

The Saskatchewan Lupine

LUPUS SK SOCIETY INC. (LUPUS SK)

Registered Charity #11902 5880 RR00001
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EMAIL: lupus@lupus.sk.com

LUPUS SK MAKES IT EASIER FOR YOU!

You can now: **Make Donations**
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Please make your E-Transfer payments to:

lupus@lupus.sk.com

Please fill out your security question & answer as follows:

Security Question: What city is Lupus SK located
Security Answer: Saskatoon



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**A big
thank
you**
for all your
help and support.

**STAY
STRONG,**
make them wonder
how you're still smiling.

LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2021/2022

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Danielle Rudulier	306-230-7509	Saskatoon

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Tammy Schmidt Saskatoon

SOCIAL MEDIA

Danielle Rudulier 306-230-7509 Saskatoon

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Dr. A. Rosenberg

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EMAIL-Canada	Lupus Canada	info@lupuscanada.org

UPCOMING 2022 MEETINGS

Board Meetings: May 14, 2022 - September 17, 2022 - November 26, 2022

Annual General Meeting: November 26, 2022

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



PRESIDENT'S MESSAGE



PRESIDENT'S MESSAGE

Happy New Year!

As 2021 draws to a close, may the goodwill and peace of the holiday season continue to thrive in the New Year. Despite the restrictions, hopefully you have shared enjoyable times with family and friends.

These changing times have offered us opportunities to support others with warm thoughts, kind words and selfless acts.

Challenges to daily living exist here at home, and across the country. The presence of successive variants is compounded further with variable weather and its environmental effects.

We give heartfelt thanks to the health care workers and support staff at all levels, their continued commitment is exceptional. The same is true for many who provide us with daily essential services.

This is also a time to say **Thank You** to all in Lupus SK who have been volunteering to promote awareness and maintain the services of this organization. It requires teamwork which is the mainstay of Lupus SK.

A special Thanks to Irene Driedger, Tammy Schmidt, and Danielle Rudulier for the many hours which they continue to dedicate to their tasks.

Lupus SK is looking forward to a year of successful events allowed within restrictions. Please continue to check the website and Facebook for updates.

May you, and those who are special to you stay safe and well throughout 2022!

With warm regards,
Ann van der Wal
President, Lupus SK Society Inc.



Precious Memories

*Lora Chapple
*Agnes Leisle



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 friend or loved one 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.

POWER of POSITIVE THINKING

Think HAPPY
BE happy

1. Learn to substitute every negative thought with a positive one.

Every time a negative thought crawls into your mind, replace it with a positive thought. It's just like someone writes a phrase you don't like on a blackboard and then you get up, erase it and write something much more to your liking.

2. See the positive side of every situation, even when you are surrounded by pure negativity.

You can find positivity in everything by mentally holding on to something positive, whether this be family, friends, your faith, nature, someone's sparkling eyes or whatever other glimmer of beauty. If you seek it, you will find it.

3. At least once a day, take a moment and think of 5 things you are grateful for.

This will lighten your mood and give you some perspective of what really is important in life and how many blessings surround you already.

4. Change the mental images you allow to enter your mind.

How you see yourself and your surroundings make a huge difference to your thinking. Instead of dwelling on dark, negative thoughts, consciously build and focus on positive, light and colorful images, thoughts and situations in your mind a few times a day.

LUPUS and the COVID-19 VACCINE

Lupus Canada is grateful to have had Dr. Matsos back to present our October Self-Advocacy Webinar, "Lupus and the COVID-19 Vaccine".

Do you have questions about the COVID-19 Vaccine? Listen as Dr. Matsos reviews the updated recommendations from Rheumatology Professional Societies regarding COVID Vaccinations and review available published data specific to the lupus experience following COVID vaccination.



“It is an ongoing concern that lupus patients, particularly unvaccinated populations, remain at risk of poor outcomes from COVID-19 infections and represent one of the at risk groups where we do see more hospitalizations and while in hospitals the need to stay longer and the need for more aggressive oxygen support at that time.”



DR. MARK MATSOS, FRCPC
Associate Professor of Medicine
Michael G. DeGroot School of Medicine,
McMaster University
McMaster Lupus Clinic - Boris Clinic
(McMaster Site - Hamilton Health Sciences)
Rheumatology Head of Service, Hamilton
Health Sciences

To listen to the webinar, visit:

<https://lupuscanada.org/resources/advocacywebinars/?bblinkid=254757719&bbemailid=32788640&bbejrid=2128806030>

Sourced from: Lupus Canada October 2021 E-Newsletter

MEMORIAL DONATION

Memorial donations are a special part of fundraising for Lupus SK.

In order to raise public awareness, several donation cards with envelopes are included in the mail out with the January newsletter.

We would appreciate if you would deliver them to a funeral home in your area.

If more supplies are needed, please contact:

Irene Driedger at 1-877-566-6123 or email lupus@lupussk.com

Thank you in advance for your help!



Thank you to Phil Nelson and Gerard Schmidt at Smiley's for the continued use of their facilities throughout the year. We appreciate your support!

A VERY SPECIAL THANK YOU TO:

A BIG Thanks to our Sponsors!



Thanks to Craig Hinz and the team at HVB Chartered Accountants for completing another year of financials and tax returns for Lupus SK, and their generous voluntary discount.

SAVE THE DATES FOR 2022

April - October	Ticket Raffle 2022
Tuesday May 10	<u>World Lupus Day</u>
Saturday May 14	Lupus SK Board Meeting
Sunday, May 29	Saskatoon WFL
Sunday, May 29	Regina WFL
Friday June 24	Lupus No-Show Golf Tournament
Saturday June 25	BBQ-Attridge Co-Op Saskatoon
Thursday June 30	BBQ-Stonebridge Co-Op Saskatoon
Thursday August 11	BBQ-Attridge Co-Op Saskatoon
Wednesday August 17	Crossmount Cider Co. - Yoga on the Lawn
Friday August 26	BBQ-Stonebridge Co-Op Saskatoon
Saturday September 17	Lupus SK Board Meeting
Saturday, November 17	Lupus SK Board Meeting & AGM
More events will be added as restrictions are lifted	
Please check our website for updates!	

We will continue to reschedule our events as needed due to Covid 19 restrictions and your safety



SARCAN DROP & GO FUNDRAISER

Do you want to clear out your recycle, but **DO NOT** want to wait in the long line ups at Sarcas?

We have a solution for you, use the quick Sarcas Drop & Go program! You would be helping out LUPUS SK with your donation, **PLUS** you will not have to wait in the long line ups. This fundraiser will work throughout SK at each Sarcas Drop & Go location using the

ID phrase/code: **lupussask**



Thank you for your support!

If you have any questions please contact Irene Driedger at:
306-227-9562 or idriedger@sasktel.net

LUPUS CANADA MERCHANDISE ANNOUNCEMENT

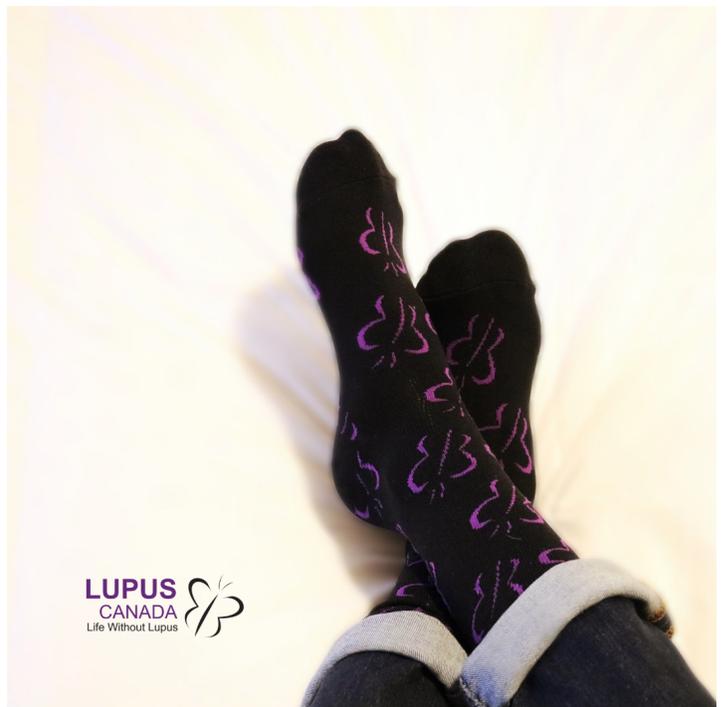
Join Lupus Canada as we **#Sockit2lupus!**

Lupus Canada is excited to share that our lupus butterfly socks are officially on sale! Each black pair is embroidered with the purple lupus butterfly.

Keep your feet warm while creating awareness for lupus! Great gifts for that someone special.

For more information on how you can purchase a pair of lupus branded socks or for more gift ideas, please visit:

<https://lupuscanada.org/merchandise/>



LUPUS CANADA
Life Without Lupus

2021 LUPUS SK RAFFLE TICKET WINNERS



The Draw for the 2021 Lupus SK Ticket Raffle took place on Saturday, October 23, 2021.

Congratulations to the Winners:

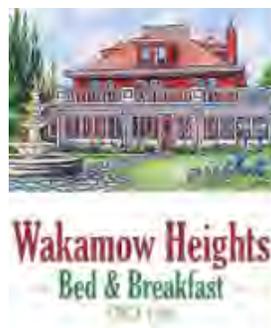
1st Prize: One-Night Stay at Flora Bora Forest Lodging - won by Keith Andres (Meadow Lake)

2nd Prize: One-Night Stay at Wakamow Heights B & B - won by Anne Drover (Saskatoon)

3rd Prize: One-Night Stay at North Country B & B - won by Don Keir (Saskatoon)

THANK YOU to all ticket buyers and sellers throughout the province!
This is one fundraiser that was possible during these uncertain times.

We look forward to another successful raffle in 2022. Please check for ticket raffle updates on Facebook.



PROTECT YOUR SKIN FROM UV LIGHT



Photosensitivity is commonly experienced by people with lupus.

The ultraviolet (UV) rays from the sun and even indoor artificial lighting can increase lupus disease activity, and possibly trigger a lupus flare or cause you to develop a skin rash.

To fight against harmful sun exposure, take precaution by applying sunscreen, limit time spent in the sun, and consider wearing clothing with built-in sun protection.

Right now is as good a time as any to learn how to better protect yourself in order to enjoy your summer activities and prevent any unwanted reactions. Even in the winter months, risk of UV exposure is still there.

If UV light may cause lupus flares, so you want to create a barrier between you and it:

~Apply a liberal layer of a 30 SPF or higher sunscreen, one that provides broad-spectrum-protection against both UVA and UVB rays. Both the Food and Drug Administration and Centers for Disease Control recommend reapplying sunscreen every two hours and more often if swimming or sweating.

~Wear tightly woven clothing that covers your skin, a wide-brimmed hat, and sunglasses to protect you from head to toe.

~Choose light bulbs that have the lowest possible irradiance (intensity).

~Cover fluorescent and halogen bulbs with light shields or glass that filters out UV rays.

~Use UV-blocking shades to cover windows and prevent sunlight from streaming in.

~Consider tinting the windows of your car—check state laws on window tinting to see if a doctor's note is required.

Excerpt sourced from: https://www.lupus.org/resources/uv-exposure-what-you-need-to-know?utm_source=LupusFdn&utm_medium=email&utm_campaign=National_Newsletter_2021-06&utm_content=featured_more

MAKE THE MOST OUT OF YOUR CHARITABLE TAX CREDITS

Support your favourite cause and you can receive as much as 53% back through charity tax deductions. See the difference that charitable tax credits make when you donate to your favourite charity, and claim your charitable donation receipts.

Not only is giving to charity a great way to make a difference to your favourite cause, but when you claim your charitable tax credits, you can also take advantage of federal and provincial government tax incentives. Here are just some of the ways that giving charitably might pay off for you!

Federal and provincial tax incentives add up: By donating to your favourite charity, you may receive as much as 53% of the amount you donated back at tax-time.

cont'd

Donate securities, eliminate the capital gains tax and get a larger tax credit:

Securities are the most efficient way to give charitably. When you donate publicly traded securities (stocks, mutual funds, bonds, etc.) directly to your favourite charity, you can eliminate the capital gains tax as these securities are sold, and still receive a tax receipt for the fair market value on the date the security is received by our broker. Plus, your charity also gets the full value of the securities.

Consider carrying donations forward for larger charitable tax credits: You do not have to claim all of the donations you made in the year they were made. When you donate over \$200, you are automatically eligible to carry them forward and claim them on your tax return for any of the next five years. This flexibility means that the unclaimed carry forward portion may qualify for a larger tax deduction for you, in the future.

Sourced from: <https://www.canadahelps.org/en/tax-time/>

COLD WEATHER, SYMPTOM FLARES, and LUPUS

Cold weather can bring lupus flares with it, but the reasons behind these flares are not fully understood. How can you prepare yourself for the cold months?

Most people with lupus are, unfortunately, very familiar with symptom flares. The triggers that cause these sudden increases in pain and other symptoms of lupus can vary from person to person, and sometimes flares seem to occur at random. However, winter is an especially difficult time of year for many Lupus Warriors.

How does cold weather impact lupus disease activity?

Cold temperatures could be causing painful flare-ups as blood vessels constrict in the cold to prevent heat loss. As the blood vessels get smaller, the pressure increases in the head, joints, and limbs. This increased pressure restricts blood flow to the fingers, toes, and extremities. Many people with lupus already have restricted blood flow, especially if they are experiencing Raynaud's Phenomenon, and this blood vessel constriction can cause a minor type of frostbite. As the tissues in the fingers and toes are starved of oxygen, they become damaged and begin to hurt badly.

Winter brings other potential triggers besides the cold, however, that Lupus Warriors have to deal with as well, including:

Dry Air and Lupus

Cold air holds less moisture than warm air, and this can dry out your nasal passages and windpipe. Not only does this make you more vulnerable to respiratory infections, but it irritates the throat and can lead to an inflammatory response. It can also be stressful. All of these are known triggers of lupus flares, so you should keep an eye out for that.

Bad Weather and Lupus

Winter is a turbulent time, and winter storms come and go. Along the way, storms change the barometric pressure around them frequently. Even for people with lupus who are not

(Cont'd)

bothered by the cold, these pressure changes can cause symptom flares and pain. Though the scientific reasons behind these flare-ups isn't fully known, it is likely related to other weather-sensitive health problems, such as joint pain and headaches.

Sun Exposure and Lupus

Sun exposure isn't just a worry in summertime — If you are in a place that experiences snow, sun exposure can be a nasty surprise in the winter. This is particularly true if you have photosensitive skin. Sunlight reflects off of snow and ice, increasing UV exposure and triggering symptom flares.

How do you avoid flares in winter?

There is a lot that you can do to protect yourself from lupus flares this winter.

The most important that you can do to battle the cold weather is keep warm: Dressing in layers, turning up the thermostat of your home, protecting exposed skin when going outside, and drinking warm liquids can help keep your body temperature up. You should cover your hands and feet in particular with warm gloves and socks – this helps prevent them from getting too cold.

A humidifier can also be a great investment to moisten the air and your throat. If you live with other people, a humidifier makes them more comfortable too, so it is a win for everyone. You can buy humidifiers in most home appliance stores at this time of year.

There isn't much you can do about the cold weather besides trying to stay inside when possible. However, if you live in a region with wild winter storms, keeping an eye on the weather report can at least help you predict your next flare. From there, you can use your usual methods for managing your lupus flares.

In the meantime, stay hydrated, avoid alcohol, nicotine, and caffeine, and get plenty of sleep. Don't avoid exercise either – exercising indoors will help keep you active and producing inflammation-fighting chemicals without needing to brave the cold.

Sourced from: <https://lupuscorner.com/cold-weather-symptom-flares-and-lupus/>



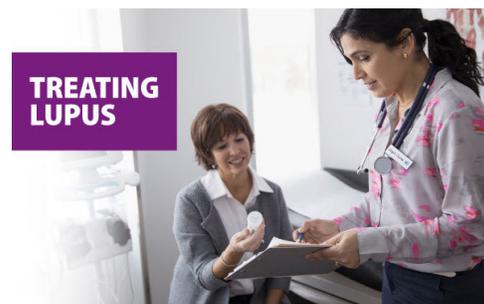
PROMISING ADVANCEMENTS in TREATING LUPUS

It's been an amazing year for new lupus treatments with the FDA approval of Lupkynis and Saphnelo, and a new indication for Benlysta.

While these three therapies are the only lupus-specific approved treatments, there are many other medicines that are effective in treating lupus that your doctor might prescribe for you (this is called "off label" prescribing).

Although these medicines were not developed specifically to treat lupus many people rely on them to manage their disease.

Talk to your doctor about potential treatment options that best fit your needs.



Sourced from: Lupus Foundation of America December 15, 2021

Clinical Trial Results Reveal Long-Term Effectiveness of Lupkynis in Lupus Nephritis

New Drug LUPKYNIS Shows Long-Term Benefits for People with Lupus Nephritis
Today, clinical trial results were announced on the long-term effectiveness and safety of Lupkynis™ (voclosporin) as a treatment for adults with lupus nephritis (LN, lupus-related kidney disease). The study showed that the drug continued to be safe and well tolerated after up to three years of treatment. Over that time, the therapy also effectively maintained significant reductions in proteinuria, excessively high levels of protein in the urine indicating impaired kidney function.

Lupkynis was approved by the U.S. Food and Drug Administration (FDA) in January 2021, making it the first FDA-approved oral medicine for the treatment of adults with active LN. The latest results reinforce it as a safe and important treatment option for people living with this disease.

Aurinia Pharmaceuticals Inc., the maker of Lupkynis, also announced the launch of a new study, ENLIGHT-LN, a U.S.-based study of adult patients with LN treated with Lupkynis. The research will capture further long-term data and help track changes within the study population over time. Additional details will be provided in 2022.

Continue to follow the Lupus Foundation of America for late-breaking lupus treatment news, and learn more about Lupkynis.

Sourced from: https://www.lupus.org/news/new-drug-lupkynis-shows-longterm-benefits-for-people-with-lupus-nephritis?utm_source=LupusFdn&utm_medium=email&utm_campaign=National_Newsletter_2021-12&utm_content=small_more

WORLD LUPUS DAY - TUESDAY MAY 10, 2022



This year, World Lupus Day will be observed on May 10th, 2022. More than five million people, mostly women, face an unpredictable future as they struggle daily with the often debilitating health consequences of lupus.

The World Lupus Day Proclamation was first developed in 2004, and is a call to action for governments around the world to increase their financial support for lupus research, awareness and patient services. The Proclamation serves to give a single voice to all individuals affected by this devastating and debilitating chronic disease.

LUPUS SK "NO-SHOW" GOLF TOURNAMENT



Save the date! June 24, 2022 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!

The articles appearing in The Saskatchewan Lupine do not necessarily reflect the opinions of the Lupus SK Society Inc. or it's members. It is very important that persons diagnosed with, or suspected of having SLE consult their own physician to ensure proper evaluation and treatment.
