

LET'S TALK LUPUS

April Monthly E-Newsletter



HOPE
life without lupus



Spring has sprung! This month we are happy to recognize and celebrate a variety of events.

World Health Day - April 7th

The World Health Organization states that World Health Day is, "celebrated annually and each year draws attention to a specific health topic of concern to people all over the world". This year the campaign, "Our Planet, Our Health", will focus global attention on urgent actions needed to keep humans and the planet healthy and foster a movement to create societies focused on well-being. Lupus Canada encourages everyone to learn more about this campaign by visiting <https://www.who.int/campaigns/world-health-day/2022#>.

Earth Day - April 22nd

Earth Day will be on April 22nd, and EARTHDAY.ORG's mission is to diversify, educate and activate the environmental movement worldwide. To learn more about this campaign please visit <https://www.earthday.org/earth-day-2022/>.

Easter - April 17th

On April 17th many people will celebrate Easter with friends and family. After two years of not being able to celebrate Easter with loved ones, we hope you enjoy time with family. Like with any other celebration, remember to take time to prioritize yourself and relax.

National Volunteer Week - April 24th to April 30th

Lupus Canada would like to take a moment to thank and celebrate our dedicated and passionate Board of Directors. Board service is one of the most challenging volunteer roles and your commitment brings hope to not only Lupus Canada but to the over 1 in 1,000 Canadians

living with lupus.

Lupus Canada welcomes Dr. Ellen Chow to our Board of Directors. Dr. Chow is a resident physician in family medicine at the University of Toronto. She holds a Bachelor's degree in Accounting and an M.D. from McGill University. During her time in medical school, Ellen co-founded a student organization to raise awareness about the consequences of language barriers in healthcare and to provide interpretation services to patients through an online platform. Ellen was diagnosed with SLE before the start of her residency, she experienced some of the challenges of living and working with lupus. She joined the board of Lupus Canada to contribute her personal and professional experiences to bettering the lives of those affected by lupus.

Lupus Canada also thanks our Ambassadors who help us create awareness for this debilitating disease. We are grateful to have a diverse community of people helping Lupus Canada make lupus visible!

For more information on our team of Directors please visit

<https://lupuscanada.org/about-us/our-team/>.



#MAKELUPUSVISIBLE
your gift makes a difference

We would like to thank our readers for your ongoing support. It is with your support that we are able to continue to fund the vital work we do such as creating the much-needed awareness for lupus, supporting the important work researchers are doing to help advance lupus research, and advocating for Canadians impacted by this debilitating disease.

Through these very challenging times, we are happy to share with you that we have been able to continue to support these very important initiatives, with your help. We hope you will continue to support us as we work tirelessly to ensure that the voices of those living with lupus are heard!

LUPUS NEWS



LUPUS
CANADA
Life Without Lupus

Lupus Canada is pleased to present the
Let's Talk Lupus
Disease Awareness Webinars

An informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic. To learn more about our upcoming webinars please visit <https://lupuscanada.org/resources/disease-awareness-webinars/>.

Sponsored by AstraZeneca  

LET'S TALK LUPUS - DISEASE AWARENESS

Lupus Canada is pleased to present the Let's Talk Lupus – Disease Awareness Webinars. This program will consist of an informative and interactive series of webinars for all Canadians impacted by lupus. Each month we will offer a new topic.

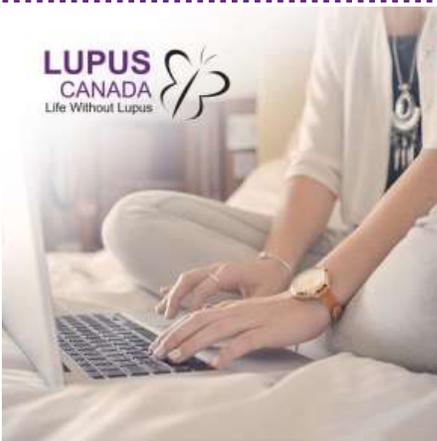
The Benefits of Chiropractic Care

On **April 21st at 7:00 pm EST** Lupus Canada will be joined by Dr. Heather Bailey who will discuss the benefits of chiropractic care. Please click on the following link to register for the webinar https://us06web.zoom.us/webinar/register/WN_VJEIugbXSD2aHZIcDXA_SQ

Dr. Bailey graduated from the Canadian Memorial Chiropractic College in 2012 with both honours and clinical honours. Her undergraduate degree is in Human Kinetics (Kinesiology) from the University of Windsor. Her first position as a Chiropractor found her working in downtown Toronto where she worked alongside a family doctor, physiatrist, orthopedic surgeons (specializing in knees and feet), kinesiologist and personal trainers. She has a very strong exercise and rehabilitation background, and believes the key to any successful recovery comes with changing how the body works through exercises. She also stays up to date on current research and "best-evidence" practices.

In July of 2015, Dr. Bailey took part in the PanAm Games as part of the volunteer medical staff, providing chiropractic services as well as assisting the first responders for the athletes, coaches and owners at the Caledon Horse Park.





LUPUS CANADA SCHOLARSHIP

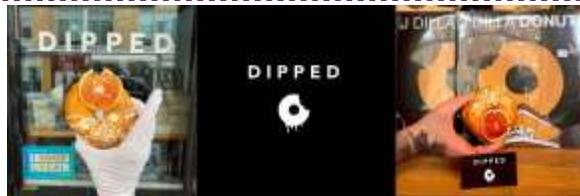
Lupus Canada will be accepting applications for our 2022 Scholarship program until May 31st, 2022. Lupus Canada created the Scholarship program to help students living with lupus to succeed in attaining a postsecondary education. Through the financial support of the Lupus Canada Scholarship, we intend to recognize and raise awareness of the achievement of students living with lupus who have taken a positive and ambitious outlook in achieving their academic goals.

This year we will be offering six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a postsecondary educational institution.

For more information please visit <https://lupuscanada.org/news/lupus-canada-scholarship/>.

DIPPED DONUTS FUNDRAISER FOR LUPUS CANADA

Dipped Donuts Inc. is a gourmet donut company born in Toronto in 2015 and located in the heart of Kensington Market. Lupus Canada would like to thank Dipped Donuts for hosting a fundraiser and for helping spread lupus awareness amongst the Toronto community. Below is a message from the owner of Dipped Donuts.



When I started the business, I wanted to add a bit of my influence into the store which includes my love for Hip Hop. One of the greatest producers by the name of J Dilla had lupus and had passed away in February 2006. He had also made an album called Donuts, so I always knew that I wanted to do something in February to commemorate his life. In addition to that, one of our very own staff members had lupus. That all inspired me to want to participate in something to give back, particularly with Lupus Research.

We ran a fundraiser back in 2019 for Lupus Research which raised \$1200 over the month of February when we ran the campaign.

This year we ran the event for only a week and partnered up with a famous record store in Toronto called Sonic Boom Music to reach a larger audience. We ran a 10% discount cross promotional deal for one week, which allowed people to receive 10% off our donuts or a record if they were to shop at any of our stores. Sonic Boom Music ran out of all of their J-Dilla albums and sold a lot more hip hop albums that week.

We had a great time running this event and will be a definite staple every February.



LUPUS CANADA AND BIGYELLOW FUNDRAISER

Spring has officially arrived which means you may start your gardening soon! Lupus Canada wanted to remind everyone that we are participating in the BigYellowBag Give & Grow Fundraising Program. Last year, BigYellowBag Give & Grow donated more than \$42,000 to community groups & organizations.

How Does It Work?

Use the code **LC22** to save **\$5** off a BigYellowBag of soil or mulch. Every time this code is used, BigYellowBag will donate \$10 to Lupus Canada – it's that simple!

To purchase your BigYellowBag Soil please visit <https://bigyellowbag.com/>.

LUPUS AWARENESS MONTH

JOIN LUPUS CANADA DURING LUPUS AWARENESS MONTH & MAKE LUPUS VISIBLE

In May we join our global partners to recognize those living with lupus. We hope you will join us throughout the month as we create the much-needed awareness for lupus. Just a few dates to keep in mind as we prepare for Lupus Awareness Month; World Lupus Day - May 10th and Put on Purple for Lupus (POP) - May 20th.

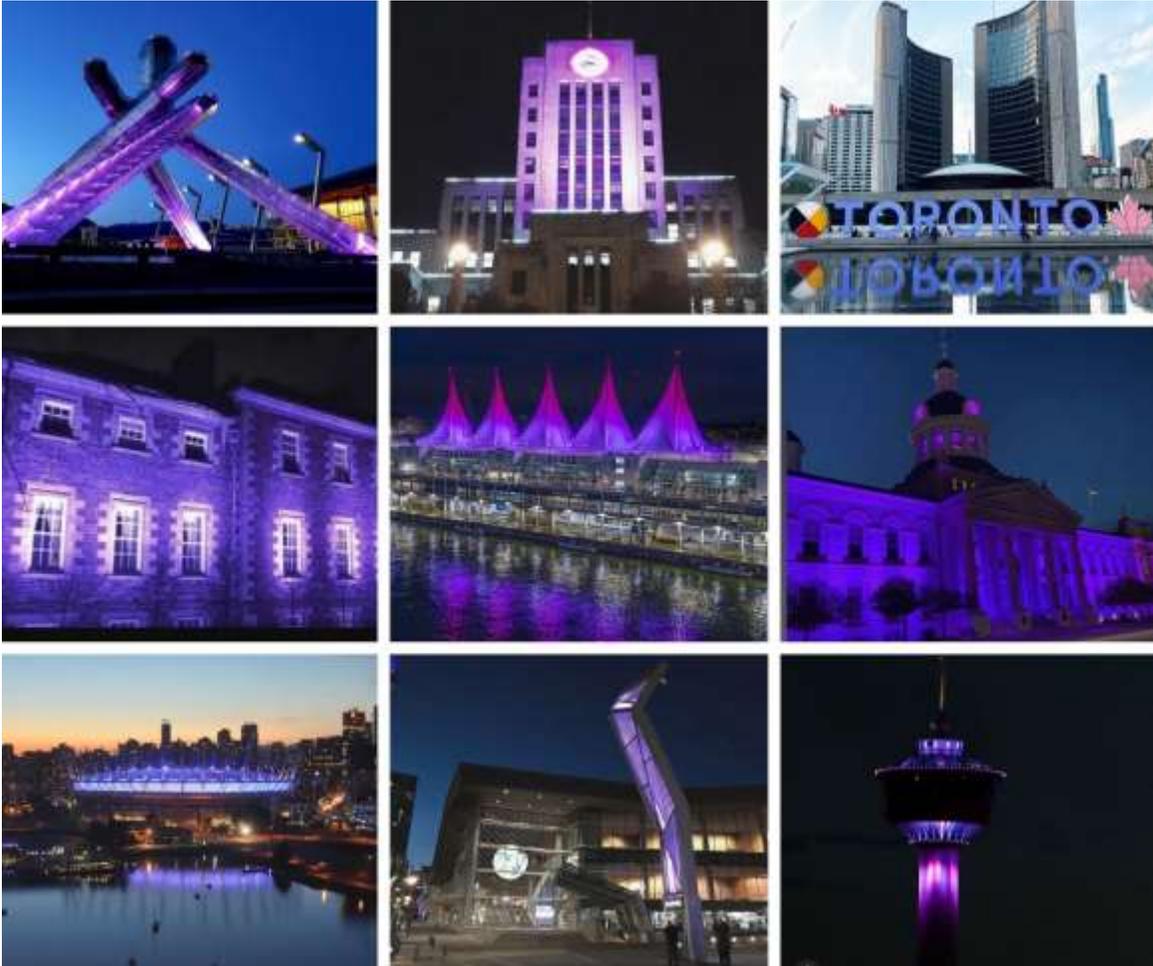
Don't miss out on important events this May, follow us on Instagram, Twitter, and Facebook (@LupusCanada).



Here are just a few sneak peaks of some of the initiatives in May....

CANADA ILLUMINATES IN PURPLE ON MAY 10TH

Lupus Canada is happy to announce that once again we will be illuminating landmarks throughout Canada in May! Follow us on social media for updates regarding the illuminations.



LUPUS CANADA'S LUPUS AWARENESS MONTH COLLABORATIONS

Lupus Canada is pleased to announce our **Lupus Awareness Month collaboration with Lusomé**, a Canadian company leading the way in technology-based loungewear for women impacted by a variety of health issues, including lupus. Functionally, they empower women to manage night sweat issues that have traditionally made them feel less desirable as a woman, fundamentally affecting their femininity, often at times when they need it the most. Equally importantly, the beauty of their range of styles is what sets them apart.

Inspired by French design aesthetic and beauty icons, Lusomé's designs are simple, timeless,

Lusomé

elegant with a feminine twist. Lusomé's fits have been engineered to compliment women of nearly every shape and size, using masterful pattern making techniques to enhance and flatter their bodies.

Lusomé will be providing a percentage of their sales from one of their collections to Lupus Canada in May. Check our social media and May Newsletter for more information!

Lusomé will also have a pop-up at The Revente in Calgary on Tuesday May 3, from 4-8 pm to kick off the collaboration with Lupus Canada. Be sure to get there early as the first 30 customers will receive swag bags.



2022 PUT ON PURPLE T-SHIRTS NOW ON SALE

Get ready for Put On Purple Day on May 20th by purchasing Lupus Canada's 2022 edition of our Put On Purple T-Shirts! With limited quantities available be sure to order your t-shirt early. We are excited to see you wear them in May. For more information please visit <https://lupuscanada.org/merchandise/>.

If you are unable to purchase a POP t-shirt, support those living with lupus on May 20th by wearing anything purple and share with your friends and family about how they can get involved or donate.

Together let's create awareness for this debilitating disease.

RESEARCH & RESOURCES



APPLY NOW

APPLICATIONS DUE: APRIL 15, 2022 AT 5PM EST

GARY S. GILKESON CAREER DEVELOPMENT AWARD

Four grant awards of up to \$70,000 each for up to 2 years

GINA M. FINZI STUDENT SUMMER FELLOWSHIP PROGRAM

Six fellowship awards of \$4,000

LUPUS CANADA CATALYST GRANT

One Catalyst Award for a total of \$40,000 CDN

LUPUS CANADA 2022 CATALYST GRANT PROGRAM

One Catalyst Award for a total of \$40,000 CDN to fund one project for a term of one year.

Lupus Canada has partnered with The Lupus Foundation of America for the third year 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 systematic 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 April 15th, 2022 at 5PM EST

To learn more about each grant and how to apply, please visit

<https://www.lupus.org/research/apply-for-funding>

ARTICLES

15 THINGS TO NOT SAY TO SOMEONE WITH A CHRONIC OR INVISIBLE ILLNESS

Invisible illnesses are illnesses that you can't see just by looking at someone. Things like Type 1 diabetes, Chronic Migraines, Lupus, Postural Orthostatic Tachycardia Syndrome which I live with, and Fibromyalgia, may not affect your appearance, but they affect how your body functions and feels. Every day. Probably for the rest of your life.

When you say the following things to someone with a chronic illness, you probably don't mean to hurt their feelings. A lot of the time you are just trying to understand or sympathize. Well,

from the perspective of someone who lives with a chronic illness, here are 15 things you should *never* say to someone with a chronic illness:

1. You don't look sick

Not everyone "looks like" what is happening to them. You would never say "you don't look like someone who is going through a terrible divorce" if your stressed out friends still manage to put on a brave face and pull themselves together. Not all illnesses are manifested outwardly.

2. You're too young to be sick

I get this one more than #1. You can get ill or go through any kind of stressful situation no matter your age. Age is completely irrelevant here. Young, unfortunately, does not always equal disease-free. When you tell someone they're too young to be sick, it just makes them feel even more guilty or embarrassed for having an illness they have no control over when society expects them to be healthy. And, moreover, just because you have an illness, doesn't mean you want to be called "sick."

3. Everyone gets tired

That may be true. And most people are not getting enough sleep and rest. But the difference between someone with chronic illness associated fatigue and an otherwise healthy person is the level of fatigue. If I go out drinking with friends and stay up late, it could take me a week to recover. I have to carefully plan every activity of the day so that I can save energy to do all of them. The best line I've heard for this one is: *you don't know what fatigue is until you've had to rest after taking a shower*. Unless you literally think to yourself "*how much energy will that take?*" for every single action you take during the day (including brushing teeth, combing hair, standing to do dishes, putting on makeup, cleaning, driving, etc.) then you experience a completely different kind of tired than people with certain chronic illnesses. I'm not saying you aren't tired. Everyone does get tired. But my kind of tired is not the same as a healthy person's kind of tired. If I push myself past the amount of energy I have in a given day, the consequences are pretty bad.

4. You're just having a bad day

I know you are trying to motivate someone and make them feel better when you say this, but it doesn't come off like that. Personally, only about 10 people in my life see me on my bad days. If I am outside, dressed, and active, that is a good day. So instead of making someone with a chronic illness feel supported and motivated when you say this, it feels like you are brushing off their symptoms. Chronic illnesses are with you for life. You can change your lifestyle and find treatments to help them, and some of them can be "managed," but for the most part, that person will have to deal with a lot of bad days for many years to come.

5. It must be nice not having to go to work/school

This one. Oh man. If you only knew. Sure, it can feel that way when you take a day to play hooky or a long vacation. But when you are forced not to go to work or school, even when you want to be there, it is a different story. People with chronic illnesses don't want to fall behind in school and fight with the school district to get the accommodations they need. People with chronic illnesses don't want to miss work and not be able to generate an income. Everyone wants independence.

Personally, I loved school and hated every day I wasn't there. It is way more stressful not being in school and knowing all the work you will have to do to make up for it than being there on any given day. And I have loved the jobs I've had and been sad about every day I have missed. Believe me, it is not nice having to stay home instead of being productive, just trying to find ways to distract yourself from pain or exhaustion. It's fun to watch TV for a day or two, but after that, I feel trapped. I guarantee anyone with a chronic illness would gladly trade in their symptoms for a full time job.

6. You need to get more exercise

Exercise is really important and no one is denying that. It helps pretty much any health condition. But it isn't a cure-all. For someone like me, whose heart rate regularly reaches 120 bpm just from standing still, exercise isn't always doable. I do "exercise" but it is more like physical therapy exercises than what most people would consider a good work out. But remember, everyone has limitations. For people with chronic illnesses, their physical limitations may make it harder for them to do traditional exercises. And even if they do, it will probably not be a cure for a condition that is caused by something totally different like an immune system that attacks itself or a nervous system that doesn't regulate itself correctly.

7. I wish I had time to take a nap

See numbers 3 and 5, which relate to this one. To someone with a chronic illness, to whom napping is not a luxury but in fact a necessity, hearing someone say this is as much a slap in the face as hearing someone say they wish they could take a break from work or school too. Hearing anyone "wish" they could have a part of a chronic illness just shows how misinformed they are when they say this. Wishing you had more time is pretty much a universal wish. But wishing you had the time that a person with a chronic illness has is not the same. If your wish is granted, you can get more time, but you also have to get the pain, the exhaustion, and the difficulty figuring out how to be productive in society. Remember that next time you have the desire to say this.

8. The power of positive thinking

Positivity is really important and having a negative outlook can negatively affect an illness. But having a positive outlook will probably not cure it. I've gone through all the stages of positive thinking and denying my illness. I have thought, *if I just put my mind to it*, I can do that. And then I've suffered the consequences of pushing myself beyond my limits.

Positive thinking that is productive for chronic illness sufferers is not telling someone that thinking positively will help them with their symptoms. Instead, productive positive thinking is finding the positivity that comes with their illness. For me, if I hadn't had POTS, I wouldn't have gone to Lake Forest College to stay close to home and my doctors. It was there that I learned and discovered my passion for environmental studies and met the love of my life. I wouldn't have found an inner strength in myself and learned to value the time I have in the same way I do. That is productive positive thinking. But it's not a cure.

9. Just push through it

Hearing this makes me want to hit my head against a wall. This goes along with #3 "Everyone gets tired/ headaches/ back pain/ insert symptom, just push through it." The problem with this statement is the underlying assumption that a person with a chronic illness is not already pushing themselves. Every day I push myself. I push through my symptoms all the time. If I

didn't, on my bad days I would not eat, walk, or shower. And the same is true of anyone with a chronic illness. Remember: there is a difference between pushing and pushing past your limits. Pushing yourself is good and necessary. But pushing past your limits can set someone with a chronic illness back for a while as they recover from overextending themselves. Suggesting to someone to just push through it may not feel insulting, but it is like telling a marathon runner to just go faster on their last mile.

10. It will get better, just be patient

I'm sure everyone who says this truly means well. And it is true of a lot of things that patience is important. But not all chronic illnesses will get better. Patience is a virtue, and an important one. But please don't say this to someone who has an illness that they will have for their entire life. It could get better, but it also may not. So figuring out how to live within the confines of your illness and make the most of it is more productive than expecting to get better. This is not to say that you shouldn't hope to get better- just that you shouldn't count on it. That's denial.

11. Have you tried _____

... the paleo diet, acupuncture, super magic moon crystals, this weird new therapy that I heard about one time but know nothing about?

Unless you are a medical professional and/or a person with a chronic illness has asked for your advice, please keep it to yourself. I haven't tried super magic moon crystals, but I have tried just about everything else including alternative and new treatments. I'm actually trying a new one now. And I probably won't stop trying because science makes advances. But someone with a chronic illness doesn't want to defend themselves to you on how they have already tried or don't trust the efficacy of a certain treatment, especially if your evidence is only anecdotal. I know you probably mean well and are trying to help, but just assume that someone with a chronic illness has tried every option available to them. Everyone wants to feel good.

12. You should stop _____

See number 11. I know you mean well and you want to help. Everyone has bad habits they should probably stop. Did you know that one of the parts of my treatment is to increase sodium in my diet? So if you want to tell me how you or someone you know of feels so good because they cut out salt, it will go in one ear and out the other. What works for one person does not always work for another. Please keep your unsolicited unprofessional anecdotal medical advice to yourself, because you are wasting your time and possibly insulting or discouraging someone with a chronic illness.

13. It's all in your head/ you're just stressed/ depressed/ anxious

If I had a nickel for every person (including doctors) who told me this before I was diagnosed with POTS (and some afterwards) I would have really heavy pockets. I guess when we don't understand something and don't look physically sick we assume it is mental. It must be cultural or part of human nature based on how often this is said to people with chronic illnesses. Stress, depression, and anxiety can all make symptoms of chronic illnesses worse. But they do not usually cause them. Chances are when you say this to someone you are only contributing to their stress, not helping them see something they never saw before.

14. You need to get out more

A change of scenery can do some good. And I believe that spending time outdoors is good for your health. But when you say this to someone with a chronic illness, it doesn't sound encouraging. Someone with a chronic illness wants to get out more (see number 5). All it does is make them feel guilty for not being able to do something they already want to and are probably trying to do. So before you say this, remember that they probably agree with you and they don't need the guilt on top of it.

15. You take too many medications

People differ on their opinions of whether medications help or are bad for you. In some cases they are medically necessary. This is one of those things where you should probably keep your judgement to yourself. If I take a medication, I have researched the side effects and I have tried every other lifestyle change and vitamin that I can before I get to that point. Not everyone wants to just pop a pill to solve a problem. If someone is having a symptom that is controlling their life medication is sometimes the best way to manage it. People with chronic illnesses do many things to try to live as normal life as possible, and medication is one small piece of that puzzle. It is part of a lifetime of adaptations, treatments, and figuring out how to live with a chronic illness.

So now that you know better than to say these things, you can relate better to the people in your life with chronic or invisible illnesses.

And remember: the absolute best and most powerful thing you can ever say to someone with a chronic or invisible illness:

I believe you.

You would be surprised just how much that will mean to them.

Source: <https://asweetlife.org/15-things-not-to-say-to-someone-with-a-chronic-illness-or-invisible-illness/>

WHY DECLUTTERING IS GOOD FOR YOUR BODY, MIND, AND SOUL

It's finally happening!

We see flowers peaking through the soil and grass turning green. The days growing longer and the sun shines a little brighter. It's Spring! Spring has always represented a time to start brand new and if Mother Nature knows its time for a fresh start, maybe this is a hint we should do the same.

For many of us, Spring begins with an annual ritual - the spring cleaning. A chance to declutter and say goodbye to our unwanted stuff - to refresh our living space by getting neat and tidy. However, spring cleaning can actually bring about other, unexpected benefits when it comes to your mental health. There IS a connection between spring cleaning and your mental well-being.

In the spirit of the season, here are some reasons why decluttering is good for your body, mind and soul:

It's a perfect time for a fresh start

There's something so satisfying about a deep clean and that purge of dust, dirt and clutter that inspires a sense of renewed energy. The great thing about spring cleaning - donating those old clothes, stacks of books and magazines, and whatever else you've got lying about - is that it's an opportunity to create a new beginning for yourself. Even if it's physical stuff you're removing, imagine that you're also getting rid of negativity, past regrets, and anything else that's causing you a sense of mental clutter. 'Clearing out our crap' raises our self-esteem and shifts our energy so we are open to change and are in a better 'space' to move forward.

Housekeeping actually makes you happier

If you feel better when your home is clean, rather than when it looks like a tornado hit it, you are not alone. Leading psychological research has correlated clutter with stress and anxiety and discovered that housekeeping has a positive benefit on your mental health. In fact, researchers at Clorox polled 2,000 people and found that every hour of cleaning you do each week is associated with a 53% boost in overall happiness. The survey found people who actually enjoy cleaning are also 25% happier overall.

Keeping a clean home will make you healthier

Individual cleaning tasks such as vacuuming, ironing and gardening are physical activities that can burn between 150 and 300 calories an hour. In fact, a study at Indiana University, found that people with clean homes are healthier than people with messy homes. Results showed that participants who kept their homes clean were healthier and more active than those who didn't. In fact, house cleanliness was even more of a predictor for physical health than neighborhood walk-ability and other factors. All of this decluttering can add up to some real exercise.

Removing clutter reduces stress

Aside from having a cleaner home, the physical action of housekeeping and the end result of a cleaner home helps relieve stress, anxiety and depression. When stress affects the brain, the rest of the body suffers consequences as well. The physical activity of cleaning (moving, bending, scrubbing, dusting, sweeping, vacuuming) produces endorphins which reduces stress levels, improves your ability to sleep, and boosts your overall mood. In a study on stress hormones by the University of California, those who described their house as messy or chaotic showed increased levels of cortisol, a steroid hormone produced in response to stress. Another study noted in the scientific journal *personality and social psychology bulletin* measured the way 60 women discussed their homes. Women who described their living spaces as "cluttered" or full of "unfinished projects" were more likely to be depressed and fatigued than women who described their homes as "restful" and "restorative."

A clean house makes a happy home

From worrying about unfinished tasks and projects to concerns about a healthy environment, messy homes can lead to messy relationships. The tolerance for clutter varies from person to person. A pile of laundry on the floor can make one person crazy and another person ambivalent, which also comes in to play when it comes to acquiring and holding onto stuff. Some people are natural 'purgers' who try to get rid of things regularly. On the other end of the spectrum, you have the collector who accumulates a growing number of specific items or, the pack rat who fills storage spaces. However, no matter where we fall in terms of how we

view our 'stuff', when we are surrounded by clutter, we all become more irritable, anxious and frustrated. From snapping at others over a missing phone, car keys and other belongings, to blaming others for messes, a cluttered home can lead to behaviors that damage relationships. And, if you have kids - even though it may seem like they don't mind messes - if their space is cluttered, they can experience some of the same negative consequences of a disorganized environment that you do.

Clearing space gives you more focus

A study by the Princeton Neuroscience Institute discovered that in disorganized spaces people are more stressed, distracted and less productive. Similarly, the University of Southern California published research about whether people describe their time at home as either restorative or stressful. Results indicated that clutter can be visually distracting, and serve as a nagging reminder of tasks and chores undone whereas, cleaning gives people a sense of mastery and control over their environment. It makes sense that the benefits of an uncluttered environment would lead to reduced feelings of anxiety and increased feelings of productivity. We become more relaxed when our environment is clear. We are able to process information differently because visually there is less noise to our brain.

Letting go of stuff saves you time and money

We live in a culture that is obsessed with acquiring stuff. However, there is a shift happening...many are starting to realize that serenity doesn't come from purchasing more things but from experiencing life with less stuff. Once you clear out the 'things' you don't 'want', you start to realize the things you need more of... like hanging out with friends and family, spending time outdoors, reading a book, learning a new hobby. This type of less is more approach helps you to not only simplify your life but saves ultimately saves you time and money. How much time have you wasted looking for those darn car keys in the morning? How many times have you bought an item for a second or even third time because you couldn't find the item you bought in the first place? When we visually see what we have and have an organizational system in place, we process what we actually need much more clearly.

The relationship between a clean house and mental health is one that should be important to your whole family. We all love a cleaner, more organized home and we typically feel more at ease with less clutter. When you consider the overwhelming benefits—better physical health, improved mental health and a cleaner, healthier environment, it's easy to see how keeping a home clean can keep minds more calm and relationships strong. That's why the great thing about a spring cleaning isn't just the opportunity to get rid of all the stuff that you accumulated over the course of a year - it's also a chance to help improve your thoughts in ways you may have never even expected!

Source: <https://everwellcounselling.ca/blog-counselling-psychotherapy-mental-health/spring-cleaning-and-mental-health>

MY LUPUS STORY



MY LUPUS JOURNEY with Julie (2018 Lupus Canada Scholarship Recipient)

I was diagnosed with lupus in 2016 and was diagnosed with ulcerative colitis in 2017. It was in 2017 that I was most affected by my two health issues. During this time and before my diagnosis, I worked as a clinical nurse in mental health as well as in obstetrics. In 2017, I wanted an extra (extra) challenge... I then went back to school to get a master's degree in public health, more specifically in health promoting. It was in 2018 that I was fortunate enough to receive the Lupus Canada Scholarship. The Lupus Canada Scholarship allowed me to focus on earning my graduate degree, with less financial stress. Fortunately, because during my studies, with lupus, my energy was limited!

Currently my lupus is under control. I was even fortunate enough to become the mother of a beautiful, thriving boy, last winter. I warmly thank Lupus Canada for the scholarship program and encourage all eligible people to give it a try!

QUOTATION OF THE MONTH

"Never doubt that a small group of thoughtful committed citizens can change the world: indeed, it's the only thing that ever has."

—
MARGARET MEAD

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Life Without Lupus



RECIPES



Greek Chicken Rice Bowl

INGREDIENTS

GREEK MARINADE/DRESSING:

- 1/4 CUP EXTRA VIRGIN OLIVE OIL
- 1/4 CUP FRESH LEMON JUICE (JUICE OF 1-2 LEMONS)
- 1/2 TBSP RED WINE VINEGAR
- 2 TSP MINCED GARLIC (OR GARLIC PASTE)
- 1 1/2 TBSP DRIED OREGANO
- 1 TSP KOSHER SALT
- 1/2 TSP BLACK PEPPER

RICE BOWL:

- 8-12 BONELESS SKINLESS CHICKEN THIGHS (OR BREASTS)
- 2 CUPS CHOPPED SEEDLESS CUCUMBERS
- 4 ROMA TOMATOES, CHOPPED
- 1 CUP KALAMATA OLIVES, SLICED
- 1 MEDIUM RED ONION, COARSELY CHOPPED
- 1 CUP CRUMBLED FETA CHEESE (OPTIONAL)
- HUMMUS
- 2 CUPS COOKED WHITE RICE

DIRECTIONS

Prepare Dressing: To a small mixing bowl, add dressing ingredients and whisk to combine well. Save 1/2 of the dressing (about 1/4 cup) in an airtight container to use later as a dressing.

Rice Bowl: Add remainder of dressing to a large resealable plastic bag with chicken thighs. Close bag and massage marinade into the chicken. Refrigerate for several hours if desired.

Heat a large skillet over MED-HIGH heat and drizzle a bit of olive oil into the skillet. Pat chicken thighs with a paper towel to remove excess marinade and cook chicken, about 4-5 minutes per side, until golden and cooked through.

Remove chicken to a plate to rest while you prepare the other ingredients.

Chop cucumber, onion, tomatoes, and olives and set aside. Microwave rice bowls according to package directions and divide evenly among 4 bowls.

To each bowl, add some of the feta cheese, cucumbers, tomatoes, onions, and olives. Add a dollop of hummus to the bowls and add 2-3 chicken thighs per bowl.

Serve with whole grain pita or flatbread if desired.

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

Source: <https://www.thechunkychef.com/20-minute-greek-chicken-rice-bowl/>

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