silent Auction 2023

Lupus Canada's Virtual Silent Auction 2023 is set to be a heartwarming holiday affair, and we invite you to join us in spreading the joy of giving from **November 13th to 20th.**

Lupus Canada, driven by its mission to enhance the lives of all Canadians living with lupus, holds a unique position to allocate its resources where they can create the most significant impact. Our investments go into vital areas: supporting groundbreaking research, championing the rights of lupus patients and their families, raising essential awareness about this challenging disease, and providing assistance to students living with lupus in their pursuit of academic dreams.

To browse the auction items available please visit Lupus Canada 2nd Annual Virtual Silent Auction (trellis.org). Auction goes live November 13th!

Learn More

This holiday season, let's come together to make a real impact and help Lupus Canada move closer to its mission of "Life Without Lupus." Your participation is the gift that keeps on giving. Join us in the fun this holiday season!

Giving Tuesday

"Stories are a communal currency of humanity" — Tahir Shah

Unlock the Power of Giving Tuesday with Lupus Canada

Giving Tuesday is more than just a day; it's the world's largest generosity movement. Originating in 2012, it's a reminder that kindness knows no bounds. It encourages us to make someone smile, assist a neighbour or a stranger, stand up for what we believe in, and extend a helping hand to those in need. Since its inception, Giving Tuesday has blossomed into a global force, empowering individuals and organizations to transform their communities and, by extension, the world.

Giving Tuesday is the day when Canadians, charities, and businesses unite to celebrate the act of giving. It's about showing gratitude, lending a helping hand, sharing kindness, and sharing what you have with those who need it most. Every act of generosity, no matter how small, counts. Every person has something to offer.

How Can You Help Lupus Canada This Giving Tuesday?

Share your voice! Write an email to info@lupuscanada.org, expressing what you wish government officials, health ministers, or your general practitioner would understand about lupus. Your words have the power to drive change.

Lupus Canada & Giving Tuesday

Lupus Canada wants to revisit the core of Giving Tuesday, focusing on the significance of kindness. Even a simple act like sharing your story can be the most precious gift, especially for those facing similar challenges.

Learn More About How You Can Make A Difference

Thank you everyone for proudly displaying a purple pumpkin outside your home. Together we created awareness for the over 1 in 1,000 Canadians who are impacted by lupus.

The Spooktacular 'Purple Pumpkin For Lupus' Campaign!

We've successfully wrapped up the third year of the Purple Pumpkin For Lupus Initiative. Lupus Canada extends a sincere gratitude to everyone across the nation who took part in this campaign. It was inspiring to witness individuals coming together with their loved ones to engage in this Halloween tradition. By displaying a purple pumpkin on your doorstep, you supported the over 1 in 1,000 Canadians who are impacted by lupus.

Initiatives promoting public awareness, such as this one, enable people from diverse provinces and nations to come together, unite their voices, and collectively work to #MakeLupusVisible.

Thank you to everyone who voted in our Purple Pumpkin for Lupus Contest. We are pleased to announce that this year there was a tie and the winners are…

Emily H. and Jacqueline W.

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

We are thrilled to announce a major milestone for Lupus Canada!

We are pleased to announce that Lupus Canada has been selected as a funding recipient of the Government of Canada's Community Services Recovery Fund which supports Community Service Organizations as they adapt for the long-term impacts of the COVID-19 pandemic...

Learn More

LET'S TALK LUPUS

Advocacy

BE HEARD. SHARE YOUR STORY

Our Advocacy initiatives this fall placed a focus on community engagement, in which participation is the cornerstone to its success. We invited the lupus community, both patients and caregivers to join us to share their lupus journeys. This initiative ran in a two-fold manner, the first of which was a Community forum – Let's Talk Webinar whose objective was to compile real world patient and/or caregiver experiences. We were pleased to have held 2 separate forums in which we saw a high level of engagement from our community.

Next, these shared stories will help us to shape Lupus Canada's letter writing campaign which will target key decision makers in Canada to ensure ALL Canadians living with lupus have equitable access to care and treatments.

We will be communicating further details as to the letter writing campaign in the coming weeks. Stay tuned.

Disease Awareness Webinar

Join Lupus Canada for our next Let's Talk Lupus Disease Awareness Webinar on **Thursday November 30th at 6:00 pm (EST)** where we will be joined by Jodie Nimigon-Young, lupus warrior for 29 years, who will be presenting 'Stress Management During the Holidays'.

Despite dealing with multiple problems with lupus, both big and small, Jodie completed post-secondary studies, in psychology and social work; and obtained a Masters degree in Social Work. She has worked as a social worker counseling troubled youth, and as a research coordinator for a national project addressing the quality of life of children and adolescents with chronic health conditions. Jodie is currently a health care social worker helping patients and families adjust to life changing diagnoses and connecting them with relevant community resources.

Register Here

Lupus Corner
with Mauricia Ambrose

"On Sunday, November 5, 2023, 2:00 am clocks are turned backward one hour to Sunday, November 5, 2023, 1:00 am which ends Daylight Savings Time (DST). Daylight Savings Time is the practice of turning the clocks forward for one hour in the warmer months so that darkness falls later in the day. In the fall, the clocks are turned back to return to standard time. The first country to implement DST was Germany in 1916 during World War I, as a means of conserving energy. Since then, seventy countries now observe DST. But what are the benefits of DST?..."

Read More

RESOURCES

Recipe: Chipotle Sweet Potato and Corn Chowder

This is a spicy cozy soup that's perfect for the fall weather. Chipotle chili powder gives a smoky heat that can be quite spicy; so if you don't like spice, start with ¼ teaspoon, or substitute regular chili powder, which is more mild. To cut down on chopping time, feel free to use frozen diced onions and peppers, as well as jarred minced garlic. This soup freezes well in an airtight container for up to 3 months.

Read More

Season Change: How to Cope During the Colder Months Ahead

Winter is a difficult time for many people – dark mornings, early sunsets, and of course, the frigid temperatures. You don't have to have Seasonal Affective Disorder to get the "cold weather blues." Anyone can struggle with a dip in their mood when there's a dip in the temperature...We can't change the weather – but we can change our reaction to it. Read on to make sure you're cold snap-prepped.

Read More

CAPA Annual General Meeting and COVID-19 Vaccine Webinar

Please join CAPA for a unique educational event at their Annual General Meeting (AGM) and COVID-19 Vaccine Webinar on November 4th from 12 pm to 2 pm EDT.

Dr. Dawn Richards will moderate the webinar where you will hear from a diverse panel of experts that discuss COVID-19 and other vaccines.

CAPA would like to answer relevant questions for the rheumatology patient community. **If you have questions and are interested in knowing more about vaccinations please email your questions to** info@lupuscanada.org**.**

Read More

Mental Health in Lupus Study:

The University of Alberta invites you to participate in a brief survey focusing on mental health in individuals with Systemic Lupus Erythematosus (SLE). By sharing your experiences, you help us understand mental health challenges faced by people with lupus across Canada and help us improve future care. By clicking on the link below, you will be brought to the detailed study information and consent page at which point you can choose to participate or not. Your responses are confidential. No one will see your responses other than the study team and these are anonymous. Thank you for your help.

To participate and learn more please visit: *https://redcap.link/LUPUSPatientsSurvey*

PERSONAL STORIES

My Lupus Story with Sunita M.

Here is my lupus story. “I have lupus but lupus does not have me” – the phrase I adopted after my deep depression three years after my lupus diagnosis in 2010. I was 25.

Two years before that, while in nursing school in Florida, I was in and out of the hospital for migraines, low iron level, high fevers, body aches, and joint pain. Even with MRI’s, CAT scans, spinal tabs, blood transfusions and blood works, they found nothing. I was left with the frustration of knowing something was wrong, but nothing could be found.

Read More

COMMUNITY ENGAGEMENT

Purple Pumpkin For Lupus

Throughout the years, Lupus Canada has fostered a remarkable community of incredible individuals who consistently demonstrate their love and support. We thank you all for tagging us in their "Purple Pumpkin For Lupus" posts. Let's take a moment to highlight some of the community contributions! Please continue to tag us in your posts for an opportunity to be featured in our Community Engagement Highlights.

Jamie Tees' Exclusive Butterfly Earrings

Jamie Tees worked her magic once again! In just 48 hours, Jamie managed to sell out her exclusive butterfly earrings. The money she raised for Lupus Canada means the world to us and will keep fueling our community support efforts reminding us all that the possibilities of collective action are truly extraordinary. A heartfelt thank you to Jamie and her wonderful family.

PO Box 8 LCD 1, Newmarket, ON L3Y 4W3
info@lupuscanada.org
Toll Free: 1-800-661-1468
www.lupuscanada.org

Working together to conquer lupus.