

The Saskatchewan Lupine

LUPUS SK SOCIETY INC. (LUPUS SK)
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Saturday, April 13, 2024

Smiley's Buffet & Event Center, Banquet Room B
 702 Circle Drive East, Saskatoon, SK



SPRING SYMPOSIUM

Saturday: Registration at 12:30pm; Presentations at 1:00pm

Contact the coordinator to pre-register or for further details.
 Irene Driedger at 1-877-566-6123 or irdriedger@sasktel.net

**GO PURPLE!
 to END LUPUS**



OUR MISSION: To provide support for those affected by LUPUS through understanding, education, public awareness and research.

LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2023/2024

EXECUTIVES

PRESIDENT	Ann van der Wal	306-477-5211	Saskatoon
FIRST VICE-PRESIDENT	Karen Gaudry	306-301-085	Saskatoon
SECOND VICE-PRESIDENT	Linda Ulsifer	306-291-303	Saskatoon
SECRETARY	Michelle Heichert	306-251-0821	Copper Sands
TREASURER	Irene Driedger	1-877-566-6123	Saskatoon

DIRECTORS

Merle Klein	306-291-4640	Saskatoon
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MEMBERS

Kelly Fink	Copper Sands
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NEWSLETTER

Tammy Schmidt	Saskatoon
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SOCIAL MEDIA / TECH SUPPORT

Kelly Fink	Copper Sands
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MEDICAL ADVISORS

Dr. A. Rosenberg

AREA CONTACTS

PROVINCIAL	Irene Driedger	1-877-566-6123 (Toll free)
ESTON	Lori Reis	306-962-7660
HUMBOLDT	**Vacant**	
LEASK	Derrill Rogerson	306-446-6950
MELFORT	Rebecca Bauer	306-920-7969
MOOSE JAW	**Vacant**	
PRINCE ALBERT	Karen Harder	306-764-4280
RABBIT LAKE/SPIRITWOOD	Merle Klein	306-291-4640
REGINA	**Vacant**	
SASKATOON	Betty Cole	306-382-7136
TISDALE	Kerri Will	306-873-5524
WAKAW	Darleen Lange	306-233-4298
EMAIL-Saskatchewan	Lupus SK	lupus@lupussk.com
EMAIL-Canada	Lupus Canada	info@lupuscanada.org

UPCOMING 2024 BOARD/AGM MEETINGS

Board Meetings:	March 30, 2024 – September 14, 2024 – November 30, 2024
Annual General Meeting:	November 30, 2024
MEETINGS HELD AT:	Smiley's Buffet & Event Center - 702 Circle Drive E. Saskatoon, SK



PRESIDENT'S MESSAGE

HAPPY NEW YEAR!! Welcome 2024!!



As the calendar changes from one year to the next, there are also changes with Lupus SK.

We are grateful for the successes of the past year. However to be a viable organization, Lupus SK must continue to evolve and change.

The use of internet technologies is being expanded. The Saskatchewan Lupine, our quarterly newsletter, will no longer be printed and mailed out to members. It will be attached to the website for reading online. This will eliminate costs associated with printing and mailouts. The website, Facebook and Instagram will provide timely information and content.

In order to further reduce expenses, the Lupus SK phone number listing is being removed from the Direct West phone books throughout the province, and board meetings are being held via Zoom.

This spring, invite family and friends to the Spring Symposium which will feature two special presenters. Dr. Alan Rosenberg who will be sharing aspects of promotion, innovation, discovery, engagement and action which are central to Pediatric Rheumatology IDEA Lab at the College of Medicine, University of Saskatchewan. Dr. Michael Epstein, a leader in innovation and change, will be presenting the Center for Integrative Medicine, College of Medicine at the University of Saskatchewan.

Fundraising is a major goal. It supports the services provided to members and their families. The aim is to also contribute to the special innovative research being done in childhood rheumatic disease through the College of Medicine at the University of Saskatchewan in collaboration with the Canadian Light Source.

Fundraiser events need volunteers; Thank you to the Board members and all others who have contributed their time, skills and talents to the success of our events in 2023.

A special THANKS to Danielle Rudulier for serving on the Board and being our Social Media coordinator, we appreciate all she has done with us! We wish you good luck in your future endeavours. We would also like to welcome a new Board Member- Kelly Fink, as he assumes the role of Social Media Co-ordinator and IT Tech Support.

We continue to ask for suggestions for fundraisers. Several options are being considered including an online auction. Please check the Lupus SK website for updates to the calendar of events. Besides holding events for raising funds, Lupus SK is always looking for sponsors. If you are aware of any potential sponsors, please contact Irene Driedger at irdriedger@sasktel.net or phone 1-877-566-6123.

In the meantime, do take good care of yourselves. Wellness is a journey. May the peace and goodwill of our past season, continue into 2024 with hope, good health and prosperity for you and those who are special in your life.

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



Precious Memories



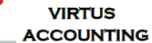
Lupus Memorial Cards are available to give a lasting tribute to friends and family who are no longer with us, by making a commemorative donation to Lupus SK. The name of your friend or loved one who has passed away, and for whom the commemorative donation has been made, will be printed in the next published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

A VERY SPECIAL THANK YOU TO:

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!



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



2024 Lupus SK Events	
Saturday March 30, 2024	Board Meeting
Saturday April 13, 2024	Spring Symposium
April – October, 2024	Annual Ticket Raffle
Sunday, May 26, 2024	Saskatoon Walk for Lupus
* TBD	Regina Walk for Lupus
Friday June 21, 2024	*No Show* Golf Tournament
* Friday June 28, 2024	BBQ – Stonebridge Coop
* Wednesday, July 17, 2024	Crossmount Yoga
* Friday August 30, 2024	BBQ – Circle Centre Mall
Saturday, September 14, 2024	Board Meeting
Saturday, November 30, 2024	Board Meeting & AGM

*If the event date will be confirmed ASAP. Please check the Lupus SK website for the updates.

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**

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

THANK YOU DANIELLE!

Lupus SK thanks Danielle Rudulier for serving as a director on the Board. As social media co-ordinator, she developed the new website, procured new banners and represented Lupus SK on media interviews.

Thanks Danielle, for all your time, work and contributions. We wish you success in your future endeavors.



WELCOME KELLY!

Welcome!

We would like to welcome Kelly Fink as our new Lupus SK board member, Social Media Co-Ordinator and IT Tech Support. Thank you for taking on these roles!

SPRING SYMPOSIUM 2024

Bring your family and friends to the Spring Symposium being held on Saturday, April 13, 2024 held at Smiley's Buffet & Event Center in Saskatoon.

We are excited for these two presenters to join us, that are recognized leaders in change.

-Dr. Alan Rosenberg will be sharing aspects of promotion, innovation, discovery, engagement, and action which are central to the Pediatric Rheumatology Research IDEA Lab at the College of Medicine, University of Saskatchewan.

-Dr. Michael Epstein will discuss patient leadership roles in the evolution of healthcare through engagement, empowerment, and inspiration. He will describe the program at the Center for Integrative Medicine, which is also at the College of Medicine, University of Saskatchewan.

Plan ahead to register & attend this very knowledgeable symposium. There is always so much to be learnt, new friends to gain, and connections to help you with!

LUPUS SK FALL FLING 2023

On October 28th, 2023, family and friends of Lupus SK enjoyed an evening of the food, socializing and fundraising at Smiley's Buffet and Event Centre in Saskatoon. There the draw was made for the annual ticket raffle, and a local magician- Chance Gonzales presented an extraordinary show!

Thank you to Dr. Alan Rosenberg for sharing a message about lupus, recent research into lupus and the need for research funds.

Many thanks to the Saskatoon businesses and entrepreneurs who donated the outstanding array of quality items for the Silent Auction and 10-for-\$10 tables.

Thank you to all volunteers and guests who helped make the evening a success!

LUPUS SK FALL FLING 2023



LUPUS SK FALL FLING 2023



Dayna-3rd prize winner & Ann



Linda-2nd prize winner & Ann



2023 LUPUS SK RAFFLE TICKET WINNERS

Our draw for the 2023 Lupus SK Ticket Raffle took place Sunday, October 24, 2023 at our Fall Fling held at Smiley's.

CONGRATULATIONS to the winners!!

Bev Huckle (Saskatoon) won 1st prize: 3 Night stay at Baker's Bungalows - Waskesiu SK

Linda Ulsifer (Saskatoon) won 2nd prize: 2 Night stay at Quality Inn & Suites - Moose Jaw SK

Dayna Rosso (Saskatoon) won 3rd prize: 1 night stay at Manitou Springs Resort & Mineral Spa - Watrous SK



THANK YOU to the businesses that donated to make this raffle happen!

Also, thank you to all ticket buyers and sellers throughout the province!

Special thanks to Amanda Puhl, Arienne Stef & Kristin Sinclair for selling the most books!

We look forward to another successful raffle in 2024.



A LOW-IMPACT EXERCISE ROUTINE FOR LUPUS

If pain or fatigue—or both—have you struggling just to get through the day, working out is likely the last thing on your mind. But exercise, especially gentle strength training, can improve some lupus symptoms.

"Strengthening your muscles helps prevent joint weakening and damage," says rheumatologist Diane Kamen, MD. It also helps counter fatigue and lupus-induced lack of energy.

Benefits of low-impact exercise for lupus:

You can build a stronger body and have more energy—no gear required! Low-impact exercises are effective and are less stressful on the body.

"This type of exercise has a low injury risk, making it safe for people who have balance problems and numbness of the hands or feet," says Dr. Kamen. Once you get the green light from your doctor, try the routine below, designed by Kim Truman, a National Academy of Sports Medicine-certified trainer in Dallas who has trained people with lupus.

The exercises are designed to boost both lower and upper body strength. This workout will also improve mobility and lessen joint pain. If any exercise is too challenging, simply follow the "take it easy" variation.

Fit in five:

Twice a week, do 8 to 12 repetitions (reps) of each exercise in order. Then repeat the entire series once or twice more. It's OK to rest for a few minutes between each set of reps.

1. Squats

Stand with feet hip-width apart and arms extended at shoulder height in front of you. Bend knees as you sit back. Rise up to the starting position and repeat. TAKE IT EASY: Start the move standing in front of a chair; sit down instead of squatting.



2. Alternating lunge

Stand with feet together and hands on hips. Take a big step forward with the right foot and bend your knees. Rise up as you step back to the starting position. Repeat, stepping forward with the left foot, then return to the starting position. That's 1 rep. TAKE IT EASY: Grasp a table or the top of a chair for support.



3. Incline pushup

Take a big step back from a countertop and grasp the edges with hands shoulder-width apart. Bend elbows, bringing chest toward the counter. Push up, extending arms to the starting position, and repeat.

TAKE IT EASY: Do the move with your hands pressed against a wall.



4. Reverse crunch

Lie on your back on the floor or a yoga mat. Bend knees and place feet on the floor; extend arms straight down on the floor beside you. Slowly bring knees toward your chest, lifting hips slightly, then lower legs to the starting position and repeat.

TAKE IT EASY: Raise one knee at a time, alternating legs.



5. Bridge

Lie on your back on the floor or a yoga mat. Bend knees and place feet on the floor; extend arms straight down on the floor beside you. Lift hips until your body forms a line from knees to chest, hold hips up for 5 seconds, then lower to the starting position and repeat.

TAKE IT EASY: Don't lift your hips as high and eliminate the hold.



Sourced from: <https://www.lupus.org/resources/a-low-impact-exercise-routine-for-lupus>

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COLD WEATHER, SYMPTOMS 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 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

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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>

WHAT'S HAPPENING IN LUPUS RESEARCH?

Lupus Canada is pleased to share that Anifrolumab (Saphnelo) will be included on the Alberta Drug Benefit List effective December 1st, 2023.

For details regarding this listing and renewal criteria, please visit the Alberta Drug Benefit List website.

RAMQ has also included Anifrolumab in their drug formulary update that took effect on— November 8th, 2023.

For more information please visit: www.ramq.gov.bc.ca/fr/fa-proposliste-medicaments.



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WORLD LUPUS DAY - FRIDAY MAY 10, 2024



This year, World Lupus Day will be observed on May 10th, 2024. 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 21, 2024 will be our 10th 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 10th 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-deductible 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.

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