

LUPUS
CANADA
Life Without Lupus



What's 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*

Here Comes the Sun

JUNE E-NEWSLETTER

Summer is here! With the sunny weather around the corner and school coming to an end, this month brings a lot of fun to look forward to. Lupus patients may feel weary to enjoy the summer for this very reason as too much exposure to the sun may very well lead to a flare. However Lupus Canada wants to remind you that there are many ways in which you *can* have fun outside by taking some precautions to avoid any harsh UV rays. This newsletter includes some information on staying cool in the summer written from a male perspective.

Also this month we celebrate fathers all around the world on June 17th. Father's Day is an opportunity to recognize all the love and support that we receive and all that they do for the family. Happy Father's Day – we appreciate you!



Great Canadian
GIVING CHALLENGE

The Great Canadian Challenge is here! For the entire month of June, every \$1 you donate to Lupus Canada through www.canadahelps.org or www.givingchallenge.ca qualifies us to win \$10,000! The more you give, the more chance for us to win! For more information on the Great Canadian Giving Challenge please visit www.givingchallenge.ca or www.lupuscanada.org

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LUPUS CANADA
NEWS

New Directors

Lupus Canada is happy to welcome Lauren Isherwood and Nicholas Baingo to our Board of Directors. Lauren and Nicholas bring years of experience and expertise to our Board.

Nicholas Baingo

Nicholas has more than 15 years of non-profit management and volunteer experience, and currently works in the tech sector. His non-profit experience includes a two-year term on the Board of Directors of the Lupus Society of Alberta, and a two-year term as the Executive Director of the CKXU Radio Broadcasting Society. Past volunteer experience includes work with seniors, youth groups, and local community associations, as well as coordinating (with Lauren Isherwood) two annual Step Out for Lupus fundraising and awareness events in Lethbridge, Alberta.

Nicholas currently works for Amazon Web Services, and his past work experience includes business development roles with Amazon, IBM, Xerox, and leading his own technology startup.

Lauren Isherwood

Lauren is a Chartered Professional in Human Resources (CPHR) currently working for a large consulting engineering firm. Lauren's past volunteer work includes local community associations, a publishing society, and the Lupus Society of Alberta. Lauren was diagnosed with lupus in 1995 and is passionate about making a positive contribution to the lives of others

Welcome Lauren and Nicholas to our Board of Directors!

New Appointments

We would also like to announce two new appointments in the roles of Vice President and Treasurer.

Vice President

Shane Dungey joined the Board in February 2017 as the Chair of the Fundraising committee. Shane has since moved into the role of Vice President.

Shane is a Managing Director, Institutional Trading with AltaCorp Capital Inc. working in Calgary Alberta. Prior to joining AltaCorp, Shane was Vice President, Institutional Trading at Macquarie Securities, and prior thereto, Tristone Capital Inc. since 2008. Before moving to Calgary, Shane was Head Trader and Portfolio Manager of Passive funds at AEGON Capital Management in Toronto. His volunteer commitments include Play4Kids, a non-profit organization founded by the Dungey Family that aims to improve the lives of children through PLAY . Shane holds a Hons BA in Political Science from York University. Subsequent to joining industry, he played professional hockey throughout Europe and the minors in North America.

Treasurer

Malcolm Gilroy was elected to the role of Treasurer at our AGM on March 28, 2018. Malcolm previously held the role of Vice President.

Malcolm is a seasoned financial services executive with extensive African experience. He has recently returned from Nigeria where he lived for eight years. Initially he was sent to Nigeria as a Technical Advisor to the World Bank Group, mandated to review the financial landscape of the country and to advise the Nigerian Government on ways to rejuvenate their dormant bond market. He continued to work in Nigeria as an investment banker and consultant. Prior to going to Nigeria Malcolm had a successful career as a bank treasurer and investment counsel in Canada.

He is currently a Principal of Pax Terra Inc. a Washington based development and private equity consultant and is also an associate of Logan Wealth Management, a Canadian based Investment Counsel.

In addition to Lupus Canada, Malcolm sits on the Boards of The Jane Goodall Institute of Canada and CSCDL Funds (Nigeria) and is a former Chair (President) of the ALS Society of Canada.

We thank both Patricia Morzenti and Jacqueline Houston for their contributions as Directors of Lupus Canada over the past few years and wish them the best in the future endeavours.

WORLD LUPUS DAY 2018

Special Note of Thanks.....



A special note of thanks to British Columbia, Alberta, Saskatchewan, Nova Scotia and Ontario for being champions for lupus in Canada.

Together we can make a difference!

#PutOnPurple



Together with many across the globe we celebrated #PutOnPurple day on Friday May 18, 2018 to help raise awareness for lupus by wearing purple. Thank you to all our supporters who wore purple and helped bring some awareness to this under-funded and under-recognized disease.

Staying Cool in the Summer with Lupus

Source: <https://themighty.com/2016/05/tips-for-lupus-symptoms-in-the-summer/>

It's officially started. That all-too-familiar feeling of sweating through my button-up shirt as I walk from the subway station to work. Soon it will be summer and as unpredictable as the weather has been lately, you can count on one thing: It will be extremely warm and muggy outside. When I was first diagnosed with lupus, I used to think I wouldn't be affected by the sun. I was wrong on so many levels.

Being a male, I've never experienced hot flashes, but I feel like I've had about 20 of them this month alone. For lupus sufferers, summer can be a miserable season. Overexposure to the sun can mean rashes on parts of your body that are exposed to the sun, overheating (which is my main symptom), and just flat-out fatigue. There's nothing like stepping out of the shower and sweating about a gallon's worth of sweat before getting dressed. I usually take the subway to get to work, but in the summer I use my car more because walking a block means that I've sweat through my nicely ironed button-up shirt and khakis. Nothing says "young professional" like sweat stains.

1. Cooling blankets. I cannot stress the importance of this product for me. Yes, they are expensive, but I use this all year round. Fun fact: Many people with lupus get night sweats. I found a cooling blanket on Amazon for 45 bucks and it's my new best friend.

I recommend getting one that lasts for a couple of hours and won't leave your sheets damp.

2. Cleansing wipes. I'm at the age where every weekend during spring and summer I'm invited to the wedding of one of my good friends. This means that I'm in a formal suit... outside! I can do my best to pack on the antiperspirant and wear an undershirt to soak up the sweat, but it's still not enough. My favorite product I use when walking around at any outside event is an oil-free cleansing wipe. These things are great for wiping up sweat and act as a great cleanser for getting any excess oil off my face. I fold mine into my formal handkerchief and it's perfect for wiping my face (and my giant forehead) when I have to walk half a mile from the parking lot to that enchanting wedding venue in the forest.

3. Hats on hats on hats. I know it's weird to tell you to cover up during the hottest time of year but those of us with lupus should. Exposure to the sun can cause damaging effects such as the infamous butterfly rash and severe flare-ups. No matter what, hats will never go out of style so I use this as an opportunity to show off my style and individuality. I'm a man of many hats, figuratively and physically.

4. Sunglasses. Sunglasses are great if you have sensitive eyes like I do. While it is tempting to go for those Ray-Bans that cost \$100, I go to Target and pay \$10 dollars for mine. Many pairs have UVA/UVB protection and they look great.

So don't be afraid to RSVP to that outdoor wedding or Labor Day BBQ. Oh! And of course, most importantly, don't forget your sunscreen.

Recipe: Corn and Summer Vegetable Saute

Ingredients:

- 1 tablespoon canola oil
- 1/2 cup chopped green onions (about 4)
- 1 garlic clove, minced
- 1 cup sliced fresh okra (about 4 ounces)
- 1 cup chopped red bell pepper (about 1)
- 1 finely chopped seeded jalapeño pepper
- 1 cup fresh corn kernels (about 2 ears)
- 1 (15-ounce) can black beans, rinsed and drained
- 1/3 cup minced fresh cilantro
- 1/8 teaspoon salt
- 1/8 teaspoon freshly ground black pepper



Directions:

Heat oil in a large nonstick skillet over medium-high heat. Add onions and garlic; sauté 1 minute. Add okra; sauté 3 minutes. Reduce heat to medium. Add bell pepper and jalapeño; cook 5 minutes. Add corn; cook 5 minutes. Stir in beans; cook 2 minutes. Stir in cilantro; sprinkle with salt and black pepper. Makes 6 servings.

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

Source: <http://www.myrecipes.com/recipe/corn-summer-vegetable-saut>

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