

LUPUS AWARENESS MONTH
2023 E-NEWSLETTER

LET'S TALK LUPUS



For more information visit <https://www.lupuscanada.org/lupus-awareness-month-2023/>

Welcome Back to a Special Edition of Let's Talk Lupus

May is Lupus Awareness Month! Throughout the month our goal is to engage with our communities and provinces across Canada to bring awareness of the financial, medical, psychological, and social unmet needs of those impacted by lupus and to reduce the stigma of living with this invisible disease.

We hope you enjoy reading about the initiatives taking place throughout the month.

For more information on Lupus Awareness Month please visit our website <https://www.lupuscanada.org/lupus-awareness-month-2023/>.

Not only is May Lupus Awareness Month but we also want to recognize and celebrate the important women in our lives. On **Sunday May 14th** we wish those celebrating Mother's Day a very happy day with their families.

We appreciate your continued support and readership of our monthly e-newsletter.

ADVOCATING
FOR CHANGE



#LETSTALKLUPUS
#MAKELUPUSVISIBLE

MAY 2023

LUPUS AWARENESS MONTH 2023 – ADVOCATING FOR CHANGE

During Lupus Awareness Month we have the opportunity to put a greater spotlight on lupus through various initiatives. Join us during Lupus Awareness Month to help make a difference in the lives of those impacted by lupus.

"The power to improve lives is in your hands"
Leanne Mielczarek, Executive Director, Lupus Canada

We want to thank our loyal supporters who allow us to continue to make an impact within the lupus community.

Lupus is a chronic disease characterized by inflammation in one or more parts of the body. It is a complex and sometimes baffling condition that can target any organ in the body, in any individual, at any point in their lives. Lupus is estimated to affect over 1 in 1000 Canadians. The cause remains unknown and a cure does not exist. In spite of its widespread nature, lupus is not an easily recognizable disease and remains incredibly under-diagnosed as it often presents itself uniquely in every individual.

There is still more work to be done to support Canadians impacted by lupus.

With your help we can move the dial forward. Together we can make a difference.

Help support Lupus Canada by donating below!

**DONATE AND
HELP US SPREAD AWARENESS**



**LUPUS AWARENESS MONTH
OVERVIEW**

Advocating for equity, resources and support!

Empowerment is the basic attitude underlying advocacy. It is the conviction that every person has the right to be heard, the right to understand, the right to decide, and the right to equity. The more we act on this attitude, the more people will come to recognize the rights of persons living with lupus. Advocacy is needed at the municipal, provincial, and national level to adopt policies that allow affordable access to SLE care and medications.

Lupus Canada would like to invite you to join us in helping to put a spotlight on the unmet needs of all Canadians impacted by lupus. Public health policy, access to medications and resources that better support those impacted by lupus will provide preventative strategies to help manage this debilitating disease.

To learn more about our campaign and to read more about the unmet needs of those impacted by lupus please visit www.lupuscanada.org/awareness-month-overview/.

.....

Militer pour l'équité, les ressources et le soutien!

L'empowerment est l'attitude primordiale sous-jacente à la défense des droits (advocacy). Il s'agit de la conviction que chaque personne a le droit d'être entendue, d'être comprise, le droit de décider et le droit à l'équité. Plus nous agissons avec cette attitude, plus les gens (ou la population selon le but) reconnaîtront (reconnaîtra si population) les droits des personnes atteintes de lupus. L'advocacy est nécessaire au niveau municipal, provincial et fédéral pour encourager l'adoption de lois qui permettraient l'accès abordable aux soins et à la médication requise pour traiter le lupus érythémateux disséminé (LED).

Pour en savoir plus visitez le site www.lupuscanada.org/awareness-month-overview/.



By sharing Naina's message we hope to demonstrate how complex this disease truly is and how it can impact anyONE, anyORGAN, at anyTIME.

To learn about Naina's story <https://www.nainasjourney.com/>.



Naina has a different life than most kids. At 9 years old she was diagnosed with lupus. She has weekly appointments to receive injections. She takes a daily cocktail of strong medicines. She can't always do the things she used to because of pain in her joints, and has had to restrict her diet and activities to manage her condition. Extreme exhaustion overwhelms her. She can't wear sunscreen so she doesn't go to the beach anymore. She often must stop colouring from the pain in her fingers and wrists. Artwork has been a way for her to cope with difficult times. Watch the video to learn more about her colouring book and what she hopes to inspire.

Naina's mother Ambika states, "My husband and I will never stop advocating for Naina. The road ahead is unclear, but like our rave kid has shown us, we control the things we can, and keep the faith for better days ahead. We count our blessings that we have each other – and your kind and generous support."

Watch Naina's Lupus Awareness Month message [here](#).



To make a donation to Naina's Fundraiser for Lupus Canada please click [here](#).



LUPUS AWARENESS MONTH MERCHANDISE

Lupus Awareness Month Merchandise



With limited quantities available be sure to visit our website to order your 2023 Life Without Lupus T-Shirt, pins and more! This is a great way to support and participate in Lupus Awareness Month initiatives. Don't forget to wear your merchandise on **May 10th for World Lupus Day** and on **May 19th for Put on Purple Day**. We look forward to sharing your posts and are excited to see you all wear them in May!

To purchase your merchandise please visit www.lupuscanada.org/merchandise/.

Bracelets by Jamie Tees

Jamie Tees has created a beautiful and meaningful piece of jewellery that when worn weaves a thread of connection through the lupus community.

Thank you for your generosity, for your contribution to Lupus Canada and also for your role in raising awareness for lupus. To purchase your bracelet visit www.lupuscanada.org/merchandise/.

"The more people know, the better they can be empathetic to those who are suffering. If I can also raise money to support research, then I believe there is hope for a cure. When I see others wearing a bracelet, it warms me knowing she is surrounded by others who believe in her strength and support her journey. This little project has connected me more with my daughter. She proudly wears a bracelet which serves as a little reminder that she is strong and a true warrior." Jamie Tees





LUPUS AWARENESS MONTH SOCIAL MEDIA TOOLKIT

Help Lupus Canada spread lupus awareness! Lupus Canada has created a social media toolkit to help amplify and promote lupus awareness. We have created social media images and captions for all platforms for you to share with your family, friends, and colleagues. Right-click on the image you would like to download to save it. It is as easy as that.



Resources Include:
[Facts about lupus](#)
[Social Media Graphics](#) (Posters, Logos, Zoom Background, Email Signatures, Social Media Infographics)
[Captions and Tweets for Social Media](#)
[Shareable Infographic](#)

The Social Media Graphics and Captions & Tweets are available in French



LUPUS AWARENESS MONTH ACTIVITY GUIDE

Join us throughout the month of May as we create the much-needed awareness for lupus. Share these Lupus Awareness Month Public Awareness Initiatives to help build awareness in your community! To view the calendar on our website click [here](#).



MAY 2023						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

MAY 02
Let's Talk Lupus with Wendy: Why is lupus awareness important?

MAY 04
Heather Coates: Yoga & Lupus Video

MAY 10
World Lupus Day
• Illuminations
• Proclamations
• Let's Talk Lupus with Wendy: LIVE
• WALK for Lupus Ontario in Sudbury

MAY 11
Heather Coates: Yoga & Lupus - Restorative Practice

MAY 13
Essence of a Butterfly presented by Artful Xistence

MAY 16
Let's Talk Lupus with Wendy: Importance of Advocacy

MAY 17
Arthritis Talks: Let's Talk Lupus Webinar @ 6:00 pm (EST)

MAY 18
Heather Coates: Yoga & Lupus - Chair Yoga

MAY 19
Put On Purple Day & Contest!

MAY 20 - 22
Green Apple Cannabis Fundraiser

MAY 22
Vote for Put On Purple Day Contest Contestants

MAY 23
• Put On Purple Contest Winners Announcement
• Let's Talk Lupus with Wendy: Medical Support

MAY 25
Heather Coates: Yoga & Lupus - Mat Practice part 1

MAY 30
Let's Talk Lupus with Wendy: Psychological Needs & Lupus

MAY 31
Heather Coates: Yoga & Lupus - Mat Practice part 2

World Lupus Day

On May 10th, 2023 Lupus Canada will join others across the globe to recognize and celebrate World Lupus Day. World Lupus Day is sponsored by the World Lupus Federation and it serves to call attention to the impact that lupus has on people around the world. The annual observance focuses on the need for improved patient healthcare services, increased research into the causes of and cure for lupus, earlier diagnosis and treatment of lupus, and better epidemiological data on lupus globally.

World Lupus Day Proclamations

By having the provinces proclaim May 10th as World Lupus Day in their legislature it demonstrates their support by recognizing this historic day, unites the people across the country who are affected by this disease, and brings greater attention to the lack of resources and unmet needs of those living with lupus.

To learn more visit www.lupuscanada.org/lam-activity-guide/.

Canada Illuminates in Purple for Lupus Awareness

Over 66 Canadian landmarks will be illuminated in purple for World Lupus Day on May 10th and Put on Purple Day on May 19th!

Lighting landmarks throughout Canada helps raise awareness for this debilitating disease. If you see a landmark illuminated in purple, please take a photo, share on social media and tag @LupusCanada.

For the complete list of landmarks and for specific details regarding some of the Landmark Illuminations visit www.lupuscanada.org/lam-activity-guide/.

Canada Illuminates in Purple for Lupus Awareness Month



Together let's make lupus visible!

Alberta Landmarks

May 10 Calgary Tower, Calgary, AB

May 10 High Level Bridge, Edmonton, AB

May 10 Lethbridge City Hall, Lethbridge, AB

May 10 Olympic Plaza, Calgary, AB

Ontario Landmarks

May 10 3D Toronto Sign, Toronto, ON

May 10 CN Tower, Toronto, ON

May 10 The Falls, Niagara Falls, ON

May 10 Peace Bridge, Niagara Falls, ON

British Columbia Landmarks

May 10 BC Place, Vancouver, BC

May 10 Sails of Light, Vancouver, BC

May 10 City Hall of Vancouver, Vancouver, BC

May 10 Vancouver Convention Centre, Vancouver, BC

Manitoba Landmarks

May 10 Winnipeg Sign, Winnipeg, MB

May 10 Esplanade Riel, Winnipeg, MB

Prince Edward Island Landmarks

May 10 City Hall, Charlottetown, PEI

New Brunswick Landmarks

May 19 Fredericton City Hall, Fredericton, NB

Nova Scotia Landmarks

May 10 Halifax City Hall, Halifax, NS

Quebec Landmarks

May 10 Olympic Stadium and Montreal Tower, Montreal, QC

Put On Purple Day

Show your support in finding a cure and help those living with lupus by wearing purple on May 19th! Wear purple to honor those living with lupus, remember those lost to this disease, and to support the progress we as a community are making to one day create a "Life Without Lupus". We urge you to tell your families, friends, employers, physicians, and local community about Put On Purple Day to get the word out and build excitement.

Share your photos or videos on Twitter, Instagram or Facebook and tag @LupusCanada or email them to info@lupuscanada.org.

Put On Purple Day Contest

Lupus Canada is excited to announce the Put On Purple For Lupus contest where one Canadian can win a "Life Without Lupus" t-shirt. Tell your friends and family about this contest and together let's support those impacted by lupus.

To learn about how you can participate and the contest rules visit www.lupuscanada.org/lam-activity-guide/.



Arthritis Talks: Let's Talk Lupus Webinar



Lupus Canada is honoured to be collaborating with the Arthritis Society in May to present a webinar to help you better understand the complexities of lupus.

Date: Wednesday, May 17, 2023 • Time: 6:00pm ET • Location: Online Webinar

Have your questions answered...

Don't miss this opportunity to ask Dr. Peschken your questions. Submit your questions in advance at arthritistalks@arthritis.ca.

To learn more visit www.lupuscanada.org/lam-activity-guide/. **To register click [here](#)**

Other Lupus Awareness Month Activities

[Let's Talk Lupus with Wendy](#)

Lupus Canada is excited to embark on our collaboration with Wendy Issa. Visit Lupus Canada's Instagram and Facebook every Tuesday as Wendy shares information and her journey in the hopes that she can help and create a difference for the lupus community this May.

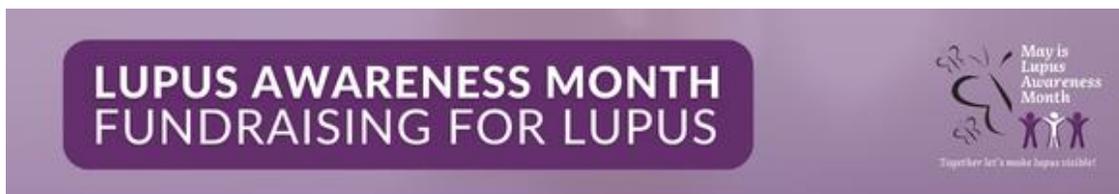
[Accessible Movement Videos with Heather Coates](#)

Teaching since 2011, Heather Coates offers functional and accessible movement classes. Through breathwork, restorative yoga and slow flow classes she offers a retreat from the busyness of the outside world and holds space to dive inward, get curious and land in the present moment.

[Disease of a Thousand Faces Campaign](#)

Lupus Canada is continuing to gather pictures of Canadians living with lupus for our Disease Of A Thousand Faces Campaign! Lupus Canada is hoping to gather 1,000 pictures of lupus warriors around the world by the end of the year. Share this campaign with your friends and through social media and help us reach our goal. Lupus is known as the "Disease of a Thousand Faces" due to its wide-ranging symptoms and ability to mimic other diseases.

To learn more about each of these initiatives visit www.lupuscanada.org/lam-activity-guide/.



Communication is key to raising awareness about this debilitating disease. Below are a few ideas of how you can get involved in your community. We would also like to spotlight the fundraisers below and extend our thanks to the individuals, communities, media and celebrities that are making a difference this Lupus Awareness Month.

Get Involved

You may be wondering how you can help us make a difference on World Lupus Day. Below are a few ideas of how you can start your own fundraiser in your community and a list of accessible activities so that every Canadian can participate in Lupus Awareness Month.

ADVOCATING FOR CHANGE

#LETSTALKLUPUS
#MAKELUPUSVISIBLE



ADVOCATE



FUNDRAISE



SUBSCRIBE TO LUPUS CANADA'S E-NEWSLETTER



SPREAD AWARENESS



DONATE



SHARE YOUR STORY



ORGANIZE AN ACTIVITY



Donate: Lupus is not as well understood as other “famous” diseases. The lack of awareness among the public, employers, government and even the medical community poses big challenges. With your support, Lupus Canada continues to work hard to improve awareness. Help Lupus Canada by donating at www.lupuscanada.org/get-involved/ways-to-donate/.

Give: Start your very own lupus awareness fundraiser on Facebook, Tiltify, or Instagram.

Spread Awareness: Follow Lupus Canada on Facebook, Twitter, Instagram, and LinkedIn. Like, share or retweet daily content, share our informational resources, and use our Lupus Awareness Month images available on our website on your social media platforms with the #MakeLupusVisible and #LetsTalkLupus to amplify our voices and gain global recognition of this disease.

Organize An Activity: Organize an activity to involve your local celebrities and local, regional and national press, radio, and TV station to spread the word about your activity. Visit the Canadian Landmarks that will be illuminated in purple on World Lupus Day!

Share Your Story: Do you want to share your lupus story with our community? To send your story visit www.lupuscanada.org/diseaseof1000faces/.

Subscribe To Lupus Canada's E-Newsletter: Receive monthly news on what is happening at Lupus Canada and up to date articles and lupus research by subscribing here www.lupuscanada.org/news/e-newsletters/#newsletter-signup.

Advocate: Educate yourself about lupus and share with family, friends, and coworkers! Use the power of social media to email or tweet your elected officials about the importance of increasing resources and policies for lupus patients!

Spotlight On Community Fundraisers

We would like to extend our thanks to the individuals, communities, media and celebrities that are making a difference this Lupus Awareness Month. Here is one of the fundraisers taking place for Lupus Awareness Month. For more information on our other fundraisers please visit <https://www.lupuscanada.org/fundraising-for-lupus/>.

Essence of a Butterfly presented by Artful Xistence

Date: Saturday May 13th, 2023, 7:00 PM - Late

Location: Comfort Inn, Bakerview Room - Surrey, BC

Link to purchase tickets: <https://square.link/u/2vfdNtYI?src=sms>

Link for the online auction: <https://app.galabid.com/essenceofabutterfly>

Here is a sneak peek to one of the pieces "Serenity".



I have a lupus, when I say that out loud people usually are confused. They say " you look normal " or " how did you get that" or " what the heck is Lupus". I believe part of my story is to educate people on how important it is to not judge someone by looking at them, you have no idea what they are going through.

They may " look normal " but that's just because they are strong and refuse to let their disease take over their life. They may be smiling on the outside but we keep going on even when we're battling crippling pain. The type of pain that doesn't go away, it's pain you wake up with and go to sleep with. It's physical pain but also emotion pain knowing your life with never be the same as before your diagnosis.

Most of us that struggle with lupus deal with this every day and struggle with exhaustion on the inside, but we keep going because we are more than just our disease. We are strong and we are fighters.



RECIPES

Approved by registered dietitian Heather Penny



A Delicious And Healthy Meal

On The Menu:

Cilantro Lime-Shrimp Fajitas

Ingredients

- 1/2 cup sliced onions
- 1 cup sliced multi colour bell peppers
- 1 tablespoon olive oil
- 1 garlic clove, minced
- 1 teaspoon ground cumin
- 4 ounces pre-cooked frozen shrimp, thawed
- 3 table spoons chopped fresh cilantro
- 1 lime, juiced
- 2 whole-grain tortillas



Instructions

- 1 Saute onions and peppers in oil with garlic and cumin for 6 to 8 minutes, until tender.
- 2 Toss thawed shrimp, cilantro and lime juice with hot vegetables.
- 3 Fill tortillas with mixture.



Source: <https://www.lifescholarship.org/recipes>

QUICK LINKS



Q&A's

All your lupus related questions answered by trusted professionals [here](#).



Merchandise

Help support Lupus Canada by shopping our merchandise catalogue [here](#).



Brochures

Read and learn about everything lupus related [here](#).

Visit Our Website

[Home](#) | [Contact Us](#) | [About Us](#) | [Make A Donation](#)

Stay Connected



Toll Free: 1-800-661-1468
Local: 905-235-1714
info@lupuscanada.org
www.lupuscanada.org
Charitable Registration # 11902 5872 RR0001

Working together to conquer lupus 

[Privacy Policy](#) | [Unsubscribe](#)

[Lupus Canada](#)
PO Box 8 LCD 1, Newmarket, ON L3Y 4W3

