

The Saskatchewan Lupine

LUPUS SK SOCIETY INC. (LUPUS SK)
Registered Charity #119025880RR0001
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103 Hospital Drive, Saskatoon, SK. S7N 0W8
1-877-566-6123 www.lupussk.com
Email: lupus@lupussk.com

MAJOR ANNOUNCEMENT

Lupus SK has been very busy the past five months working on a new look and feel!

We are thrilled to announce the launch of our new website, and the change to purple and black colors, to align with Lupus Canada.

We encourage you to take a look at: lupussk.com and follow us on Facebook.

Stay tuned on Facebook for a celebratory contest!



2021
VIRTUAL
Walk For Lupus SK



Saskatoon VIRTUAL/GROUP Walk:

Sunday, May 30th

Regina VIRTUAL/GROUP Walk:

Sunday, May 30th

Please email us your photos so we can let you shine in our
next newsletter issue: idriedger@sasktel.net



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Lupus SK is pleased to announce that we are now accepting donations via E-Transfer.
E-Transfer is a safe, convenient way to send funds through the internet. All you need is
an email address for e-transfers. If you would like to make an online contribution to Lupus SK, please visit our
website: www.lupussk.com and look for the Donate button.

LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2019/2020

EXECUTIVE

PRESIDENT	Ann van der Wal	306-477-2511	Saskatoon
FIRST VICE-PRESIDENT	Karen Gaudry	306-301-0857	Saskatoon
SECOND VICE-PRESIDENT	**Vacant**		
SECRETARY	Michelle Heichert	306-251-0821	Copper Sands
TREASURER	Irene Driedger	1-877-566-6123	Saskatoon

DIRECTORS

Merle Klein	306-291-4640	Saskatoon
Linda Ulsifer	306-291-3203	Saskatoon
Danielle Rudulier	306-230-7509	Saskatoon

NEWSLETTER

Tammy Schmidt	Saskatoon
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SOCIAL MEDIA

Danielle Rudulier	306-230-7509	Saskatoon
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MEDICAL ADVISOR

Dr. A. Rosenberg

AREA CONTACTS

PROVINCIAL	Irene Driedger	1-877-566-6123 (Toll free)
ESTON	Lori Reis	306-962-7660
HUMBOLDT	Susan Hall	306-682-3848
LEASK	Derril Rogerson	306-446-2097
MOOSE JAW	Chantelle Cushway	306-631-4699
PRINCE ALBERT	Karen Harder	306-764-4280
RABBIT LAKE/SPIRITWOOD	Merle Klein	306-291-4640
REGINA	Switzuena Whittaker-Gayle	306-502-1090
SASKATOON	Betty Cole	306-382-7136
TISDALE	Kerri Will	306-873-5524
WAKAW	Darleen Lange	306-233-4298
EMAIL-Saskatchewan	Irene Driedger	lupus@lupus.sk.ca
EMAIL-Canada	Lupus Canada	info@lupuscanada.org



UPCOMING 2021 MEETINGS

Board Meetings: August 28, 2021 & November 27, 2021

Annual General Meeting: November 27, 2021

ALL MEETINGS HELD AT: Smiley's Buffet & Event Center - 702 Circle Drive E. Saskatoon, SK



PRESIDENT'S MESSAGE

Spring is finally here!

With it comes renewal and energy to continue carrying on with daily life despite COVID-19. Each person has a responsible role to play in maintaining personal health and that of others, by following the directives of our health officials.

Lupus SK remains hopeful that several key fundraisers will be able to take place this year.

The Virtual Walk for Lupus is open to everyone, visit our website, or Facebook page for more information on this. We also plan for the 2021 Ticket Raffle to be even more successful with the current involvement of more volunteer ticket sellers this year.

Thanks to the tireless work of Irene Driedger and Linda Ulsifer, the Sarcan Fundraiser initiative has brought in funds for Lupus SK. We encourage members to share information about this province-wide fundraising program with their families, friends and community.

We welcome you to participate in these fundraising projects. Their success helps provide the funds essential for Lupus SK to continue to meet its goals, and provide services to those affected by lupus.

Lupus SK has had a NEW facelift!

Check out the Lupus SK website, and post your comments on Facebook.

Updating the website presented Lupus SK with the opportunity to change its official colour from red to purple. Irene Driedger facilitated this change in the office, and Tammy Schmidt spent countless hours incorporating the new colour into the newsletter. Lupus SK is so fortunate to have these dedicated volunteers. Thank you, Team!

A special THANK YOU to Danielle Rudulier for the many hours she spent on this huge task. We also appreciate the help given by her husband, Adrien. Your efforts paid off!

Enjoy the pleasant seasons ahead, and stay safe.

*With warm regards,
Ann van der Wal
President, Lupus Sk. Society*



PRECIOUS MEMORIES

** Anne Jackson*

Lupus Memorial Cards are available to give a lasting tribute to friends and family who are no longer with us by making a commemorative donation to Lupus SK. The name of your loved one or friend who has passed away, and for whom the commemorative donation has been made, will be printed in the next published issue of The Saskatchewan Lupine, following receipt of the donation.

SIMPLE TIPS TO IMPROVE YOUR SLEEP QUALITY

For people with lupus, sleep is critical in helping to prevent flares, manage fatigue, conserve energy and keep your immune system healthy.

Set a reasonable target

Find out how much sleep you really need by reviewing the National Sleep Foundation's duration recommendations.

Pay attention to your sleeping environment

Make sure that your bedroom is a good environment for encouraging sleep by using curtains or shades that block light. Other things that help are using calming colors for the walls and using a white noise generator or fan to mask ambient sound. In addition, make sure you have a comfortable mattress, pillow and bedding.

Create a pre-bedtime ritual

You can prepare for sleep by exercising daily, ideally approximately 5-6 hours before you go to sleep. You should also avoid caffeine, nicotine and alcohol, particularly before bed time.

Relaxing activities – such as reading or taking a warm bath – can help you fall asleep faster and improve your quality of sleep. Worrying can create troubles with your sleep patterns, so consider writing down your thoughts and worries before going to bed to help clear your mind.

Don't stay in bed if you're awake and restless

If possible, have set a schedule to give yourself sufficient time for sleeping and remember that if you have trouble sleeping, the best approach is to get out of bed and do something relaxing until you feel tired since sleeplessness can create anxiety and further contribute to insomnia.

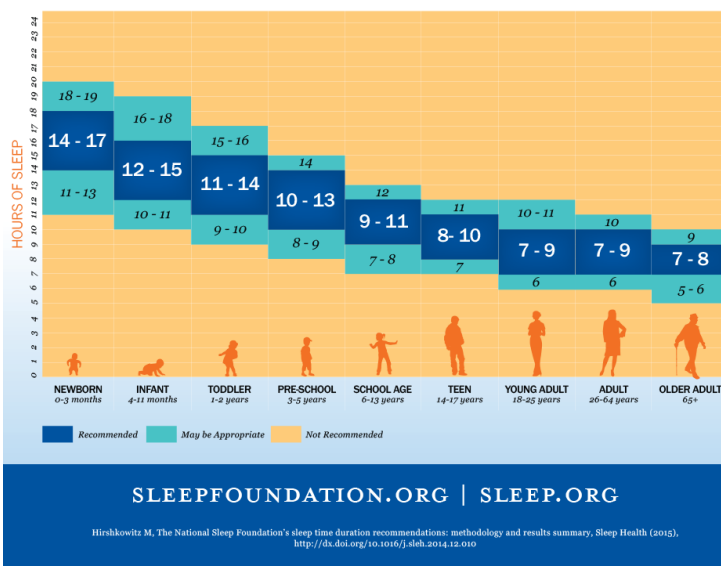
Use the power of natural light to help you wake up

Ideally, it is best to wake up with the sun as it can help the body's internal biological clock reset itself each day. There are products on the market now that mimic the sunlight coming up in place of an alarm sound, which may be worth exploring. Know when to see a professional If none of these tips helps and you continue to have trouble getting quality sleep, consult with your doctor about potential sleep disorders.

Sleep deprivation can be serious, but taking these steps will ensure optimum health through better sleep.

 NATIONAL SLEEP FOUNDATION

SLEEP DURATION RECOMMENDATIONS



Source: SleepFoundation.org, How Much Sleep Do We Really Need?

A NOTE TO SAY THANKS!

Hi Danielle,

"I was just admiring the new website and I had to let you know how great it looks! It's so clean and classy! I understand the purple brings us in line with Lupus Canada and other international organizations. The flowers brighten every page and add so much. I can't even imagine the work you put into it, especially while doing everything else. I am grateful to both of you, and anyone else who helped in this endeavor. Thank you. Your work is valued and appreciated."

~Susan
Lupus SK member

Thank You

DONATIONS TO LUPUS SK GRATEFULLY ACCEPTED

The majority of Lupus SK's operating costs are covered through the generous monetary and product donations of supporters, sponsors and donors, also the time, energy and expertise of volunteers. Please consider adding Lupus Sk to the list of charities to which you donate money, volunteer time, or supply products. All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan, help find more effective treatments, and eventually a cure for lupus.

Today we need your support more than ever!



**WE NEED
YOUR HELP**

THE SASKATCHEWAN LUPINE

Published January, May, September

We would LOVE to hear from you!
If you have any comments about the newsletter, a personal story, or an article to contribute, please contact us.

**NEXT ISSUE DEADLINE:
August 1, 2021**

Email: idriedger@sasktel.net

MEMBERSHIPS

Lupus SK would like to remind members that subscriptions fall due on the month you started your membership, and runs for 12 months.

The membership renewal form is enclosed, and we would ask members to kindly complete and return it with your subscription payment (and donation if wished). There is also the option of e-transfer for payment. (Please write in the message your name and what the money is for: donation and/or subscription).

ALAYNA HAS LUPUS



Please Join
Her to

WALK FOR LUPUS
SK Society Inc.
Life Without Lupus

Save the date

Saskatoon: Sunday May 30, 2021

Join us for a **VIRTUAL WALK** with Alayna to raise funds for lupus awareness, support services, and research.

The **Saskatoon WALK FOR LUPUS** will be held at the LOCATION OF YOUR CHOICE. Whether it's your neighborhood, inside your home, or your backyard, social distancing is the new norm for us all to keep safe and healthy!

To receive your pledge sheet, sponsor a walker, or for more information, please contact Irene Driedger by email at jdriedger@sasktel.net or by cell at 1-306-227-9562.

LUPUS
SK Society Inc.
Life Without Lupus

SASKATOON
MEDIA GROUP
98 FM CWW 600

e-Transfer

On-line donations emailed to: lupus@lupussk.com

LUPUS SK MAKES IT EASIER FOR YOU!

You can now make donations, re-new or start your membership, and send memorials through E-Transfer!

Please email them on-line to:

lupus@lupussk.com



SASKATOON
MEDIA GROUP
98 FM CWW 600

Global

Since 2004, lupus organizations around the globe have conducted activities on May 10 to raise awareness and educate the public about the symptoms and health effects of lupus. Together we can make lupus an international health priority and to ensure that people with lupus around the world are diagnosed and treated effectively.

~ <https://worldlupusday.org/>



Please Join Us to

WALK FOR LUPUS
SK Society Inc.
Life Without Lupus

Save the date

REGINA - Sunday May 30, 2021

Join us for a **VIRTUAL WALK** to raise funds for lupus awareness, support services, and research.

The **Regina WALK FOR LUPUS** will be held at the LOCATION OF YOUR CHOICE. Whether it's your neighborhood, inside your home, or your backyard, social distancing is the new norm for us all to keep safe and healthy!

To receive your pledge sheet, sponsor a walker, or for more information, please contact Michelle Heichert by teemuebonny@gmail.com or by cell at 1-306-251-0821.

LUPUS
SK Society Inc.
Life Without Lupus

Global

e-Transfer

On-line donations emailed to: lupus@lupussk.com

LUPUS SK "NO-SHOW" GOLF TOURNAMENT



Save the date! June 25, 2021 will be our 8th Annual Lupus SK "No-Show" Golf Tournament.

The Lupus SK Society Inc. greatly appreciates the support from many individuals and businesses over the years. As a result of this support, Lupus SK is able to provide many services, education, and awareness projects to people and families living with lupus.

We invite you to assist us in continuing to fulfill our mandate by joining our 8th Annual "No-Show" event. We are a registered charitable organization; therefore, official tax receipts will be issued for all monetary donations over \$20.00.

Instead of having to take the day off work, give your employees the day off, arrange for a sitter, etc. you can send a tax-deductable gift to support Lupus SK.

Thank you for all you have done for us in the past, and we hope you can continue on with us in the future!

LUPUS SK SOCIETY INC. 2021 ANNUAL TICKET RAFFLE

SLGA Lottery License #SR21-0078

1st Prize: One-Night Stay at Flora Bora Forest Lodging
at Emma Lake, SK

Three-seasons, non-expiry Gift Certificate donated by
owner: Karen Wasykyk
Valued at \$250.00



**1 for \$2.00 or
3 for \$5.00**

2nd Prize: Wakamow Heights Bed & Breakfast
at Moose Jaw, SK

All seasons, non-expiry Gift Certificate donated by
owners: Lois & John Knowles
Valued at \$150.00



**Wakamow Heights
Bed & Breakfast**
— CIRCA 1908 —

3rd Prize: North Country Bed & Breakfast
at Hudson Bay, SK

All seasons, non-expiry Gift Certificate donated by
owners: Lois & John Knowles
Valued at \$125.00

**North Country
BED & BREAKFAST**

Draw Date: October 23, 2021 at the "Fall Symposium"

Tickets are available through Irene Driedger: 1-877-566-6123 or email: idriedger@sasktel.net

THANK YOU to all sponsors for your generous donations!

Funds used for furthering: Education, Public Awareness, and Research into Lupus.

LUPUS CANADA SCHOLARSHIP



Lupus Canada is proud to announce the 2021 Lupus Canada Scholarship program.

We will be offering six (6) one-time scholarships of \$2,000 CAD to students diagnosed with lupus, who are entering into, or currently enrolled in, a post-secondary educational institution.

We are honoured this year to announce that one of the Scholarships will be named in Memory of Debra Camilleri for her 15 years of volunteer work as the President of the Kelowna Lupus Support Group in British Columbia.

To download the application forms, or for more information, visit:
<https://lupuscanada.org/news/lupus-canada-scholarship/>

SAVE THE DATES FOR 2021

Saturday March 27	Lupus SK Board Meeting
Saturday April 24	Spring Symposium - <u>POSTPONED</u>
Friday May 7	Spring Fling Fundraiser - <u>POSTPONED</u>
Monday, May 10	World Lupus Day
Sunday, May 30	Saskatoon WFL - <u>VIRTUAL WALK</u>
Sunday, May 30	Regina WFL- <u>VIRTUAL WALK</u>
Thursday June 24	BBQ-Stonebridge Co-Op Saskatoon - <u>POSTPONED</u>
Friday June 25	Lupus No-Show Golf Tournament - <u>POSTPONED</u>
Saturday July 3	Hafford Show & Shine Fundraiser - <u>POSTPONED</u>
Wednesday August 18	Crossmount Cider Co. - Yoga on the Lawn - <u>TENTATIVE</u>
Friday August 20	BBQ-Attridge Co-Op Saskatoon - <u>POSTPONED</u>
Friday August 27	BBQ-Stonebridge Co-Op Saskatoon - <u>POSTPONED</u>
Saturday August 28	Lupus SK Board Meeting
Saturday Oct 23	Fall Symposium - <u>TENTATIVE</u>
Saturday, Nov. 27	Lupus SK Board Meeting & AGM

**We will continue to cancel/
reschedule events as
needed, due to
Covid-19 restrictions***

**DO YOUR PART FOR LUPUS ~
VOLUNTEER**

Take the opportunity to do positive work
in support of lupus education and
awareness by volunteering.

Lupus SK invites you to volunteer at the
spring or fall medical symposiums or
join a fundraising event today.

****Please phone toll free
1-877-566-6123 or email:
lupus@lupus.sk.com for details of
other upcoming events. ****

Reduced Organ Damage Progression in Patients Treated with Benlysta Versus Standard Therapy Alone.



US and non-US cohorts treated with Benlysta (from pooled BLISS LTE trials) showed reduced organ damage progression compared to the standard therapy treated Toronto cohort.

Long term organ damage is multifactorial, with corticosteroids playing the key role in standard therapy. However, in long-term management of SLE the downsides outweigh the benefits of corticosteroids.

In the current study, patients received Benlysta, either 1mg/kg intravenously or 10mg/kg intravenously every four weeks. The outcomes of all individuals were scored against sixteen clinical variables.

In the outcome data for the pooled population, the Benlysta plus standard therapy showed the annual probability of organ damage progression in SLE at 3.1% versus standard therapy at 7.5%.

Source: <https://lupus.bmj.com/content/7/1/e000412>

Sourced from: Lupus Canada E Newsletter November 4, 2020

VACCINES FOR COVID-19: WHAT TO EXPECT AT YOUR VACCINATION

Authorized vaccines

Health Canada has authorized vaccines for use in Canada. Not all of the authorized vaccines are available in all areas of the country.

All authorized vaccines are proven safe, effective and of high quality.

Before you get to your appointment

- ~talk to your health care provider about any questions or concerns you may have about vaccination
- ~plan which strategies you'll use during vaccination to limit discomfort or pain
- ~contact your provincial or territorial health authority if you have additional questions about how to prepare for your vaccination

Tips for a comfortable vaccination experience

Some people may experience pain or discomfort from vaccination because of the needle. But there are a number of techniques you can use to make the vaccination more comfortable and limit pain or discomfort.

Some helpful strategies include:

- ~sit upright during vaccination
- ~wear a short-sleeved or loose-fitting top
- ~relax your arm by letting it feel loose and jiggle
- ~use deep breathing to help you relax and feel calm
- ~if you feel dizzy or faint, tell the person who's vaccinating you right away
- ~distract yourself by reading or listening to music, or have a conversation

Possible side effects and reactions

After getting vaccinated, it's common and normal to have temporary side effects. These can last a few hours to a few days after vaccination.

This is the body's natural response, as it's working hard to build protection against the disease.

Common vaccine side effects may include:

Symptoms at the injection site, such as:	Flu-like symptoms, such as:
<ul style="list-style-type: none">• redness• soreness• swelling	<ul style="list-style-type: none">• chills• fatigue• joint pain• headache• mild fever• muscle aches

Managing common side effects at home

You can take medicine after your vaccination to help with any pain or to lower a fever. Ask your health care provider what they recommend to manage symptoms.

You can also

- ~apply a clean, cool, wet washcloth over the area you received the injection
- ~use or exercise your arm
- ~drink plenty of fluids

Allergic reactions

Allergic (anaphylactic) reactions are very rare. Symptoms of an allergic reaction include:

- ~hives (bumps on the skin that are often very itchy)
- ~swelling of the face, tongue or throat
- ~difficulty breathing

Call 911 right away if you develop any serious symptoms after vaccination or symptoms that could be an allergic reaction.

Reporting a possible serious reaction

You should also report any serious reactions or side effects to your health care provider. Reported allergic reactions and side effects to COVID-19 vaccines are published weekly at:

<https://health-infobase.canada.ca/covid-19/vaccine-safety/summary.html>

After getting vaccinated

The person vaccinating you will let you know where to wait and for how long after vaccination. The usual wait time is about 15 minutes or more. This allows time for you to be watched for possible reactions or side effects. Let someone know if you're experiencing any symptoms following vaccination.

After vaccination, ask for a record of any vaccines you receive.

If a second dose is needed, return at the time advised by your health care provider.

Continuing public health measures

It isn't yet known whether the spread of COVID-19 can be stopped by vaccination alone. Because of this, it's essential that everyone continue to follow public health measures to help stop the spread of COVID-19 in our communities.

Sourced from: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/vaccines/what-expect-vaccination.html>

PANDEMIC RE-ENTRY ANXIETY? HERE'S HOW TO OVERCOME IT

About a year ago, it was hard to imagine what life would be like today. Now, looking back, in the midst of a global pandemic, it's difficult to imagine life as it used to be. No wonder some are resisting the shift back to their old routine. Yes, COVID-19 Re-Entry Anxiety is real, and it's becoming prevalent as we slowly return to society. Still at some point, we've got to get back to living. So while quarantine restrictions are slowly lifting and more people are becoming vaccinated, there's a few things we can do to ease our way back into the world without developing COVID-19 Re-Entry Anxiety.

Start Small

If you haven't left the house much over the last year, don't just suddenly rip off the Band-Aid and walk into the most crowded marketplace you can find. Start small and plan a hike with a few friends. Then work your way up from there. It's all about slowly confronting your sources of fear with a little more exposure each time. Doctors call it "exposure therapy."

Start Soon

When something is making you anxious, you should confront the issue as soon as possible. The longer you wait, the worse your anxieties become. Not only does social isolation have short term health implications, it can impact mental health long-term. This doesn't mean you should throw a party, because there's still a ban on large gatherings. However, a little light outdoor socialization is a great way to start.

Look at the big picture

Those who suffer the most from COVID-19 Re-Entry Anxiety, should always try to look at the big picture. A good thing to do would be to ask yourself, "what truly makes me happy?" Most of the time the answer is "family," "the outdoors," and "returning back to life." Let the big picture be a major motivator to overcoming fears that in comparison might start to seem small.

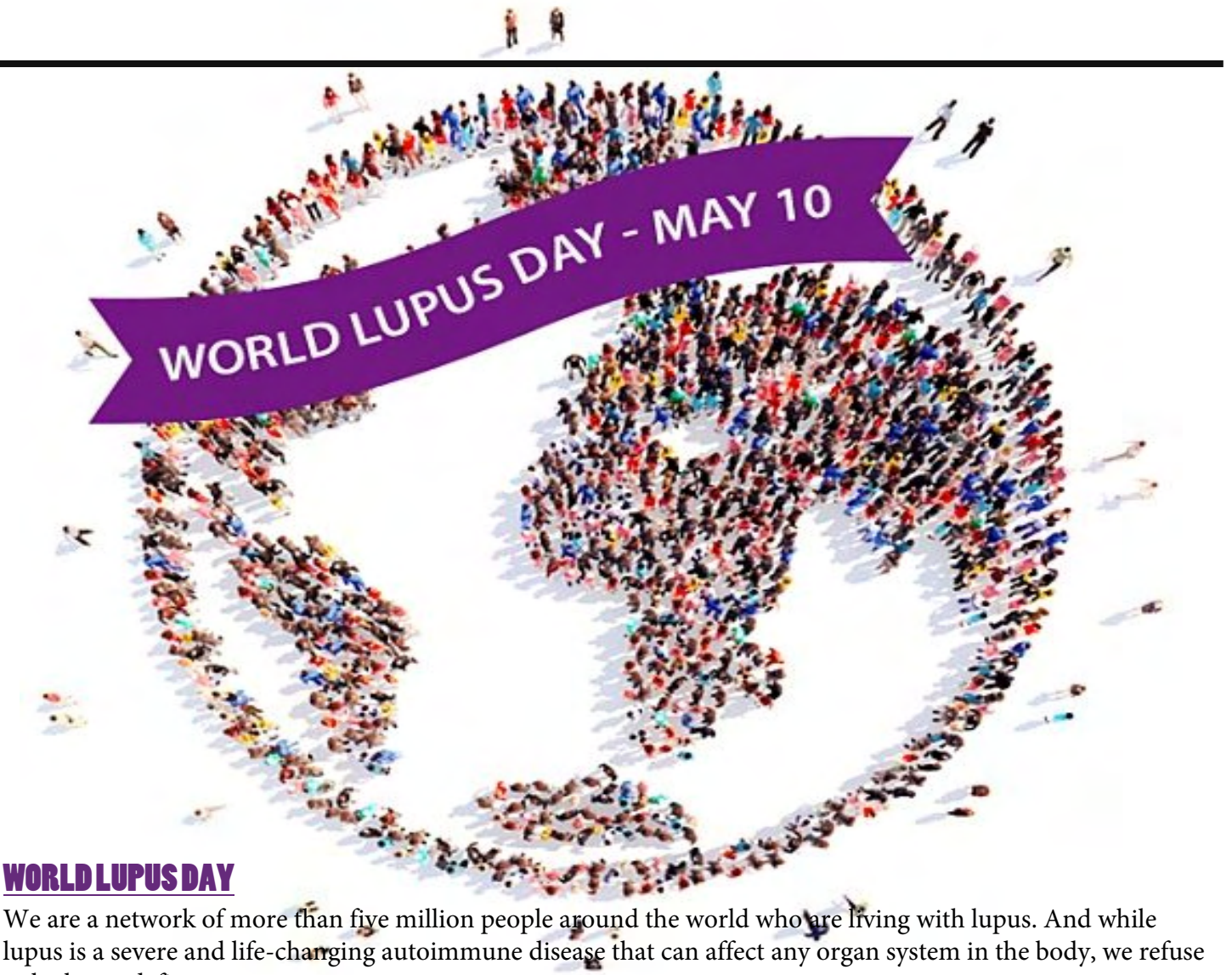
Buddy up

If someone you know is in a similar phase of life like you are, get together and buddy up. You can support each other throughout the re-entry process. It's always better to go through something together instead of facing an uphill battle alone.

Help is available if you need it

For some people, this will be a breeze. For others, it takes a little bit more strength and determination. If you come to a roadblock, just remember all of us here at SCL Health are here to help. Don't be afraid to reach out to a mental health professional.

Sourced from: <https://www.sclhealth.org/blog/2021/03/pandemic-reentry-anxiety-heres-how-to-overcome-it/>



WORLD LUPUS DAY

We are a network of more than five million people around the world who are living with lupus. And while lupus is a severe and life-changing autoimmune disease that can affect any organ system in the body, we refuse to let lupus define us.

We are fighters — passionate and dedicated — who have chosen to join forces with our families, doctors, medical researchers, government leaders, and caring people like you to fight lupus.

We are warriors — determined to bring an end to the devastating impact of lupus. We will not quit until we secure a better quality of life for all people with lupus, their families, and future generations, so everyone can live well in a world without lupus.

To win this battle, more people around the world must join our fight. The first step begins with education. Knowledge is a powerful tool that can defeat lupus. Knowledge can help those who are looking for answers and provide support and hope to people who struggle with lupus every day.

Knowledge also can rally people to our cause. With knowledge, they can take actions to increase awareness, raise money for research, and encourage government leaders to do everything they can to help people with lupus.

There is more you need to know about lupus. Learn everything you can. Share your knowledge with others. Urge them to help us defeat this terrible disease.

Let's join together to fight lupus. Discover how you can make a difference for millions of people around with lupus. Let's defeat lupus in our lifetime.

Sourced From: <https://worldlupusday.org/world-lupus-day/>