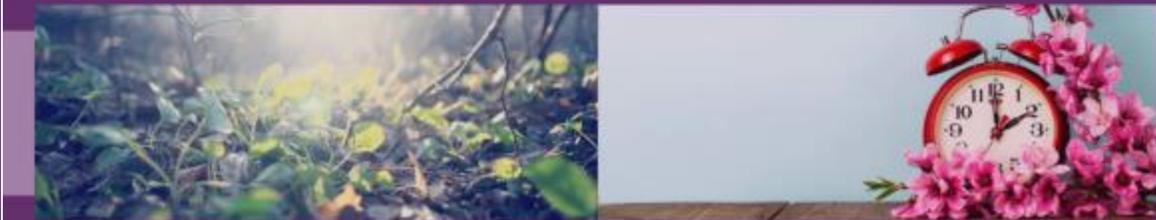


LET'S TALK LUPUS

March Monthly E-Newsletter



March has now arrived, let's make this month amazing! No matter the weather or the circumstances of COVID-19 let's stand together and focus on the positive things in life.

Lupus Canada is pleased to announce that our first Advocacy Webinar, 'Advocacy 101', occurred on February 18th! If you want to learn how to better advocate for you and your needs then join us March 18th for our second Advocacy Webinar. For more information on upcoming webinars please visit <https://lupuscanada.org/get-involved/advocacywebinars/>. If you have an advocacy topic you want to learn more about then don't forget to email us your ideas at info@lupuscanada.org.

We have included an article from the City of Toronto's webpage regarding coping with mental health and specific stressors during COVID-19. The winter months in Canada can seem long and can take a toll on your mental health. We hope that you can read this article and find the tools you may need to manage your mental health.

We want to remind everyone of events occurring in March. International Women's Day, on March 8th, is a day where we can, "all choose to challenge and call out gender bias and inequality. We can all choose to seek out and celebrate women's achievements. Collectively, we can all help create an inclusive world". For more information please visit <https://www.internationalwomensday.com/Theme>. Further, the International Day of Happiness, is celebrated on March 20th and is a way to recognize the importance of happiness in the lives of people around the world. For more information please visit <https://www.un.org/en/observances/happiness-day>.

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CANADA
Life Without Lupus

OTHER WAYS TO GIVE...

Lupus Canada would like to remind everyone of how you can use social media to help create awareness for causes that are important to you. **Facebook has great tools, such as Birthday Fundraisers, that allow individuals to individually raise money for charities.**

To create a birthday fundraiser, follow the steps on Facebook's Fundraisers page. You'll be asked to provide the following information when creating a birthday fundraiser: The nonprofit you want to raise money for, the amount of money you want to raise, the date you want your fundraiser to end and a title and description for your fundraiser! Don't miss out on this wonderful opportunity to support charities that are important to you! To learn more about other ways to give please visit our website <https://lupuscanada.org/get-involved/ways-to-donate/> or contact us at info@lupuscanada.org



QUOTATION OF THE MONTH

6 Simple Ways To Achieve Happiness In Life

Being happy does not always come naturally. Life can throw you curveballs. Stress and anxiety can dominate your life and your perspective. But there are ways you can add joy and happiness to your life where it is lacking.

1) Always Focus On The Positive

You will achieve lifelong happiness if you focus on the positive things in your life. Choose a positive mantra to say each day. "I am grateful for all I have" "I can do this" "I got this" You can also sit down and make a list in a notebook of all the things you are happy and grateful for in life. Come back frequently and read it the list and you can add more as time goes on.

2) Celebrate Small Victories

You know that life has up and downs. But there are small victories that you may not even notice. Did you get things done? Did you fix something that needed fixing? Little things matter and you should give yourself credit for them.

3) Practice and Use Mindfulness

This type of living and meditation is living in the here and now. You live for today. Be present and be nonjudgmental in how you feel and what you do. Doing so can bring you peace of mind and affirmation.

4) Be Fun And Creative

Engaging in creative activities can make you happier. Use your imagination and be creative and have more enthusiasm and this will give you more life-long happiness.

5) Accept That You Are Not Perfect

Striving for perfection leads to stress and anxiety and you can never stack up to your expectations. But letting little things go and acknowledging that you are not perfect and that is o.k to have imperfections.

6) Do The Things You Love

If you hate your job and the things in your life then think about a change for them. Do what you love and pursue what you dream and you will be a happier person.

It is really not that hard to add more happiness to your life. Follow these steps and you can be on your way to a happier and more content life.

Source: <https://thriveglobal.com/stories/6-simple-ways-to-achieve-happiness-in-life/>



Advocacy Webinar – Managing Your Finances

Please join us on Thursday March 18th for our second Advocacy Webinar. This month guest speaker Vikas Tiwari will present 'Managing Your Finances' while living with lupus. Mr. Tiwari is an experienced Wealth Management professional and currently manages an independent wealth advisory practice with clients based throughout North America. He established his educational foundations with a Bachelor's degree in Economics and advanced them through earning the Chartered Investment Manager (CIM) designation.

To register for the March webinar visit https://zoom.us/webinar/register/WN_6l-TtqxDQ_uJvh20IRWvJQ_.

Put on Purple T-Shirts Now On Sale!

Get your POP t-shirt in time for Put on Purple day in May! To order yours please visit www.lupuscanada.org or call 1 800 661 1468.



Lupus Canada's Campaign of Hope

"Hope smiles from the threshold of the year to come, whispering 'it will be happier'..." – Alfred Lord Tennyson

Lupus Canada believes that hope is the strength we have to carry on even during the toughest of days. We hope you will join us as we launch of our Campaign of Hope for 2021. To help spread this message we will have Hope T-Shirts available for purchase by mid-March. Follow us on our social media platforms to find out how to order yours!

COVID-19: MENTAL HEALTH – GENERAL COPING & SPECIFIC STRESSORS

Source: <https://www.toronto.ca/home/covid-19/covid-19-protect-yourself-others/covid-19-mental-health-resources/covid-19-mental-health-general-coping-specific-stressors/>

The COVID-19 pandemic has challenged everyone's ability to cope with stress. Managing stress is more difficult when we are taken out of our regular routines, dealing with a constantly changing situation and distanced from our usual supports. COVID-19 has created new life stressors and made existing ones even more intense. Click the article above to read more regarding these topics:

- *Tips to Cope with Stress*
- *Virtual Mental Health Program & Tools*

- *Mental Health Apps*
- *Violence at Home*
- *Having Enough Money*
- *Having Enough Food*
- *Paying Rent, Property Taxes & Utility Bills*
- *Gettings Evicted*
- *Being Homeless*

BEING POSITIVE AND LIVING WITH LUPUS

Source: <https://lupus.net/living/positive-side/>

Sometimes the trials that come with lupus can be overbearing. The world has enough stress and the last thing we want to deal with is the obstacles of living with a chronic illness that we didn't choose. It is not always easy and it takes a conscious effort to make yourself think positively about your illness and honestly most days you are just trying to convince yourself over anyone else that everything is okay. Sometimes it helps to be reminded just what you are doing and that is what I am here to do.

Strength in lupus

First, do you know how truly strong you are for carrying such a burden? We are not given any challenges which we are not strong enough to conquer and out of all the people in the world you were the one strong enough to be given this. YOU! You were the one chosen because you are the strongest one there was and you are the one that can handle it with more grace than anyone in this world. Remember your strength, remember your resiliency, and remember your worth. You are dealing with the stresses of life along with so much more that the world doesn't see. Don't ever forget that.

Being a voice for others with lupus

Second, this is your chance to change the world. You are a voice for so many still trying to find answers, for those who have not received a diagnosis or may not understand their symptoms. You could truly be their saving grace. This is your time to fight and advocate for a treatment and a cure that could save millions of people, to be a part of something great. Don't let anyone silence your voice. You are doing more than you realize just by simply talking about your journey with Lupus.

You now have a super power

Third, you now possess a type of kindness and compassion for others that the world rarely sees. You know what it is like to carry a burden the rest of the world doesn't see and that makes you more understanding of those around you. You have the super ability to look at someone and understand that they may be going through something the world knows nothing about and that can be their reason for certain actions or traits they have. You have a superpower based on the fact that you have suffered in silence and you know that so many others around you are as well. That is pretty amazing.

You are not defined by your lupus

Lastly, think of all the ways having lupus has molded you into the person you are today. I know for myself it has made me more empathetic toward others and their personal struggles, it has made me find the good in every situation, to laugh more, enjoy the smallest things, and to see my own strength and resiliency. I know I would have never found my strength to deal with issues from professional to personal had it not been for what I have had to overcome with my journey with lupus. I hope you understand that you are not defined by your illness but you are just that much more amazing because of it!



LUPUS
FOUNDATION OF AMERICA

APPLY NOW

APPLICATIONS DUE: APRIL 16, 2021 AT 5PM

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 \$35,000 CDN**

Lupus Foundation of America Accepting Applications to Fund Critical Lupus Research

[Apply Now!](#)

The Lupus Foundation of America is pleased to announce we are accepting grant applications for three critical awards aimed to develop the next generation of lupus scientific leaders. All three awards aim to cultivate and support early lupus researchers and encourage the brightest and most innovative scientists to pursue a career in lupus research. We need more trained researchers to help us solve the cruel mystery of lupus.

[GARY S. GILKESON CAREER DEVELOPMENT AWARD](#)

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

The Gary S. Gilkeson Career Development Award facilitates the professional development of current fellows (any year), clinicians up to two years post-fellowship and/or within four years of Postdoctoral research in nephrology, rheumatology, or dermatology, in the U.S. or

Canada. Their work should focus on the investigation of basic, clinical, translational, behavioral, or epidemiological lupus research.



GINA M. FINZI MEMORIAL STUDENT SUMMER FELLOWSHIP PROGRAM

The program will award six summer fellowships of \$4,000 each.

The award will foster an interest among students in undergrad and graduate programs who are interested in research relevant to lupus. Students are required to identify and work under the supervision of a qualified investigator in the U.S., Canada, or Mexico.



LUPUS CANADA CATALYST GRANT

One Catalyst Award for a total of \$35,000 CDN* to fund one project for a term of one year.

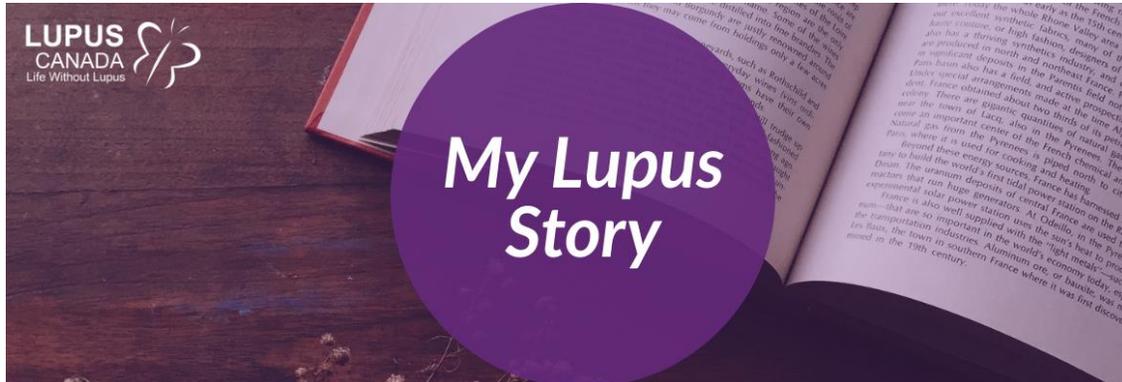
*subject to USA/CDN exchange rate at the time of the award

The Lupus Foundation of America has partnered with Lupus Canada for the second 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 16th, 2021 at 5PM EST

To learn more about each grant and how to apply, please visit lupus.org/research/apply-for-funding



SEIZE THE DAY... *Macenzie's Story*

Growing up, I was somebody who was so scared of dying I refused to live. I remember being nine years old and being terrified of eating anything that was not bread and butter because I was scared of being poisoned. I didn't like to try new things or places because it meant I would be vulnerable to the world around me. I didn't want to put myself out into the world because the world was going to hurt me. Ironically, it was not until years later I realized the thing that hurt me was not from the outside world. In fact, it was something that grew within me. Something inside my very own body.

Its a cold week in July and I am spending my holiday with my boyfriend and his family on a camping trip. I am about four hours away from home and I hardly get any cellphone reception. I felt nervous being in a new place but I was with people I knew, people I trusted, so I had no reason to worry. The first day we arrive, we unpack all of our stuff and pitch a tent in the damp soil. The air is thick and cold; it makes the hair on my arms rise. By the late afternoon, we finish unpacking and go for a boat ride on the lake. I hate open water because I could easily drown but I try to avoid looking down at the bottomless pit below me, and instead I look up at the grey sky. I cough into my sleeve. with my thumb. Back in the tent, I try to sleep but the pain grows stronger and stronger in my chest. I ignore it and try to focus on the sound of the rain trickling down the side of the tent; the hum of the rain comforts me and eventually I fall asleep. When I wake, I cannot move my body and I feel as though I am paralyzed; in a panic I call out for my partner who is still asleep in his tent. Eventually, he wakes up and enters my tent as I lay there like a sack of potatoes. He pulls on my arm to get me up and I shriek,I cry. He says that I am just being lazy and that I should get up.

Throughout the trip, the pain got worse to the point where laughing and smiling was painful and I was no longer able to take a deep breath or yawn. When I got home I told my mom

something was wrong, but she knew immediately; she said I looked pale and sickly like I had a cold. We decided to make a doctors appointment as soon as possible; I was relieved to be home but I was terrified because I knew something was not right. That night, I got home and couldn't lie down without losing my breath; my hands became numb and my legs wouldn't move the way I wanted them to; my body was rejecting me. My mom drove me to the hospital where I begged for something to ease the pain. My lungs felt like they were on fire and I would get a horrible sharp pain if I tried to breathe. This was it. This was the inevitable horrible death that was destined to come my way; all those years of hiding and for what? We wait in the emergency room for the results of an MRI. My mom holds my hand as I quietly sob into her shoulder. I had been so careful for the 18 years I'd been alive and now my body was betraying me and harming itself.

We learned that lupus is a rather rare autoimmune disease in which the immune system attacks the body for no apparent reason. My immune system was attacking my lungs to a pulp; the pain was a result of a hole in my lung that was filled up with liquid. I felt a sense of relief when I was finally diagnosed because it meant there was going to be an answer to all my questions, or so I thought. It turns out lupus has no cure and that there is no clear answer to what triggers the body to attack itself; so the best solution is to go on a bunch of medication and see what works. When I found out that lupus had no cure and that ultimately I would have to be on medication my entire life in order to live, I was really devastated and horrified frankly. A lot of people take their health for granted; I don't have the luxury of moving to a country without free health care and if I have a flare up (a medical term for when my body attacks itself), it is very dangerous for me to be alone, so I have to have somebody close by. It is a very scary thing to live with a disease that kills thousands of people on a daily basis, yet, it has made me stronger because I have lived through all of my worst fears. I lived through a horrible flare up, I lived through a hole in my lung, I lived through being unable to walk and wheelchair bound, and I lived through having my freedom stolen away from me.

Although having lupus is God awful and I would never wish it upon anybody, it has made me a braver human being who no longer takes life for granted and lives everyday to the fullest even if that means lying down and watching a television show with my mother. Now, I jump for joy when I can try new foods, travel to exotic places and explore the expanding world around me. I have already experienced the absolute worst, so what else do I have to lose? Carpe diem, isn't what the brave say? Seize the day.





Quinoa Omelette Breakfast Cups

PREPARATION: 10MIN

COOKING: 40MIN

SERVES: 1

INGREDIENTS

- 2 cups cooked and cooled quinoa
- 1 cup egg whites
- 2 whole eggs
- 2 cups diced veggies (see list below)
- ½ cup Daiya vegan cheese
- 1 tablespoon Frank's Red Hot Sauce
- ¼ teaspoon garlic salt
- Salt and Pepper

Veggie List:

- 1 cup mixed bell peppers
- ¼ cup onion
- ½ avocado
- ½ cup cauliflower

DIRECTIONS

- 1** Pre-heat your oven to 350 F .Place egg and egg whites in a bowl and whisk until blended.Stir in veggies, spices, cheese and quinoa (all other ingredients)
- 2** Spray your muffin tin with a healthy, non-stick cooking spray.Scoop quinoa omelette mixture evenly into muffin tins.Place in the oven and bake for 40 minutes
- 3** I had left-over mixture so I took a ramekin, filled it up with the rest and baked it alongside the muffins. It was the perfect breakfast to reheat for the next day.Remove from oven and let completely cool in muffin tin
- 4** Using a knife release the edges of the omelette cups and remove.Serve and enjoy

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

Source: <https://www.damyhealth.com/2012/06/quinoa-omelette-breakfast-cups/>

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