



A Message from Leanne Mielczarek, Lupus Canada’s Executive Director

November has been a busy and exciting month at Lupus Canada.

Next week we will be in Ottawa meeting with several prominent elected officials. The purpose of our Lobby Day on Parliament Hill is to inform, educate, and create better awareness of lupus, by sharing the challenges lupus patients face daily and the need for equitable access to care and treatment for ALL Canadians impacted by this debilitating disease. Especially with new treatments on the horizon.

All our successes are a direct result of the support we receive from our lupus community. Your continued support makes a real impact on lupus research, public awareness, advocacy, and education for Canadians living with lupus.

Remember to be mindful as you dive into the rush of the holidays to take a moment to relax and enjoy this wonderful time of the year. This season is not only about festivities but also about compassion. For those struggling with grief or loneliness, extend a hand, share a smile, or offer a kind gesture—it could mean the world to someone.

From all of us at Lupus Canada, I extend warm wishes for a joyful holiday season, embracing the spirit of togetherness and looking forward to what the New Year holds.

In celebration of your kindness and commitment, I am delighted to share a special holiday video message with you.

Happy Holidays

Leanne Mielczarek

[Watch Here](#)

Together Are Making A Difference!

Make a donation today and together we can continue to work towards making lupus visible.

Unlock the Gift of Giving



LUPUS CANADA NEWS

Leadership Conference

In November, the Lupus Canada Leadership meeting took place which allowed the Board of Directors and Staff to delve into our goals, objectives, and strategies for 2024 to further support the lupus community through research, advocacy, and awareness. This year's in-person meeting for our Board and staff proved to be a positive, enlightening, and educational experience. Our heartfelt gratitude extends to our remarkable speakers for delivering outstanding content in their presentations. Special thanks also to the dedicated members of our Board, who generously contribute their personal time and consistently go above and beyond in their commitment to the organization and to the well-being of lupus patients across Canada.

In the image on the right:

Cora Novacut-Lee, Manager Donor Relations/Special Programs

Ariana Ranjbar, National Digital Marketing Specialist

Leanne Mielczarek, Executive Director

Heather Coates, National Fund Development & Engagement Officer





Vikas Tiwari, Treasurer
Andrew Chudnovsky, Director



Benoit Ferland, Director



Kendal Alston, Director
Holly Jones Taggart, Vice Chair
Dr. Ellen Chow, Director



Grant Funding Opportunities

Lupus Canada has partnered with the Lupus Foundation of America to offer the Lupus Canada Catalyst Grant. The Catalyst Grant is intended to help kick-start a new project or research idea focused on discoid or Systemic Lupus Erythematosus (SLE). This grant provides support to Canadian investigators to initiate new research ideas and projects and is intended to complement rather than compete with traditional sources of funding such as the Canadian Institutes for Health Research (CIHR).

Applications are due February 29, 2024.

[Learn More](#)

Making a Difference in Quebec

Lupus Canada is thrilled to share the networking opportunities and growth occurring in Quebec. Board Director, Benoit Ferland, has been attending events such as the Rare Disease Discussion Panel Conference and Scientific Day 3rd Edition where he presented the award for the best presentation of the day to PhD student Aurée Laroche and addressed Lupus Canada's hope for helping those living with lupus in Quebec.





LUPUS NEWS



What's Happening in Research?

Lupus Canada is pleased to share that Anifrolumab (Saphnelo) will be included on the Alberta Drug Benefit List effective December 1st, 2023. For details regarding this listing and renewal criteria, please visit the [Alberta Drug Benefit List website](#).

RAMQ has also included Anifrolumab in their drug formulary update that took effect on– November 8th, 2023. For more information please visit www.ramq.gouv.qc.ca/fr/a-propos/liste-medicaments.

LET'S TALK LUPUS

Lupus Corner with Mauricia Ambrose

"When I started writing this article there were 34 days, 15 hours, 7 minutes, and 11 seconds to go before Christmas. You can find the countdown here. Christmas is just around the corner, and so is the stress that comes with it. But Christmas doesn't have to be stressful if you plan and start early. That's easier said than done.

I hear you. You have obligations. You're busy. You don't know what to get everyone. There's not enough time. Well, that last one isn't true. You have 34 days. My Christmas plans start on Remembrance Day every year. I start early because that's what we did when I was young. ..."

[Read More](#)





Communication and Stress with Jodie Young

"Navigating the holiday season can be exhilarating, but it often introduces a heightened level of stress into our lives. It is the perfect example of how stress is not necessarily positive or negative, it just is. The holidays bring forth additional demands, such as social gatherings, which can be both joyous opportunities to reconnect and sources of stress..."

[Read More](#)

On November 30th Lupus Canada was joined by Jodie Young who presented 'Stress Management During the Holidays' to watch the recording please visit <https://youtu.be/mjqZQs6rv3U?si=eWWwRnkFrvHbzYhc>.

RECIPE

No- Bake Chocolate Walnut Brownie Bites

These Omega-3-filled chewy brownies are the perfect little chocolate fix. Sweetened with only dates, they are also a healthy treat that will leave you feeling energized instead of giving you a sugar crash. Bonus: kids love these "brownies" and will gladly gobble them up for a special treat! Double the batch and bring these to your next holiday party so you have something healthy to share!

[Read More](#)



PERSONAL STORIES



My Lupus Story with Jamie and Victoria T.

"As a teacher for over thirty years, I've given countless lessons to my students. But none compares to the one I've learned from my brave daughter Victoria who was diagnosed with lupus in 2021.

When we know better, we do better.

I hope you'll share a few minutes of your time so I can explain what I mean because I'm not a fundraiser, I'm a parent. Victoria – who is a teacher in training – has taught me that education is the key to battling this chronic, life-threatening and seriously underfunded disease that affects over 1 in 1000 Canadians, many of them young people just like her..."

[Read More](#)

COMMUNITY ENGAGEMENT



Thank you to everyone who supported our Silent Auction Fundraiser!

We are thrilled to share that we not only reached but surpassed our \$10,000 goal, raising a whopping \$14,269! The success of this fundraiser is a direct result of our supportive community. Whether you bid, donated items, or spread the word to friends and family, each of you played a vital role. Your generous contributions will make a real impact on lupus research, public awareness, advocacy, and education for Canadians impacted by lupus.

Together, we're making a difference!

Power Yoga Canada

The Power Yoga Canada Oakville community showed up on November 25th to sweat for a cause! Maggie Aynsley and Heather Coates guided the (very sweaty!) yoga practice with the hopes of raising awareness about lupus and setting a Giving Tuesday intention. The class donations received were matched by Power Yoga Canada Oakville; special thanks to you as well as Maggie Aynsley for your generosity and support!



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