



Let's Talk Lupus

September Monthly E-Newsletter

LUPUS
CANADA
Life Without Lupus

A new month has arrived! September is a busy time of year with students returning to school and people going back to work. This month can be overwhelming be sure to take time for yourself.

With the upcoming election on October 21st, Lupus Canada is putting forth an election advocacy campaign where we are reaching out to major political parties in hopes of increasing the support for Canadians living with lupus. We will ask questions regarding (1) changing the EI Sickness Benefit eligibility and (2) changing the CPP-D so that the definition of disability falls in line with the Accessible Act definition. In order to seek change for lupus patients, it is essential to understand what disability is.

Lastly, during the next year, Lupus Canada will be including a 'word of the month' within each E-Newsletter. Focusing on a specific attribute we hope will help further acknowledge the strength of lupus patients, validate their feelings, and foster a sense of community. This month the focus will be 'resilience'.

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Lupus News

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With *Back to School* season in full swing, we would like to reach out and thank our incredible supporters of Lupus Canada's Scholarship program for students living with lupus. **It takes 10 monthly donors \$18 per month** to help fund the scholarship of one student in post-secondary education. We are very grateful for the people who support and help us in continuing to make these life-changing impacts on students all across Canada.

Lupus Canada is proud to announce the **2019 Lupus Canada Scholarship recipients**. This year **we offered eight (8) one-time scholarships of \$2,500 CAN** to students diagnosed

with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution.

*Shannon Reimer
Amber Harris
Aziza Agasee
Lucas Marcogliese
Stacy Kirkbride
Mandy Craig
Dana Hankinson
Ruth Huang*

Congratulations to those selected

We trust that the path ahead is successful and bright. Lupus Canada is proud to be able to help students living with lupus pursue their post secondary goals.

ADVOCACY INITIATIVES:

Lupus Canada has embarked on a national advocacy campaign during the upcoming Federal election taking place on October 21, 2019. This campaign will seek to make changes to the Government of **Canada National Employment Insurance Sickness Benefits** and the **Canada Pension Plan Disability (CPPD) Benefits**. Lupus Canada is seeking changes to these programs so that Canadians living with lupus have the necessary supports. Specifically we want the main political parties to commit to the following changes:

- *Change the EI Sickness Benefit eligibility by reducing the number of accumulated hours of insurable employment from 600 to 400 and the qualifying period simplified to 26 weeks; and*
- *Change the CPP-D so that the definition of disability falls in line with the Accessible Canada Act definition which includes episodic disabilities.*

Lupus Canada will post responses from the political parties on our website as we receive them, so that all Canadians living with lupus and their families can make an informed decision on October 21st.

How can you help to advocate?

Lupus Canada will have a one-click letter writing campaign on our website. This tool will help identify the candidates running in your local riding and send them a pre-drafted letter seeking support for our campaign. The letter is also customizable so that you can include your own lived experience.

We want as many letters sent out as possible so that all elected Members of Parliament will help make the necessary changes to improve the supports for Canadians living with lupus.

Help us reach our goal of 500 letters! Share with your family, friends, colleagues and by social media. You can always like, retweet or share Lupus Canada's social media messages!

Most importantly, our work won't end once the election is done. Lupus Canada also looks forward to working with all elected Members of Parliament, following the 2019 election, to make the above changes a reality and ultimately help to provide increased support to Canadians living with lupus. Are you interested in meeting with your Member of Parliament to advocate for these changes? Stay tuned for more information this fall.

RESILIENCE:

Source: <https://hbr.org/2002/05/how-resilience-works>

"Resilience is the skill and the capacity to be robust under conditions of enormous stress and change".

One can determine if they possess this characteristic only after facing adversity or confronting challenges. Resilience is not an innate skill and it can be learned. Developing resilience can be hard as it requires self-reflect. Below are are some suggestions as to how to try and simply your life.

Source: <http://despitelupus.blogspot.com/p/helpful-hints.html>

1. Changing Your Experience at the Doctors:

The doctor's office can be an overwhelming environment for lupus patients. It can be frustrating if you are unsure how to communicate your worries or you feel as though the doctor may not fully understand what you are enduring. Before you go to the doctor's office take time to think and write down your symptoms and health history. This will allow you to practice your communication skills and ensure you do not forget anything. Another strategy can be bringing someone with you or recording the appointment so that you do not forget anything. Most importantly, be honest and follow your gut.

2. Accepting Help:

If accepting help is difficult for you, there are other ways of delegating everyday tasks. For instance, order groceries online or ask the store clerk to help you with hard-to-unwrap items (e.g. CD's and DVD's, anything with a twist-off cap) immediately after you've purchased them, if no one is at home to help you

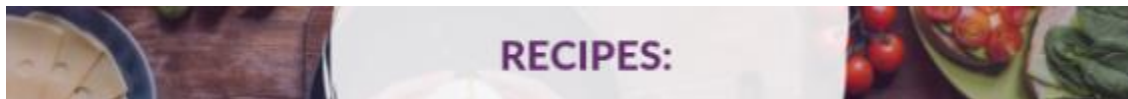
3. Changing Everyday Products in your Daily Life:

People may not think how changing an object, product or service in their daily lives can be more convenient, especially if it is something they have always used. For example, someone living with lupus or who is having a flare, may have difficulty dressing themselves in the morning. Therefore, it could be beneficial to have a wardrobe without buttons. Further, it maybe easier to replace your glasses with plastic cups. Although these seem like minute changes, it can make your everyday life just a little more convenient!



Lupus is a leading cause of premature cardiovascular disease, kidney disease and stroke among young women.

Over **5 million** people worldwide are living with lupus.



Spaghetti Squash Spinach Pesto

This pesto packs a flavorful punch—it's perfect for adding bold flavor to low carb spaghetti squash. Instead of roasting squash halves, we opted to slice the squash in rings; this yields longer, twirlable strands that mimic your favorite traditional pasta. Because the greens and herbs in the pesto are blanched first, you can make it a couple of days in advance and store it in the refrigerator. This dairy- and gluten-free vegan recipe is perfectly delicious as-is, but if you want to take it to the next level, a sprinkle of Parmesan cheese takes it over the top.



Ingredients:

- Cooking spray
- 1 medium (2 1/2 lb.) spaghetti squash
- 1 large (6 oz.) lemon
- 1 large (4 oz.) shallot, quartered lengthwise
- 1/2 teaspoon kosher salt, divided
- 1 cup packed baby spinach (about 1 3/8 oz.)
- 1/4 cup packed fresh flat-leaf parsley leaves (about 1/4 oz.)
- 1 1/4 cups packed fresh basil leaves, divided (about 1 3/8 oz.)
- 5 tablespoons extra-virgin olive oil

- 1 medium garlic clove, smashed
- 4 tablespoons pumpkin seed kernels (pepitas), divided

How to Make It:

Step 1

Preheat oven to 375°F. Line a baking sheet with aluminum foil; coat with cooking spray. Cut ends off spaghetti squash; discard. Slice squash into 1 1/2-inch rings; scoop out and discard seeds and membranes. Cut lemon in half lengthwise. Squeeze juice from 1 lemon half to equal 1 tablespoon and set aside. Cut remaining lemon half into 4 wedges. Arrange lemon wedges, squash rings, and shallot quarters on prepared baking sheet. Coat with cooking spray.

Step 2

Bake until squash is just tender, 40 to 45 minutes. Remove from oven, and set aside until cool enough to handle, about 5 minutes. Remove squash rings from baking sheet; set aside lemon wedges and shallot quarters until ready to serve. Scoop out spaghetti-like strands from inside of squash rings into a bowl using a spoon. (Discard remaining squash.) Stir 1/4 teaspoon of the salt into squash strands in bowl. Cover to keep warm, and set aside.

Step 3

Fill a bowl with ice water; place a colander inside bowl on top of ice. Fill a medium saucepan with water; bring to a boil over high. Add spinach, parsley, and 1 cup of the basil to saucepan; cook 30 seconds. Remove with a slotted spoon; place in colander submerged in ice water and let stand 2 minutes. Drain and squeeze out excess water.

Step 4

Place cooked spinach mixture, oil, garlic, reserved lemon juice, 3 tablespoons of the pepitas, and remaining 1/4 teaspoon salt in a food processor; process until smooth, about 45 seconds.

Step 5

Add spinach pesto to squash strands; toss gently. Divide squash mixture, lemon wedges, and shallot quarters evenly among 2 shallow bowls. Sprinkle bowls evenly with remaining 1/4 cup basil leaves and 1 tablespoon pepitas.

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

Source: <https://www.cookinglight.com/recipes/spaghetti-squash-spinach-pesto>

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