

LET'S TALK LUPUS

May Monthly E-Newsletter



H&P PE
life without lupus



MAY 10, 2021

**MAKE LUPUS
VISIBLE**

WORLDLUPUSDAY.ORG

#MakeLupusVisible

MAY IS LUPUS AWARENESS MONTH
#MAKELUPUSVISIBLE



Over 1 in 1,000 Canadian men, women
and children live with lupus

It can affect **AnyONE** at **AnyTIME** and
AnyORGAN

Together we can make a difference!

Lupus Awareness Month has officially arrived and the time for change is now!

This Lupus Awareness Month let's focus on making lupus visible and spreading hope. To honour Lupus Awareness Month, Lupus Canada will be launching our new awareness video the first week of May! Please visit our website and follow us on social media to view it and don't forget

to share it with friends, family and co-workers.

Education, research and awareness are essential to hopefully one day finding a cure. Lupus is a mysterious and debilitating disease, and until we can find a cure, please do your part this May and help spread awareness for lupus. Together we can make a difference and one day create 'Life Without Lupus'.

As part of Lupus Awareness Month we recognize World Lupus Day on May 10th Put on Purple (POP) on May 21st. We hope you will join us!

May 10, 2021- World Lupus Day is focused on raising awareness on the impact that lupus has on not only the individuals living with lupus but also their friends, family, coworkers and more! By dedicating May as Lupus Awareness Month we hope to educate all Canadians about lupus. We thank the Provinces that have joined us in Proclaiming May 10th 2021 as World Lupus Day!

May 21, 2021- Put on Purple for Lupus (POP)- On this day, Lupus Canada encourages individuals all over Canada to join us in wearing purple to show your support for lupus awareness and lupus patients.

For more information about our resources, ways you can get involved, or how to donate please visit Lupus Canada's Lupus Awareness Month page by clicking [here](#).

We also cannot forget that on **May 9th** we also celebrate all the dedicated mothers in our lives! Make sure to spend this day showing your love and thanks to the women who spend their lives ensuring your success and happiness. We hope this Mother's Day is extra special. Please be sure to follow safety protocols this Mother's Day!

#MAKELUPUSVISIBLE
your gift makes a difference



Lupus Canada's Lupus Awareness Month Collaborations!



We are excited to announce our collaboration with Maddy Collard, owner of Homemade Personal Fitness! Maddy Collard has completed her Personal Trainer Certification, graduated from Queens University in Kinesiology, and is currently an Acupuncture Student at Georgian College. Maddy will be creating lupus friendly exercises for Lupus Canada during Lupus Awareness Month. Homemade Personal Training strives to encourage a passion for exercise by combining motivating personal trainers and comfortable, home settings. Maddy wants your sessions to help you feel happier and healthier both physically and mentally! Thank you Maddy for joining us and making lupus visible! Keep an eye out as we release her lupus friendly exercise videos.

For more information on Homemade Personal Training please visit <https://www.homemadepersonaltraining.com/>.

Marisa Zeppieri @LupusChick! Marisa is an author, speaker, and the founder of LupusChick.com, a NY nonprofit and social community that reaches almost 400K people per month. She is a former health journalist and Mrs. New York 2015, and her new memoir, *Chronically Fabulous*, released on May 4th. The book offers hope and encouragement to anyone living with a chronic illness, and shares Marisa's personal health battle as well.

Lupus Canada is thrilled to announce that we will be hosting a giveaway with Marisa Zeppieri! This giveaway will be connected to Put On Purple Day on May 21st, where individuals will have a chance to win a copy of her new book, "Chronically Fabulous". Please keep an eye out on our social media as we release more information about this giveaway!

For more information on Lupus Chick please visit <https://lupuschick.com/>.



Cooking With Paula Zavala! Paula is a proud Mexican Chef who has lived in Toronto for more than 15 years. Her impressive career started in Mexico City where she attended CESSA (Instituto Culinario de America Latina). She owns Paula Zavala Eventos in Mexico City and founded Paula Zavala Chef Co. after relocating into Canada where she has been melting pre-hispanic traditions with contemporary flavors. Paula has participated in different TV shows like the Marilyn Denis Show and she has been host-chef of important brands like Fontaine Santé at the Toronto's Gourmet Food & Wine Expo.

We are excited to have Paula host an online event, "Cooking for Lupus", where people who have purchased Lupus Canada Put On Purple t-Shirts or our HOPE t-Shirts since March 2021 will be entered in a contest to join a virtual cooking class with Paula Zavala. You will have the choice to either purchase the

ingredients and join in her cooking the meal or just enjoy your evening and watching the meal preparation. There will be 5 winners! The dinner will be on Thursday June 2nd at 7:00 pm (EST). Thank you Paula for joining us!

For more information on Paula Zavala please visit <https://paulazavalachef.com/>.

Lupus Awareness Month Illumination Schedule!

In recognition of World Lupus Day, Lupus Canada is thrilled to announce that 21 landmarks will be illuminated in purple across the country on May 10th on May 21st for Put on Purple Day. If you see a landmark illuminated in purple, please take a photo, share on social media and tag @LupusCanada.

Please see below for specific details regarding a few of the Landmark Illuminations!

High Level Bridge, Edmonton, AB: The event information will be published on the Open Data Portal (<https://data.edmonton.ca/>).

BC Place, Vancouver, BC: BC Place is illuminated from 6am to sunrise, and from sunset to 11pm most nights. On event nights, the roof and Northern Lights Display are lit until the conclusion of the event. Follow them on Twitter @bcplace to receive up-to-the-minute lighting and event information from inside the stadium.

Fitzsimmons Bridge, Whistler, BC: The bridge will be lit up 44 minutes before sunset. For more information on the Sails of Light visit their social media @CanadaPlace and #SailsofLight.

Niagara Falls, Niagara Falls, ON: There is a live cam available at <https://www.cliftonhill.com/niagara-falls/livecam> that you can share, so that families and friends can see the Falls illuminated while staying safe at home!

CN Tower, Toronto, ON: Please remember that a standard light show will run for 8 minutes at the top of every hour, followed by another light show on the half hour. The night lighting will be visible by webcam on our website: <https://www.cntower.ca/en-ca/home.html#earthcams!>

For more information please visit <https://lupuscanada.org/lupusawarenessmonth/>.

ALBERTA	
Calgary Tower, Calgary, AB	Monday May 10th, 2021
High Level Bridge, Edmonton, AB	Friday May 21st, 2021
Lethbridge City Hall, Lethbridge, AB	Monday May 10th, 2021
Canopy at Shell Place, Fort McMurray, AB	Monday May 10th, 2021

BRITISH COLUMBIA	
BC Place, Vancouver, BC	Monday May 10th, 2021
Fitzsimmons Bridge, Whistler, BC	Monday May 10th, 2021
Port Coquitlam City Hall, Port Coquitlam, BC	Monday May 10th, 2021
Sails of Light, Vancouver, BC	Monday May 10th, 2021
Vancouver City Hall, Vancouver, BC	Monday May 10th, 2021

PEI	
City Hall, Charlottes Town, PEI	Monday May 10th, 2021

NOVA SCOTIA	
Halifax City Hall, Halifax, NS	Monday May 10th, 2021

ONTARIO	
3D TORONTO Sign, Toronto, ON	Friday May 21st, 2021
CN Tower, Toronto, ON	Monday May 10th, 2021
Toronto City Hall, Toronto, ON	Monday May 10th, 2021
Bram Street Pier, Burlington, ON	Monday May 10th, 2021
City Hall of London, London, ON	Friday May 21st, 2021
JA Taylor Building, London, ON	Friday May 21st, 2021
RBC Place London, London, ON	Friday May 21st, 2021
Niagara Falls, Niagara Falls, ON	Monday May 10th, 2021
Port Credit Lighthouse, Mississauga, ON	Monday May 10th, 2021
Kingston City Hall, Kingston, ON	Monday May 10th, 2021

World Lupus Day

All over the world, lupus patients and supporters will be celebrating World Lupus Day. Get in touch with your local lupus organization to learn how you can advocate for greater recognition of lupus!



Join the Conversation on World Lupus Day

For World Lupus Day on May 10, 2021 we need YOU to help us Make Lupus Visible using the power of social media to show the world the many faces of lupus and the impact of this debilitating autoimmune disease. World Lupus Day is crucial as it allows not only Canadian lupus communities but also International lupus communities to join together to fundraise and bring awareness of the physical, emotional and economic impact of lupus.

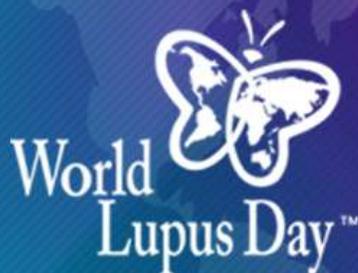
You may be wondering how you can help us make a difference on World Lupus Day. There are a wide range of accessible activities available so that every Canadian can participate, some of these include:

- Promote our HOPE T-Shirts! For more information please visit <https://lupuscanada.org/merchandise/hope-t-shirt/>
- Donate at <https://lupuscanada.org/get-involved/ways-to-donate/>
- Repost Lupus Canada's pictures and tweets on social media!
- Share Lupus Canada's resources
- Start your very own lupus awareness fundraiser!

Be sure to send us how you will be helping spread lupus awareness by taking a picture and tagging @LupusCanada.

You can be a part of the growing number of individuals, communities, media and celebrities that are making a difference this Lupus Awareness Month in the fight to end the brutal impact of this disease.

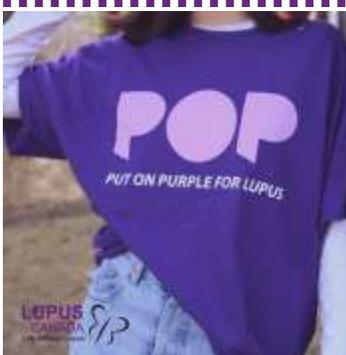
For more information please visit <https://lupuscanada.org/lupusawarenessmonth/>.



WORLDLUPUSDAY.ORG

Many symptoms of lupus imitate those of other illnesses, and can come and go over time, making diagnosis difficult.

#MakeLupusVisible



Get Ready to Celebrate: Put On Purple

Show your support in finding a cure and help those living with lupus by wearing purple on May 21st!

Our hope for Put On Purple Day is to make lupus visible. Over 1 in 1,000 Canadian men, women and children live with lupus. It can affect AnyONE at AnyTIME and AnyORGAN. We hope you will join and help us spread this message! To purchase your Put On Purple (POP) T-shirt please visit <https://lupuscanada.org/merchandise/purple-t-shirt/>.

Share your photos or videos on Twitter, Instagram or Facebook and tag @LupusCanada. Don't forget to send us your photos, or email them to info@lupuscanada.org!

Self Advocacy 2021 Live Webinars

Lupus Canada is pleased to share that our third Self Advocacy Webinar, 'Mental Health and Lupus', took place on April 29th! Thank you to everyone who attended, and special thanks to Janice LeBlanc for being a panelist for us.

If you missed any of our webinars please click [here](#) for the recorded versions.

For more information on upcoming webinars please visit <https://lupuscanada.org/resources/advocacywebinars/>. If you have an advocacy topic you



want to learn more about please email us your ideas to info@lupuscanada.org.

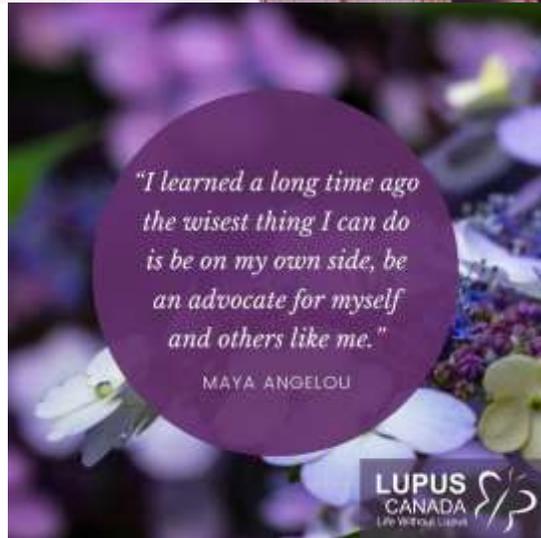
QUOTATION OF THE MONTH

What is Advocacy?

Advocacy is not a science. It requires persistence and patience.

Advocacy is persuading a person with influence, the public, businesses, organizations, or governments to change attitudes, policies and/or practices about a certain issue. There are several types of advocacy:

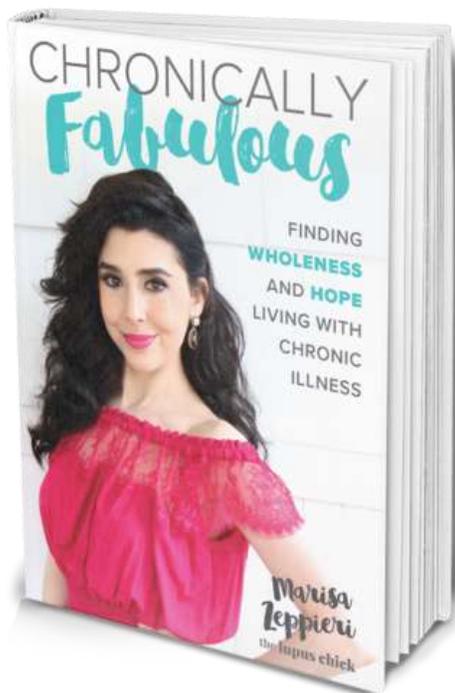
- Individual Advocacy
- Third-party Advocacy: when a person or organization, not directly involved in the issue, represents a person or group in advocating for change
- Systemic Advocacy: aimed at changing legislation, policies, regulations or attitudes in order to benefit a group.



For more information on Advocacy please visit <https://lupuscanada.org/get-involved/advocate/>

RESOURCES

Chronically Fabulous: Finding Wholeness And Hope Living with Chronic Illness



Lupus Canada is excited to be helping spread the word about Marisa Zeppieri's new memoir, Chronically Fabulous!

When Marisa Zeppieri was 22-years-old she found herself face-to-face with a raven-haired elderly woman who had emerged from a crowd and gently taken her hands: "God will use these hands to change people's lives."

Years later Marisa's once-spirited demeanor was shrouded in anger and bitterness. Triggered first by a near-fatal car accident that sent her 100-lb body flying from a crosswalk and later by a painful Lupus diagnosis, she became stuck in a season of brokenness.

But in the seasons that followed, an insatiable emotional, spiritual, and physical hunger took over: She learned how to nourish her broken body with the help of food, herbs, and a gastronomically-gifted Italian grandmother, while also nourishing her broken heart and crushed spirit through a deeper relationship with God.

With Chronically Fabulous, Marisa fulfills the old woman's prophecy by offering pure nourishment to those of us living with chronic illness, helping us create wholeness and well-being through a love of food. Here, the founder of LupusChick, a nonprofit supporting those with autoimmune diseases, offers guiding principles, personal stories, and recipes that support whole-life thriving. With the depth, smarts, and spiritual advice beloved by her dedicated followers, Marisa shows us how faith, passion, and persistence can radically change our lives.

For more information on how to purchase her book please visit

<https://www.amazon.com/Chronically-Fabulous-Finding-Wholeness-Chronic/dp/1506464114>.

RECIPES



Quinoa Omelette Breakfast Cups

PREPARATION: 10MIN

COOKING: 40MIN

SERVES:12

INGREDIENTS

- 1 aubergine (eggplant - medium sized)
- 2 courgettes (zucchini - medium sized)
- 1 leek (small/medium sized)
- 2 sweet red peppers
- Coconut oil to sauté (or use olive oil)
- 2 garlic cloves
- 250ml passata unsalted (1 cup)
- Black Pepper (big twist)
- 1 teaspoon sea salt
- 1 heaped teaspoon coconut sugar
- 1 handful fresh parsley
- Mixed herbs (optional to taste)

DIRECTIONS

Prepare the vegetables. Slice the aubergine, courgette, leek and red pepper into strips or slices. Crush the garlic.

Drizzle some oil into a large pan and turn on the heat. Once the oil is hot, toss in the leeks for a couple of minutes and then toss in the aubergine, courgette, pepper and garlic.

Mix regularly over a couple of minutes.

Add the passata, pepper, salt and coconut sugar. Bring to the boil and then turn down and allow to simmer for about 15 minutes. Stir regularly, replacing the lid between stirs.

Chop the parsley and any other herbs you want to use. Toss into the pan and mix in near the end of the cooking period, once the vegetables all begin to soften.

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

Source: <https://www.kindearth.net/easy-ratatouille-in-20-minutes-gluten-free-vegan-meal/>

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