

What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to leanne.mielczarek@lupuscanada.org



Toll Free: 1-800-661-1468



**Greetings,
Hello May!**

LUPUS CANADA NEWS

Board of Directors Update



Lupus Canada is pleased to welcome Tanya Carlton to the role of President. Tanya joined the Board of Lupus Canada in January 2015 in order to bring both her personal interests and professional skills to the Board. Tanya was diagnosed with Discoid Lupus in 2009 and SLE in 2010, and after a few years of trying to get her lupus under control, is finally in a position to give back to the community that helped her in her times of need. Tanya is a mother of two teenage boys and a lawyer who practices in the areas of not-for-profit and charity law. Prior to being a lawyer, Tanya taught high school math and chemistry for several years, and then took a hiatus and started a family. Throughout this time, while maintaining her status as an Ontario Certified Teacher, she worked in the dental field and served as a Municipal Councillor. She has also served as a board member and chair of several other smaller not-for-profit organizations throughout the years and is excited about the opportunities ahead for Lupus Canada.

We also welcomed two new members to our Board of Directors, Jason Friesen and Jacqueline Houston. Both Jason and Jacqueline bring many years of experience and we are thrilled to have them on our Board.

Congratulations Tanya and welcome Jacqueline and Jason!

2016 Scholarship

Lupus Canada is proud to announce the 2016 Lupus Canada Scholarship program. We will be offering five

(5) one-time scholarships of \$2,000 CAN in 2016 to students diagnosed with Lupus, who are entering into or currently enrolled in a post-secondary educational institution.

For more information please visit www.lupuscanada.org

Lupus Canada has moved

As of April 22, 2016 Lupus Canada's new home is in Newmarket, Ontario. Our new office is located directly across from Southlake Regional Health Centre. Southlake Regional Health Centre is a full-service hospital with a regional, clinically advanced focus. Southlake offers almost 400 patient beds and accommodates more than 90,000 visits to the Emergency Department, 22,000 in-patient admissions, and 600,000 out-patient visits each year. As a regionally designated site, Southlake is responsible for developing and providing advanced levels of care to the more than 1 million people who reside in York Region, Simcoe County, and in some cases, as far north as Muskoka.

Our new address is:

615 Davis Drive, Suite 306
Newmarket, ON L3Y 2R2
Toll Free 1-800-661-1468
Phone 905 235 1714
Fax 905 235 1715

World Lupus Federation (WLF)

Leaders of lupus patient organizations are joining together to launch the World Lupus Federation (WLF), a new coalition united to improve the quality of life for the more than five million people around the world who are living with the autoimmune disease lupus. The WLF will facilitate efforts among global nonprofit lupus organizations engaged in education, awareness, and advocacy initiatives.

Lupus Canada is proud to be a member of the World Lupus Federation.

World Lupus Day - May 10 *Lupus Knows No Boundaries*

There is no boundary to the impact of lupus. Lupus is a global health problem that affects people of all nationalities, races, ethnicities, genders and ages. Lupus can affect any part of the body in any way at any time, often with unpredictable and life-changing results. While lupus knows no boundaries, knowing all you can about lupus can help control its impact.



World Lupus Day is an annual observance to call attention to the impact that lupus has on people around the world. To learn more about World Lupus Day please visit worldlupusday.org.

My Lupus Story by Linda Wilkins-Parker

When I was diagnosed with Lupus 25 years ago, I had no idea how many effects it could have on my body. My RA and ANA blood tests came back positive. I had joint pain and that was it at the time.

[Read More](#)

Living With Lupus

Lupus is not always a visible disease. The pain often goes unnoticed, unrecognized or unappreciated. On days when few people seem to understand what you are going through, feelings of loneliness, frustration, or even depression may creep up. Remember that you are not alone and there are people that want to support you in your life with Lupus.

[Read More](#)

Recipe Corner

Beet, orange and ginger morning smoothie

Bacon, eggs, and waffles drowned in syrup are not the most nutritious way to start the morning. Maintaining a healthy diet is one of the best lifestyle commitments to control Lupus flares. This smoothie is un-beet-lievably nutritious!

INGREDIENTS

1 red beet
1 small apple including core
½ naval orange peeled
handful frozen berries
handful kale
small piece of ginger, peeled
¼ cup frozen pineapple (optional)
½ cup ice
½ cup iced water
Chia seeds

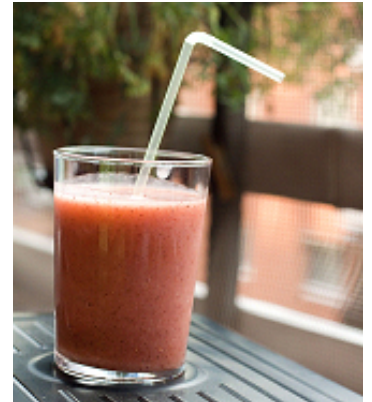
INSTRUCTIONS

Put all ingredients into a high-quality blender. Start on slow and move up to high. Pour in a glass to enjoy!

Photo by José Carlos Cortizo Pérez- <https://www.flickr.com/photos/josek/>

Source:

<http://spinachtiger.com/red-beet-vitamix-smoothie-recipe-and-10-benefits-of-beets/>



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Working together to conquer lupus

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