



What is your lupus story? We'd love to hear it. Send us your thoughts and experiences to be featured in Lupus Canada's national monthly e-newsletter. Email your stories to jeanne.mielczarek@lupuscanada.org

Lupus Awareness Month

OCTOBER E-NEWSLETTER



October is an exciting month – the leaves continue to change into beautiful Autumn colours, sweater weather finally sets in and we are encouraged to take some time and reflect on all we are thankful for. Thanksgiving and Halloween are great family holidays where plenty of food is exchanged, the laughs are endless and you are never short of company. Take a look in this newsletter on a personal reflection from a lupus fighter on expressing gratitude and ways you can show gratitude.

More importantly for everyone at Lupus Canada, October marks **Lupus Awareness Month!** A large part of what we do is bring awareness and attention to this disease that is otherwise unknown to so many, despite 1 in 1000 being diagnosed. While this month is so crucial to lupus patients around the country, the attention should not stop at the end of the month. We should continue to fight for those living with lupus all year round and work towards a life without lupus. If you would like more information on how you can support what we do, please visit our website at

www.lupuscanada.org.

Happy Thanksgiving and Happy Halloween!

Our Partnership with Radicool UV Beachwear!

- Product Discount & Fundraiser -

Lupus Canada and Radicool UV Beachwear are proud to partner on a product discount and fundraising campaign that will benefit both the Lupus Canada community as well as our mission of "improving the lives of people affected by lupus through research, public awareness, advocacy and education."

For every purchase you make at Radicool's e-commerce store using the **special discount code LUPUS20**, the following exciting benefits will transpire:

- You will receive a **20% discount** on every item in your shopping cart.
- Lupus Canada will receive a donation equal to 10% of the pre-discount value of your shopping cart.

That's a Win-Win-Win proposition! All you need to do is to start browsing the **Radicool line of UPF50+ sun protective clothing** and when it is time to check out, make sure to use the code LUPUS20 in the discount field.

[Click here](#) to start shopping for your UV Beachwear and supporting Canadians living with lupus! Thanks for supporting Lupus Canada and Radicool UV Beachwear!



Canada Summer Jobs Program

Again this year, Lupus Canada was granted the opportunity to hire a summer student in the national office, located in Newmarket, ON. This year's student, Carolina Navas, was among 264 young people aged 15-30, to be hired through the Canada Summer Jobs Program. Thanks to the advocacy of local MP Kyle Peterson and the Honourable Patty Hajdu, Newmarket & Aurora received \$832, 454 in funding for this year.

Canada Summer Jobs is a part of the federal government's Youth Employment Strategy which allows young people across the country gain valuable experience, skills and abilities that they need in order to find good jobs in the future. This summer on August 17th, Kyle Peterson hosted a luncheon where local students and employers were able to discuss the importance of this program and mingle with other

organizations that have received similar funding.

Since 2005, the Youth Employment Strategy has helped over 820,000 young Canadians receive critical job experience and training in order to succeed in the future.



Summer student Carolina Navas, MP Kyle Peterson and Lupus Canada Executive Director Leanne Mielczarek on August 17 at the local Canada Summer Jobs luncheon.

My Lupus Story by Cassandra Pass

My name is Cassandra, and I'm a 28 year old woman, who has been diagnosed with lupus since I was 21. It's been 7 years of daily struggle.

I'd like to say I'll start at the beginning, but for me, that's not that easy.

I lost a chunk of my memory due to Lupus Cerebritis, with which I was diagnosed in the summer of 2010, at the exact same time I had my son. To this day, I do not remember being pregnant. At all. Most of the year 2010 is at best, a blur.



What I do know, thanks to family filling in the blank spaces, is that I got pregnant at the very beginning of 2010. Not long into the pregnancy, I was unusually sick. The doctors did not seem overly concerned at the time, and said that it's normal to be sick when you're pregnant. Fast forward to May of 2010, after 4 months of an already 'rough pregnancy', when my partner and I took a trip to Barbados and Grenada for a

'baby moon' as they call it, before the baby came. Once we returned from that trip is where things really started to go wrong. Again, I do not remember being pregnant, or most of which happened during this time. What I do know, is that after a couple of trips to the hospital, I was finally emitted because one of my eyes was rolling around in the back of my head (so I was told). An MRI showed something going seriously wrong in my brain. I was flown to a hospital in a larger city south of where I live, and that marked the start of a long 5 month hospital stay.

My son was born, via emergency C section approx 3-4 weeks after I was flown to the hospital. He was only 27 weeks, and weighed only 2 pounds. As for me, after he was born, my body crashed. I've been told my loved ones had started thinking about making my funeral arrangements.

Somehow, my body fought thru it all, and came out on top. I know the first couple of months in the hospital was pretty rough. I do not have any memory of those times. My first foggy memories are of time I spent in a rehabilitation hospital. I know I was there for a while, and I remember being in a wheelchair for a long time. I have faint memory of going to physical therapy, recreational therapy and speech therapy. I had to go to speech therapy because my vocal chords were damaged when I was in the hospital, and I could hardly talk. My voice even now is raspy, I'm often asked if I'm sick or if I've lost my voice.

There have definitely been a long list of hurdles when it comes to living with lupus. For myself, because lupus attacked my brain, I have trouble with my short term memory, still to this day. I have trouble remembering things from morning to afternoon, afternoon to evening, and of course day to day. Things I've done, places I've been, things people have told me. Everything in my life needs to be written down, schedules, marked off, etc.

Lupus seems to be the disease that keeps on giving.

Recently, I've found out that I have AVN in both of my hips. AVN is avascular necrosis, and it means that the bone tissue is dying. I will need to get a hip replacement in my left hip as soon as possible, and in my right hip down the road as well.

One of the causes of AVN is Lupus. AVN can also be caused by steroid use, and chemotherapy. I was on steroids for a few years for Lupus, and I also had to undergo chemotherapy for my lupus.

Like I said in the beginning, it's been a daily struggle.

No one said life was going to be easy! Just have to keep on fighting, and keep on hoping that one day there will be a cure for this awful disease.

Thanks for listening, Cassandra

Showing Gratitude

Source: <https://lupusnewstoday.com/2017/04/03/showing-gratitude-even-with-lupus/>

I've always been a thankful person; expressing gratitude has never been an issue for me. When I was a child, my stepdad once told my mom that I was grateful even if I was given an empty paper bag. My gratitude caused my stepdad to do nice things for me all the time because I was always appreciative.

Lupus is not an easy disease to battle. But when you find people who can help you grab that kid, wash her face and lull her to sleep, you surely must simply say "thank you!"

Expressing gratitude can be difficult for some people. Often, gratitude is mixed with other feelings like jealousy, envy, embarrassment, or insecurity. Why? Because it can be humbling to admit that we need help from others, and expressing your thanks means you didn't do it alone.

It is important to realize that expressing gratitude does not mean you are weaker or inferior in any way. Gratitude simply expresses your appreciation, and shows the respect you have for others.

By focusing on an attitude of gratitude, you'll find it's a lot easier to express how you feel. Plus, people will be far more willing to help someone who respects and appreciates them.

Five Ways to Express Gratitude

1. **Keep it simple.** Instead of thinking about how best to express your thanks, just say it. Tell the person "Thank you" or "I appreciate it" and let that be the end of it. Gratitude is something that can be easily expressed just as long as it's genuine. Expressing gratitude is as important as anything else in your relationships because it builds trust and respect. So just say "thank you." There doesn't have to be pomp and circumstance to the ceremony.
2. **Write a letter.** Sometimes the best thing we can do is use the power of the written word to express our thanks. Get a thank-you card or a piece of stationery and write a letter. It's one of the most personal ways of expressing gratitude these days, especially since few people take the time to write by hand. Again, you can keep it simple by letting the person know that you appreciate them. You can hand-deliver the letter or drop it in the mail so it can be a nice surprise between the stack of junk mail and bills.
3. **Give a gift.** When someone does something nice for you, a nice way to express your appreciation is to give a small "thank you" present. This doesn't have to be anything costly or extravagant, just something that shows that you appreciate what they have done for you. For instance, you might give a coffee-lover a gift certificate to their favorite coffee shop, or buy a chocolate-lover a

gourmet piece of chocolate. It's a simple gesture that can go a long way but make sure it is personal, something just for them, and addresses something they truly like.

4. **Spend a little time with them.** If someone has done something nice for you, a simple way to show your appreciation is by giving your time. For instance, if someone has helped you during a time of need, tell them that you want to take them to lunch, dinner, or dessert for being such an instrumental person in your life. This lets them know you appreciate them and it also gives you a chance to chat and grow closer. Spending a little time together also helps you if you decide to buy them a gift, as it gives you more insight into what is important to them. People like feeling special. By helping you, they made you feel special, and while it may not have been so you could reciprocate, this helps you become a better friend.
5. **Tell others.** In the presence of the person or people you wish to thank, share your gratitude with others. Public forms of gratitude are important because it shows just how much you appreciate and care for others. This will also help you let go of any insecurities, jealousy, or anger because you are putting others first. Pay attention to the person you are showing gratitude to when sharing, because often sincere help comes with no expectation of recognition. Keep an eye out for ways to show your gratitude, but also don't go overboard and cause the recipient to feel embarrassed.

For every visitor, every text message, every phone call, every snack and every encouraging thought, I am grateful.

Gratitude is an important part of all relationships, so today, let go of your fears and simply say "Thanks!" to all those around you!

Recipe: Southwestern Stuffed Acorn Squash

Serves: 6

Ingredients:

- 3 acorn squash, ($\frac{3}{4}$ -1 pound each)
- 5 ounces bulk low-fat turkey sausage
- 1 small onion, chopped
- $\frac{1}{2}$ medium red bell pepper, minced
- 1 tablespoon chili powder
- $\frac{1}{2}$ medium red bell pepper, chopped
- 1 teaspoon ground cumin
- 2 cups chopped cherry tomatoes
- 1 15-ounce can black beans, rinsed (see Tip)
- $\frac{1}{2}$ teaspoon salt
- Several dashes hot red pepper sauce, to taste
- 1 cup shredded low-fat Swiss cheese



Directions

1. Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray.
 2. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes.
 3. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes.
 4. When the squash are tender, reduce oven temperature to 325 degrees . Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.
- Tip: While we love the convenience of canned beans, they tend to be high in sodium. Give them a good rinse before adding to a recipe to rid them of some of their sodium (up to 35 percent) or opt for low-sodium or no-salt-added varieties. (Our recipes are analyzed with rinsed, regular canned beans.) Or, if you have the time, cook your own beans from scratch.

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

Source: <http://www.eatingwell.com/recipe/249499/southwestern-stuffed-acorn-squash/>

Rip The Runway Fashion For A Cause



Rip The Runway Fashion For A Cause
Montreal Presents the 6th Annual Fashion Show fundraiser in support of those living with lupus.

Join hosts Catherine Verdon Diamond from Breakfast TV - Montreal and Malik Shaheed of the Malik Shaheed show on Saturday October 7th, 2017 for a evening fashion and fun!

Together let's create a future without lupus!

For more information please visit
www.lupuscanada.org

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