



LET'S TALK LUPUS

December Monthly E-Newsletter

December is here and all the festivities that accompany this month can be overwhelming. Remember to enjoy the little moments as well as the bigger ones, be generous to others and find time to rest, recharge and listen to your body!

This month we are happy to present our final self-advocacy webinar of 2021, Mental Health and Lupus – Managing Expectations. The focus of this webinar is to provide you with tips to manage the expectations that the holiday season brings.

As we bring 2021 to a close, remember to check on those who may feel isolated or unable to socialize due to the impact of COVID-19 this holiday season. Even the smallest gesture can mean the world to someone. Together let's spread some holiday cheer.

To celebrate a special occasion or to honour that someone special in your life that may be hard to buy for why not make a donation in their honour through Lupus Canada's website? To learn more about different ways to donate please visit our website <https://lupuscanada.org/get-involved/ways-to-donate/>.

A special thank you to our loyal supporters. We couldn't have accomplished our goals without you. Together we can make a difference!

Cheers to a happy, healthy and safe holiday season! We look forward to continuing to bring you valuable, relevant, up-to-date information in 2022.



GIVE A GIFT TODAY



Lupus Canada thanks the Board Members and Ambassadors for all their hard work and dedication



International Volunteer Day

December 5th is International Volunteer Day, and Lupus Canada would like to celebrate the Board Members and Ambassadors who donate their time to help those impacted by lupus. It is due to the support from our community we can continue to create awareness for lupus. To learn more about the hardworking individuals who work for Lupus Canada's Board please visit <https://lupuscanada.org/about-us/our-team/> Together we can make a difference. Thank you!



Giving Tuesday 2021

Lupus Canada would like to extend our thanks to our lupus community who helped us during Giving Tuesday. Whether you donated, liked or shared our posts, or reached out to someone impacted by lupus, it all helped bring national and international awareness to lupus.

The money raised during Giving Tuesday will assist with furthering resources, treatments and public awareness initiatives for lupus patients across Canada. Let's continue to work to make lupus visible and empower the lupus patient's voice.

Lupus Canada Merchandise Announcement

Join Lupus Canada as we #Sockit2lupus!

Lupus Canada is excited to share that our lupus butterfly socks are officially on sale! Each black pair is embroidered with the purple lupus butterfly.

Keep your feet warm while creating awareness for lupus! Great stocking stuffers for that someone special.

For more information on how you can purchase a pair of lupus branded socks or for more stocking stuffer ideas please visit <https://lupuscanada.org/merchandise/>



Live Webinar
@LupusCanada

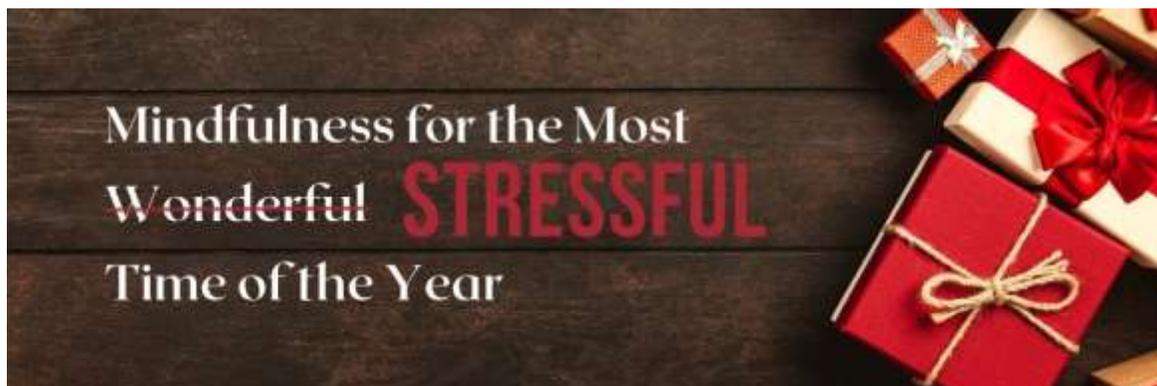
Mental Health and Lupus -
Managing Expectations During
the Holiday Season

WITH JANICE LEBLANC
Registered Psychotherapist

THURSDAY DECEMBER 9TH AT 7:00 PM (EST)

Self-Advocacy 2021 Live Webinars

Lupus Canada is pleased to announce that our final webinar of 2021 will focus on **"Mental Health and Lupus – Managing Expectations"**. Janice LeBlanc, a Registered Psychotherapist will present on this very timely topic on Thursday December 9th, 2021 at 7:00 pm (EST). With this being a very socially active time of the year, folks may struggle with social anxiety given the increase in social engagements especially as we have been practicing social distancing for almost 2 years. Janice will provide us with some tips on how to best manage expectations so that we can best enjoy this special time of the year. To register for the webinar please click [here](#).



On November 24th Lupus Canada hosted the "Canada Pension Plan Disability Program – An Overview" webinar. Our thanks to Brooke Besley, with the Canada Pension Plan Disability (CPPD) Program at the Department of Employment and Social Development Canada (ESDC) for providing an overview of the Canada Pension Plan Disability Program and for answering

audience questions. Please note that the webinar was not recorded, however, a brief summary with resource links will be available on our website.

Let's Talk Lupus Video Series

Lupus Canada's Let's Talk Lupus Series is an educational and informational lupus video series that hopes to provide Canadians living with lupus resources to help them manage their lupus. Let's Talk Lupus, aims to provide the lupus patient and/or caregivers with accurate up to date medical information on topics of interest.

Lupus Canada has brought medical experts to provide insight on current topics for our lupus community. Lupus Canada's Celebrity Ambassador Patrick McKenna introduces each topic with a prologue at the beginning of the video series. Be sure to [subscribe](#) to YouTube channel to watch our new videos as they are released each month.



Vaccines for COVID-19

When researching information on COVID-19 vaccines it is important you always use a credible, reliable source. For more information on vaccines for COVID-19 please visit <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/how-vaccinated.html#a2>

Health Canada reviewing AstraZeneca antibody drug to prevent symptomatic COVID-19

AstraZeneca has asked Health Canada to review a new long-acting antibody combination that could be used to prevent symptomatic COVID-19. This is for the prophylactic treatment of individuals that may not be able to mount an adequate immune response to the COVID-19 vaccines, or may be immunocompromised due to use of immunosuppressants, and therefore, remain at-risk of serious effects of COVID-19 exposure, which could be beneficial for those living with lupus.

For more information please visit <https://www.msn.com/en-ca/news/canada/health-canada-reviewing-astrazeneca-antibody-drug-to-prevent-symptomatic-covid-19/ar-AAQhnqM>

ARTICLES

COPING WITH HOLIDAY STRESS

The holidays can be a joyous and relaxing time. It can also be a time that individuals experience the most stress. Family and friends, although supportive and helpful, can also be a source of stress during the holidays. There can also be financial stress when one is trying to buy gifts for loved ones.

Stress can take over your life. It can negatively affect your sleep and cause you to become agitated. This is particularly true when people are having difficulties at work and trying to find a balance between work and life. Interpersonal stress, lack of control, work demands, and lack of flexibility are some of the issues that can negatively affect you due to stress.

Here are some ways that one can cope with stress more effectively, during the holidays and throughout the year:

Work/Life Balance

Work has a tendency of taking over one's life as there is always a project or something else that must be completed. Include yourself in the priority list. Try to schedule in regular lunch and break times, as well as vacations and time away from the office.

Make Time for Yourself

Decide what it is you want to do for yourself. For example, schedule a spa day, or a regular weekly or monthly massage. Spend time with friends, if you find that enjoyable and relaxing.

Don't be a Perfectionist

Having unrealistically high standards or expectations can increase stress. So learn to let go even if things are not perfect. Learn to be less self-critical.

Don't use Maladaptive (poor) Coping Strategies

Deal with stress in a healthy and adaptive (good) way. Do not self-medicate with drugs and alcohol, or even smoking. Do not use food as a way to cope, by overeating. Do not withdraw from friends and family or lash out at them when you might be feeling agitated or irritable. Do spend time with and confide in those most close to you.

Exercise

Exercise has been shown to increase endorphins and can reduce tension and anxiety.. Endorphins also stimulate the immune system. Exercise also reduces the risk of high blood pressure and heart disease, as it naturally helps to lower stress.

Relaxation Techniques

Spend time relaxing in whichever way you find most effective, for example, writing, meditation, yoga, guided imagery, deep breathing. Self-soothing activities might include taking a warm shower or bath, using a special body wash, or aromatherapy that is soothing to the senses.

Sleep Hygiene

Getting adequate rest is an important part of coping with stress. Practice good sleep habits including going to bed and getting up at a regular time, avoiding naps during the day, reducing caffeine intake, and having a relaxing routine before bed.

Friends and Family Support

Support from friends and family can help reduce the impact of stress. Confide in close friends and family, share what is bothering you, and spend time together.

Take Part in Enjoyable Activities

Pleasurable and leisure activities are an important part of psychological well-being. Make sure to do the things that provide you with enjoyment and fun, like hobbies, sports, and social activities.

Eat a Healthy Diet

A healthy balanced diet is also important in effective stress management. Try not to skip meals and avoid foods high in additives, sugar, caffeine, and salt. Increase foods associated with lasting energy such as vegetables and whole grains.

Stress Awareness & Prevention

Notice stress before it builds! It's easier to alleviate stress when it starts before it becomes overwhelming.

Deal With the Stressor or Avoid the Stressor Altogether

Try avoiding the stress altogether or alter the stressor as much as possible. Or you might try to adapt to the stressor and/or accept the stressor.

Avoid People who Stress you out

It is important not to continuously expose yourself to situations or people that cause you stress.

Focus on Areas in Your Life where you have Control

Try not to spend too much time focusing on areas in your life where you have little or no control. Focus on things you can control such as how you handle problems or react to them.

Learn how to say No

Set limits and boundaries for yourself. Do not take on more than you can handle and refuse added responsibilities if this is going to cause you stress.

Be more Assertive

Deal with problems head on and express yourself in situations you know have the potential to be stressful if you don't.

Manage your time Better

Make sure you give yourself time to get to appointments so that you are not rushing and feel stressed. Plan ahead and don't over extend yourself. With better time management you won't be as stressed out.

Focus on the Big Picture/Put things into Perspective

Ask yourself if it is worth stressing out about the situation and in the long run how important is it to focus on this particular stressor.

Reframe Problems

Try to view stressful situations in more of a positive perspective. Restructure your thoughts related to the stressor so that you can look at different sides of the problem rather than be so focused on the negative aspects.

Volunteer Your Time

It is an important time to help others in need, and volunteering can help one feel needed and

valued during this time. There are charities, food banks and other organizations that might need volunteers.

Most importantly, if everyday stress or holiday stress become more than you can bear, see a professional for help – a general practitioner, a psychologist or even a psychiatrist or counselor, if warranted. Watch the warning signs so that it doesn't become a bigger problem.

Source: <https://www.camh.ca/en/camh-news-and-stories/coping-with-holiday-stress>

5 REASONS WHY YOU SHOULD DONATE TO CHARITY

When you choose to give, you may not realize that donating to charity will do more than just help your favourite cause, giving can also provide you with many personal benefits. Whether you choose to donate to charities supporting people living in poverty, advocating to protect the environment, helping animals in need, or addressing other global or local problems, charities need your help to continue their selfless initiatives, but giving can feel just as good as receiving!

Why do people donate to charity? Check out our list of reasons below:

There are financial benefits when you donate to charity.

Did you know that donating to charity can save you money come tax time? When you make a donation to a registered charity in Canada, you will receive a tax receipt for your donation. Your receipt can then be submitted with your annual tax return to receive a tax credit of up to 53 percent of your donation! Plus, you also save on capital gains tax when you donate securities directly. This ensures more dollars are going to helping others because you will be able to give more to your favourite charity. A big contribution could mean big savings on your taxes, and we think that's a pretty big reason why you should donate to charity! Interested in learning how much giving could save you? [Use our tax calculator to see how much you can save when you give.](#)

Teach kids the importance of giving.

Teaching children to care about others is an important life lesson. When children watch you give, they will grow up knowing that giving back is the right thing to do and follow in your footsteps. So, donating to charity also helps you be a good role model for your kids.

Giving promotes feelings of happiness.

Helping others feels good. When you donate to a charity that is important to you, you not only help them continue their vital work, you're also improving your emotional wellbeing, a win-win situation!

Experience lifelong benefits when you donate your time.

If you are not in a position to contribute financially to charity, but are looking for other ways to give back, considering volunteering your time instead. You will meet new, like-minded people, learn new skills to add to your resume, or complete necessary community hours for school programs. You can also get involved in the community that supports your favourite cause. For example, if you attend a fundraising event for your favourite charity, you'll meet new, like minded people who care about the same cause.

Donating gives you the opportunity to show gratitude.

Life is busy, and it can sometimes be easy to forget to show your gratitude for all that you've been given. There are thousands of Canadian charities and causes doing vital work across the country and around the world. When you are ready to give and are researching a charity to support, this can remind us of all that we have, and the act of donating to charity is a way to express our feelings gratitude. Inspire others to give by posting your kind action on social media to inspire others to give generously.

Source: <https://www.canadahelps.org/en/giving-life/giving-strategy/5-reasons-why-you-should-donate-to-charity/>

QUOTATION OF THE MONTH

"Kindness is like snow. It beautifies everything it covers."

-KAHLIL GIBRAN

LUPUS
CANADA
Life Without Lupus

RECIPES



Kidney Diet Friendly Chicken Noodle Soup

PREPARATION: 10MIN
COOKING: 20MIN
SERVES: 6

Ingredients

- 1 tbsp unsalted butter (or olive oil)
- 1/2 cup chopped onions
- 1/2 cup chopped celery
- 5 cups chicken stock
- 8 ounces chicken breast
- 2 cups egg noodles, dry
- 1 cup sliced carrots
- 1/2 tsp ground basil
- 1/2 ground oregano
- 1/4 tsp ground black pepper

Directions

- 1** First off, cook all your chicken and chop it up into small pieces. Then clean and chop all your vegetables.
- 2** In a 5 quart dutch oven, over medium heat, melt butter. Cook onion and celery in the butter until just tender, about 5 minutes.
- 3** Pour in chicken stock and stir in chicken, noodles, carrots, basil, oregano, and pepper. Bring to a boil. Reduce heat and simmer for about 20 minutes.



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

Source: <https://www.renaldiethq.com/renal-diet-recipes-easy-chicken-noodle-soup-low-sodium-and-kidney-diet-friendly/>

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