

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](mailto:leanne.mielczarek@lupuscanada.org)



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**Greetings,**

**Hello January!**

***Happy New Year!***

From everyone at Lupus Canada, we hope your holiday was filled with joy and your new year filled with peace and prosperity.

On January 15th, Lupus Canada will release an informational video on Prednisone, an autoimmune suppressant drug used to control overactive immune systems in lupus patients.

Don't forget to keep sending us your Lupus Stories!

To submit your story so that it can be considered for inclusion in our E-Newsletter please email [leanne.mielczarek@lupuscanada.org](mailto:leanne.mielczarek@lupuscanada.org)

## **LUPUS CANADA JANUARY 2016 NEWSLETTER**

### **My Lupus Story - by Sandy Carveth**

Lupus began for me as a child, but it was devious enough that no one suspected the diagnosis until I was 49! This is my story and it continues .....

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**Flu Season in Canada**



## Flu Season in Canada

Gesundheit! January is when the flu season peaks in Canada. As a lupus patient, when the seasonal influenza is in full swing it is important to not only constantly wash your hands, cover your mouth and avoid handshakes, but also to get vaccinated.



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## Indoor Aerobic Exercises

Ice and snow are cold workout partners that never seem to let you work up a sweat. This month, we put together a list of low-impact, high-reward cardio work out activities that strengthens large muscles and works up a sweat without even going outdoors.

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## Nutritious January Recipes

### ***Skillet gnocchi with chard and white bean***

Makes: 6 servings

Active Time: 30 minutes

Total Time: 30 minutes



#### INGREDIENTS

1 tablespoon plus 1 teaspoon extra-virgin olive oil, divided

1 16-ounce package shelf-stable gnocchi

1 medium yellow onion, thinly sliced

4 cloves garlic, minced (minimal amounts/optional)

1/2 cup water

6 cups chopped chard leaves, (about 1 small bunch) or spinach

1 15-ounce can diced tomatoes with Italian seasonings

1 15-ounce can white beans, rinsed

1/4 teaspoon freshly ground pepper

1/2 cup shredded part-skim mozzarella cheese

1/4 cup finely shredded Parmesan cheese

#### PREPARATION

1. Heat 1 tablespoon oil in a large non-stick skillet over medium heat. Add gnocchi and cook, stirring often, until plumped and starting to brown, 5 to 7 minutes. Transfer to a bowl.

2. Add the remaining 1 teaspoon oil and onion to the pan and cook, stirring, over medium heat, for 2 minutes. Stir in garlic and water. Cover and cook until the onion is soft, 4 to 6 minutes. Add chard (or spinach) and cook, stirring, until starting to wilt, 1 to 2 minutes.

3. Stir in tomatoes, beans and pepper and bring to a simmer. Stir in the gnocchi and sprinkle with mozzarella and Parmesan. Cover and cook until the cheese is melted and the sauce is bubbling, about 3 minutes.

#### NUTRITION

Per serving: 325 calories; 7 g fat (2 g sat, 3 g mono); 8 mg cholesterol; 55 g carbohydrates; 14 g protein; 6 g fiber; 616 mg sodium; 360 mg potassium.

Nutrition Bonus: Vitamin A (50% daily value), Vitamin C (40% dv), Calcium & Iron (19% dv).

Carbohydrate Servings: 3

*Photo:*

Rooney202 - <https://www.flickr.com/photos/rooney/6610616799/in/photolist-b5a94H-6Etpkx-2pwZQQ-6uJuNW-7LbbsY-7C7gtq-bxUkWt-bxUi4v-6DTLE9-iNStv-aro7Xr-AnT4w-9bAyyh-aznqw9-48dHVB-azobb1-azjN7t-aznrSw-aznrKW-8mqPhc-5PetSB-6nTTrC-7NxDf1-esKu4-wx3rV-aznrC7-azjMg8-aznqLy-azjLjV-aznqnY-bsuCqv-9gyxZ7-9tftC-7Tnx7t-6Kp6s-7mZW1-dXqKGz-81ACuq-73xbZJ-6yiLxi-6uwoj8-9bAyvL-5YXc1P-6UzpEr-5YkE52-7rCbZK-azob9A-3Z3fCz-jmck-5trCgd>

*Source:*

[http://www.eatingwell.com/recipes/skillet\\_gnocchi\\_with\\_chard\\_white\\_beans.html](http://www.eatingwell.com/recipes/skillet_gnocchi_with_chard_white_beans.html)

### ***Grapefruit and pomegranate in white tea jelly***

Grapefruit and pomegranate are some of this season's greatest treasures. Grapefruit is high in vitamin C and pomegranates contain a wealth of antioxidants that protect against heart disease and cancer.

Makes 4

#### **INGREDIENTS**

- 2 teaspoons powdered gelatin
- 2 tablespoons cold water
- 1 bag white tea or 1 tablespoon loose white tea leaves
- 1 cup boiling water
- 2 tablespoons sugar (minimal amounts)
- 2 red grapefruits, peeled and segmented
- 2 white grapefruits, peeled and segmented
- 1 pomegranate, seeded



#### **PREPARATION**

1. In a small bowl, sprinkle the gelatin over the cold water. Reserve.
2. Steep the tea into the boiling water for 2-3 minutes or to the strength you prefer. Add the sugar and reserved gelatin mixture until both are completely dissolved. Let cool a few minutes.
3. Divide the grapefruit sections and pomegranate seeds evenly among four glasses or ramekins and pour just enough tea jelly to reach the top.
4. Refrigerate until set, about 2 to 3 hours

*Recipe and photo Source:*

<http://www.tarteletteblog.com/2009/11/recipe-grapefruit-and-pomegranate-in.html>

<http://www.theglobeandmail.com/life/health-and-fitness/health/pomegranate-a-superfood-that-goes-straight-to-your-heart/article15742280/>

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