



Fall is here and with the weather cooling down and the leaves changing colours, it is time to embrace these changes and grab your big blankets, cozy sweaters and enjoy some hot cider. Fall is a beautiful season, be sure to enjoy!

With Fall arriving it means that **Thanksgiving** is quickly approaching. Lupus Canada hopes that on **Monday October 11th** you are able to spend the day with your family, while following COVID-19 protocols within your respective province. As this might be the one of your first opportunities in a very long time to be around extended family, it is important to be kind to yourself as it could be overwhelming.

World Mental Health Day is on Sunday October 10th. Lupus Canada wants to spotlight this important day and encourage everyone to practice self-care and do something on October 10th that you love.

For up-to-date information regarding COVID-19 please visit our website <https://lupuscanada.org/news/covid-19/>

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Self Advocacy 2021 Live Webinars

Lupus Canada is pleased to share that our next Self Advocacy Webinar will be "Lupus and the COVID-19 Vaccine" presented by Dr. Matsos. This webinar will take place on Wednesday October 13th at 7:00pm (EST). To register for the webinar please click [here](#).

If you missed any of our webinars please click [here](#) for the recorded versions. If you have an advocacy topic you want to learn more about please email us your ideas to info@lupuscanada.org.

A purple-themed poster for a live webinar. At the top left, it says 'Live Webinar'. The title is 'Lupus and the COVID-19 Vaccine'. Below the title, it lists 'WITH DR. MARK MATSOS, FRCPC' and his credentials: 'Associate Professor of Medicine, Michael G. DeGroote School of Medicine, McMaster University, McMaster Lupus Clinic - Bone Clinic (McMaster Site - Hamilton Health Sciences) Rheumatology Head of Service, Hamilton Health Sciences'. On the right is a circular portrait of Dr. Mark Matsos. At the bottom, it states 'WEDNESDAY OCTOBER 13TH AT 7:00 PM (EST)' and includes the Lupus Canada logo.

LUPUS CANADA'S PURPLE PUMPKIN FOR LUPUS



As the only Canadian national lupus organization Lupus Canada is focused on lupus research, advocacy, awareness and education in Canada.

We have a great opportunity to make an impact for lupus and those whose lives are impacted by this debilitating disease. We pride ourselves in building and maintaining a strong community of individuals who support our cause and are interested in lupus awareness and advocacy.

Fall has officially arrived which means Canadians will begin decorating their homes, go apple picking and will be decorating/carving pumpkins!

As we approach Halloween, we invite you to join Lupus Canada in a new Halloween

Initiative to create awareness for lupus.

Traditionally, on Halloween people all over the country keep their porch lights on to signify to the public that they are handing out candy for trick-or-treaters.

Lupus Canada wants to contribute to this tradition, and launch the **Purple Pumpkin for Lupus Initiative**.

The Purple Pumpkin for Lupus Initiative asks Canadians to place a purple pumpkin outside their home to raise lupus awareness.

Due to the multi-faceted nature, lupus is not an easily recognizable disease and does not lend itself to be widely known by the public. It is therefore necessary create awareness among Canadians. Unless someone is experiencing a flare up, there are sometimes no outwardly obvious signs that someone is living with lupus.

Let's show our support to family or friends who live with this debilitating disease. No matter how you choose to participate in Halloween Festivities, everyone is able to safely join in this initiative.

Let's support children and families who live with lupus.

How can you participate?

- Buy a pumpkin and paint it purple!
- Place a lupus awareness sign beside your pumpkin (available for download [here](#)).
- Tell your friends and family about this initiative.
- Send us photos of your purple pumpkins to be featured on our social media platforms to info@lupuscanada.org or by tagging us on social media before **November 1st 2021**.



Lupus Canada would like to specially thank Kirstin Hadley for fundraising \$125.80 for our Loonies For Lupus Campaign. It is because of the support from our community that we are able to continue to raise lupus awareness and funds to support lupus research.

Lupus Canada Welcomes New Board Member Kevan O'Leary

Kevan O'Leary is a Risk Management and Technology executive, with over 25 years of experience specializing in the banking and financial sector in Canada, and currently works for HSBC as the Regional Head of Operational and Resilience Risk Specialists. Kevan has led transformative change at major financial institutions, working with technology, third parties and the business to ensure risks are well understood and aligned with organizational appetite. Kevan holds an MBA from the Richard Ivey School of Business at the University of Western Ontario. Kevan was a primary caregiver to his wife of 15 years before she passed away from lupus complications, and it is in her memory that he was inspired to join the board of Lupus Canada and help contribute to achieving their goal of a life without lupus.



Welcome Kevan!



Lupus Canada 2021 Catalyst Grant

The Lupus Canada Catalyst Award supports and provides funding for one year to Canadian researchers at any stage in their career as they embark on innovative research projects that can advance the lupus field and significantly impact the lives of people with lupus.

Lupus Canada's Catalyst Grant award recipient is Zahi Touma, MD, PhD, Associate Professor of Medicine with the University of Toronto; Clinician-Scientist, Staff Rheumatologist, University Health Network/Mount Sinai Hospital and Michelle Barraclough, PhD, post-doctoral research fellow, University Health Network, for their study examining cognitive dysfunction and fatigue in systemic lupus erythematosus.

For more information about Drs. Touma and Barraclough study please visit <https://lupuscanada.org/research/research-funding-programs/>

Not only did Dr. Zahi Touma win the Lupus Canada 2021 Catalyst Grant, he is also a mentor to another Canadian grantee from Lupus Foundation of America's (LFA) grant cycle. [Dr. Carolina Munoz Grajales](#) received the [Lupus Foundation of America's Career Development Award](#), a \$140,000, two year award, which supports early career scientists who are committed to lupus research. The award aids the professional growth of fellows (any year) and clinicians for up to two years of post-fellowship work in nephrology, rheumatology, or dermatology, or a postdoctoral researcher. Dr. Munoz Grajales is working out of Toronto Western Hospital on a project entitled Elucidating the Risk Factors and Trajectories of Cognitive Impairment in Systemic Lupus Erythematosus.

Another Canadian grantee was a recipient of [the Gina M. Finzi Memorial Student Summer Fellowship](#), which was developed to cultivate an interest in lupus research among young scientists. The program requires that the research be supervised and sponsored under the mentorship of an established lupus investigator. This mentorship is a critical part of establishing the next generation of lupus researchers. [Farnoosh Naderinabi](#) is currently studying with Dr. Murray B. Urowitz at the University of Western Ontario on a project entitled Interferon alfa as a biomarker to predict lupus nephritis response to treatment.

QUOTATION OF THE MONTH

"The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering."

Ben Okri

LUPUS CANADA
Life Without Lupus

ARTICLES

****Always remember to follow the COVID-19 protocols listed within your province and speak with your healthcare provider should you begin to exhibit any symptoms.****

HOW TO SPEND TIME WITH LOVED ONES WITHOUT LOSING IT

Having a big family can be fun, but it can also make it tough to organize your holiday calendar. Factor in your partner's family, too, and it can become nearly impossible to see everyone on your list.

For lots of couples, this negotiation about which gatherings to attend and which you'd rather skip can quickly turn into an argument. Some even opt to avoid family altogether until the chaos has subsided.

That's why Dr. Ami Rokach, a clinical psychologist and professor at York University, says those couples who stick around for the holidays should operate as a unit, "mostly addressing their needs and wishes rather than those of others (like family)."

Dr. Natasha Sharma a relationship and emotional fitness expert, has similar advice.

"Think of yourselves first (this isn't selfish!) and what will make you feel happiest," she said. "It should never be compromising to you ... Make where and with whom you choose to spend your time over the holidays natural and honest."

Here, both experts share tips for making holiday plans that will keep everyone in your family happy.

Plan ahead

"I often suggest that people start to address that issue way before the actual date," Rokach told Global News.

Having an agreed-upon plan will allow the two of you to head into the holiday season as a united front, and it will avoid any conflict or resentment arising.

"It is important for the couple to reiterate that their first priority is to operate as a union, taking both points of view into account, understanding that complete fulfilment of each of their wishes cannot be fulfilled," he said.

"If [you] don't address it appropriately, [you'll] end up being frustrated, angry and unfulfilled."

Sharma says the wants of children, if you have them, should also be taken into consideration.

"I think couples should have an open, honest conversation with each other — and their children, if they have them," said Sharma. "Decide as a family how and where [you] want to spend [your] precious holiday time."

Be honest about what you want from the holiday season, and go from there.

Do what's best for you and your partner

The key, says Rokach, is not to allow yourself to feel pressured or shamed into going somewhere you don't want to go.

"[You] need to be aware that, should [you] let others pressure [you], it will negatively affect [your] relationship," he said. "Should [your partner] attend a gathering against their will, they won't enjoy it and will end up resentful."

To that end, narrow down a list of places both of you actually want to visit.

"The most important point is that they do so as a couple, after negotiating between themselves where they will go," he said.

No place is worth visiting if you're "going to have a terrible time," said Sharma.

"Try not to hit every single house if it's going to overwhelm you and ruin your holidays ... Keep the holidays sane and you-centric, not other-centric," she said.

"It's not good for your emotional health to overtly compromise your own happiness just to please others."

Be honest

For those parties and gatherings that you can't attend, try not to lie about your plans.

Explain that you can't attend because of prior commitments, but "find a way of communicating, as a couple, [your] appreciation for being invited," said Rokach.

"If it is a couple's united decision — when [your] first priority is the union, and not placating the families — [you can] do so without hurting or disregarding each other's wishes."

For Sharma, this extends to being honest with your partner, too.

"Don't be demanding, or think that your needs trump your partner's [or] family's needs," she said. "Be honest, but be compromising and understanding if one of you really wants to go someplace. It's not going to kill you to be there."

"I think we just make the holidays more difficult than they need to be ... Don't overcommit. Remain positive and lighthearted. The holidays are supposed to be fun!"

Source: <https://globalnews.ca/news/6277024/spend-time-family-holidays/>

10 TIPS TO BOOST YOUR MENTAL HEALTH

To mark Mental Illness Awareness Week (October 1-7), we're offering 10 tips to boost your mental health.

"Mental health" refers to your overall psychological well-being. It includes the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Anyone can experience mental or emotional health problems — and over a lifetime, many of us will. One in five Canadians lives with mental-health or substance-use problems.

These tips can help you elevate your mood, become more resilient and enjoy life more.

1. Make social connection — especially face-to-face — a priority

Phone calls and social networks have their place, but few things can beat the stress-busting, mood-boosting power of quality face-to-face time with other people.

2. Stay active

Staying active is as good for the brain as it is for the body. Regular exercise or activity can have a major impact on your mental and emotional health, relieve stress, improve memory, and help you sleep better.

3. Talk to someone

Talk to a friendly face. In-person social interaction with someone who cares is one of the most effective ways to calm your nervous system and relieve stress.

4. Appeal to your senses

Does listening to an uplifting song make you feel calm? Does squeezing a stress ball help you feel centred? What about taking a walk in nature and enjoying the sights and sounds of the trees? Everyone responds to sensory input a little differently, so experiment to find what works best for you.

5. Take up a relaxation practice

Yoga, mindfulness, meditation and deep breathing can help reduce overall levels of stress.

6. Make leisure and contemplation a priority

Leisure time is a necessity for emotional and mental health. Take some time to relax, contemplate, and pay attention to the positive things as you go about your day — even the small things. Write them down if you can, because they can be easy to forget. Then you can reflect on them later if your mood is in need of a boost.

7. Eat a brain-healthy diet to support strong mental health

Foods that can support your mood include fatty fish rich in omega-3s, nuts (walnuts, almonds, cashews and peanuts), avocados, beans, leafy greens (spinach, kale and Brussels sprouts), and fresh fruit such as blueberries.

8. Don't skimp on sleep

It matters more than you think. One way to get sleep better is to take a break from the stimulation of screens — TV, phones, tablets or computers — in the two hours before bedtime.

9. Find purpose and meaning

This is different for everyone. You might try one of the following:

- Engage in work that makes you feel useful
- Invest in relationships and spend quality time with people who matter to you
- Volunteer, which can help enrich your life and make you happier
- Care for others, which can be as rewarding and meaningful as it is challenging

10. Get help if you need it

If you or a loved one needs support, there are many programs and resources that are available to you

Source: <http://www.bcmhsus.ca/about/news-stories/stories/10-tips-to-boost-your-mental-health>

RECIPES



Beef Stew with Vegetables

SERVES: 8

Ingredients

- 2 pounds of cubed lean beef
- 2 tbsp oil
- 6 carrots, sliced
- 6 medium-sized potatoes, peeled and cubed
- 2 medium-sized zucchini, cubed
- 1 celery stalk, sliced
- 1 large onion, chopped
- 1 clove of garlic, minced
- 3 tomatoes, chopped
- 1 cup of water
- 1 tbsp of chopped fresh herbs (rosemary, parsley, oregano)
- salt and pepper to taste

Directions

- 1** Heat the oil skillet over medium to high heat and brown the beef (you may need to do this in batches). Set the beef aside and slightly turn the heat down. With a little more oil, cook the onions and garlic until they become translucent.
- 2** Add the water, tomatoes, herbs, and seasoning and cook for one to one-and-a-half hours on a low heat until the meat becomes tender. You may find you need to add more water if the stew becomes a little dry.
- 3** Add the potatoes, carrots, and celery and continue to cook for 15 minutes.
- 4** Add the zucchini and cook for another 15 minutes, or until all the vegetables are soft.

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

Source: <https://lupusnewstoday.com/social-clips/2016/10/10/seven-recipes-for-lupus-patients/>

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