

# THE SASKATCHEWAN LUPINE

SEPTEMBER 2024

## 10 for 10 Draws

at the Fall Fling.

Get your tickets now ~ Time is running out!

Don't miss out on many great prizes!

Open your wallets and donate

to a great cause!



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## IC. BOARD OF DIRE

...RESIDENT  
SECOND VICE-PRESIDENT  
SECRETARY  
TREASURER

Ann van der Wal  
Karen Gaudry  
Linda Ulsifer  
Michelle Heichert  
Irene Driedger

306-477-5211  
306-716-7584  
306-291-3203  
306-251-0821  
1-877-566-6123

Saskatoon  
Saskatoon  
Saskatoon  
Copper Sands  
Saskatoon

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*SEPTEMBER 2024*

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## **UPCOMING 2024 BOARD/AGM MEETINGS**

<b>BOARD MEETINGS:</b>	September 14, 2024 & November 30, 2024	
<b>ANNUAL GENERAL MEETING:</b>	November 30, 2024	
<b>MEETINGS HELD AT:</b>	Smiley's Buffet & Event Center – 702 Circle Drive E. Saskatoon, SK	

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## **PRESIDENTS MESSAGE**

2024 continues to be a year of constant change.

Over the years Lupus SK has been jointly holding barbeques with the Saskatoon Co-op. In June, the Co-op experienced a cyber attack which put a strain on their supply chain. All barbeque fundraising by non-profit charitable organizations were cancelled. The good news is that the final barbeque scheduled for Friday, August 30<sup>th</sup> will take place!

The annual Ticket Raffle is now in its final weeks, with the draw to be made at the Fall Fling on September 21<sup>st</sup> - get your tickets now for your chance to win big! The prizes have been generously donated by Saskatchewan entrepreneurs and businesses. If you happen to visit any one of them, do say "thanks" from Lupus SK. For tickets, please contact Irene Driedger at 1-877-566-6123 or [idriedger@sasktel.net](mailto:idriedger@sasktel.net). Ask about the easy and efficient way tickets can be bought using e-transfer.

We are currently organizing an online auction: a new venture in fundraising for Lupus SK. Included in the auction will be some exciting and unexpected listings. Once again, the entrepreneurs and businesses across the province have donated valuable items ranging from health and wellness, vacation destinations, sports, recreation, art and personal services, to name a few. Launch date and specifics will be posted on Facebook. Keep watching for it!

Quickly approaching is our Fall Fling, being held on Saturday, September 21<sup>st</sup>, 2024, at Smiley's restaurant in Saskatoon. There will be 50/50 tickets, great food, and an array of quality prizes in the silent auction. Back by popular demand, our entertainment for the evening is Chance Gonzales, magician. To reserve a seat or table, please contact Irene Driedger at 1-877-566-6123 or email [idriedger@sasktel.net](mailto:idriedger@sasktel.net).

A reminder to please check the status of your membership. With yearly expiration, it sneaks up on you quickly! Thank you to those who have already renewed their membership for the coming year.

Lupus SK continues to ask for volunteers; help is needed for poster distribution in advance of events, and there are also options for at-home projects. If this interests you, please contact Irene Driedger for more information.

As the season changes, may you have special moments of contentment and enjoyment. Wishing you wellness and good health.

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

# THE SASKATCHEWAN LUPINE

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## PRECIOUS MEMORIES



*\*Vi Van Allen*

*\*Gordon & Darlene Knapp*

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.

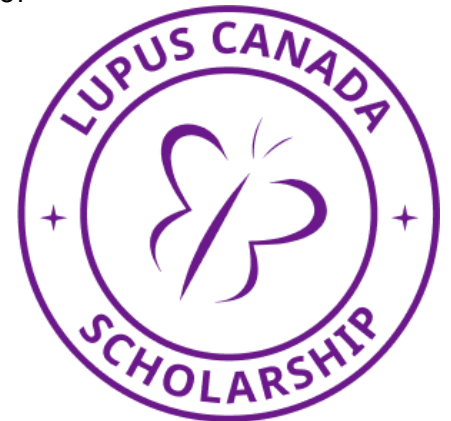
## LUPUS CANADA SCHOLARSHIP

The William Birchall Foundation has donated \$25,000 in 2024 in support of the Lupus Canada Scholarship program.

Lupus Canada is proud to announce the recipients of the 2024 Lupus Canada William Birchall Foundation Scholarships!

This year, we awarded ten (10) one-time scholarships of \$2,500 CAD to students diagnosed with lupus who are entering or currently enrolled in a post-secondary educational institution.

We received many outstanding applications from across the country, and we are inspired by the resilience and dedication of all applicants.



***Announcing the 2024 Lupus Canada William Birchall Foundation Scholarship Recipients:***

*\*Adam Castonguay*

*\*Elyse Pialis*

*\*Kavya Vinod*

*\*Talya Tannahill*

*\*Nogol Kashani*

*\*Tagen Weitowitz*

*\*Angeline Kochar*

*\*Paula Alvarez*

*\*Jocelyn Aryeetey*

*\* Nicole Hildebrandt*

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## THANK YOU TO OUR SPONSORS!

*You're at home here.*



**B-SAY-TAH-POINT**

**Bed & Breakfast**



**VIRTUS ACCOUNTING**



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### Thank you to Merle Klein!

*Merle Klein has been serving as a director on the Board of Lupus SK and as an area contact for Rabbit Lake/Spiritwood. She and her family provided exquisite floral center piece arrangements for our Fall Fling events. We regretfully accept her resignation.*

*Best wishes Merle, in your new home in BC.*



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## **LAST CALL~GET YOUR RAFFLE TICKETS NOW!**

**1<sup>st</sup> Prize:** Three Nights Stay at **Bayside Resort** – Denare Beach, SK

Valued at \$660.00

**2<sup>nd</sup> Prize:** One Night Stay at **B-Say-Tah Point Bed & Breakfast** – Fort Qu'appelle, SK

Valued at \$150.00

**3<sup>rd</sup> Prize:** Gift Certificate for **Manitou Springs Resort & Mineral Spa** –

Manitou Beach, SK Valued at \$150.00

Ticket Prices: **1 ticket for \$2.00** or **3 tickets for \$5.00**

Draw Date: **Saturday, September 21, 2024** at the “*Fall Fling*”

At **Smiley's Buffet & Event Centre**, Saskatoon, SK



For tickets, please contact Irene Driedger a 306-227-9562 or [idriedger@sasktel.net](mailto:idriedger@sasktel.net)

## Lupus SK On-line Auction

Coming soon!!



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## WALK FOR LUPUS 2024

The Annual Walk for Lupus was held in both Saskatoon and Regina On Sunday, May 28<sup>th</sup>, 2024 in Saskatoon.

Councillor Bev Dubois, who was accompanied by her husband Vic Dubois, brought greetings from the mayor and City Council.

Dr. Alan Rosenberg presented a brief update on current research into lupus that is being done locally at the College of Medicine at the University of Saskatchewan.

It was an enjoyable event for walking and socializing on a perfect spring day at River Landing.

The weather also co-operated for the Walk in Regina.

Walkers initiated a new route which took them near the RCMP Training Centre.

**WALK** OF **lupus**  
Saskatchewan



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## RAFFLE TICKET SALES

LUPUS SK had originally scheduled a fundraiser barbeque at the Stonebridge Coop on Friday, June 28<sup>th</sup>, 2024. However, it was cancelled due to a cyber attack they encountered. To compensate for no fundraising, a sales table for raffle tickets was set up on Friday, July 5<sup>th</sup>, 2024.

Thank you to the Stonebridge community for showing up and buying tickets.

Thanks also to volunteers, Samahir Suliman and Adele Rempel for assisting with ticket sales.



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## **CROSSMOUNT CIDER CO.**

### **YOGA on the LAWN**



*The joint fundraiser was held on Wednesday, July 17<sup>th</sup>, 2024.*

*Despite the oppressive heat, yoga enthusiasts enjoyed two sessions on the lawn.*

*Lupus SK received the highest amount of donations that evening compared with all other years of holding the event.*

*Special thanks to Taylor Dundas and the friendly and accommodating staff.*

*THANK YOU Crossmount for a very successful event! We look forward to a repeat in 2025 at this idyllic prairie gem.*

*Save those mats for next year!*



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## **DONATIONS TO LUPUS SK ARE GRATEFULLY ACCEPTED**

The majority of Lupus SK's operating costs are covered through the generous monetary and product donations of supporters, and donors. Lupus SK is run completely by volunteers; through their time, energy and expertise over the years, we have all benefited from their hard work.

Please consider adding Lupus SK to the list of charities to which you donate money, volunteer time, prizes, or supply product.

All donations help Lupus SK in its efforts to advance research, provide educational symposiums in Saskatchewan FREE of charge, help find more effective treatments, and eventually discover a CURE for Lupus!

*Make a Difference!*

**DONATE**

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## *upcoming* **EVENTS 2024**

**SEPTEMBER 14 BOARD MEETING**

**SEPTEMBER 21 LUPUS SK FALL FLING**

**NOVEMBER 30 BOARD MEETING & AGM**

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**THE SASKATCHEWAN LUPINE** is published every January, May & September

We would LOVE to hear from you!

If you have a personal story, an article that you would like to have in the newsletter, or any comments, please contact us through email at: [tammys.5@outlook.com](mailto:tammys.5@outlook.com)

**NEXT ISSUE DEADLINE ~ DECEMBER 1, 2024**

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### **LUPUS CANADA AND LUPUS FOUNDATION OF AMERICA AWARD RESEARCH GRANT AIMING TO REDUCE SHINGLES RISK FOR PEOPLE WITH**

Lupus Canada, in collaboration with the Lupus Foundation of America, is thrilled to announce that Dr. Arielle Mendel has been awarded the 2024 Lupus Canada Catalyst Award for her study on the safety and efficacy of the shingles vaccine for people with systemic lupus erythematosus (SLE).

Shingles, caused by the reactivation of the varicella (chickenpox) virus, is a painful and potentially severe condition. People with lupus are up to five times more likely to develop shingles at a younger age due to altered immune function and immunosuppressive treatments.



Dr. Mendel's research will investigate which SLE patients receive the shingles vaccine, its association with lupus flares, and the immune response in people with lupus.

"Prevention is crucial as shingles can present more severely in people with lupus. This study aims to provide critical insights into the shingles vaccine and alleviate patient concerns about vaccine-related lupus flares," says Dr. Mendel.

The Lupus Canada Catalyst Award supports innovative research to improve the quality of life for people with lupus.

"Partnering with Lupus Canada allows us to fund vital areas of lupus research that need more attention," says Joy Buie, PhD, MSCR, RN, Vice President of Research, Lupus Foundation of America.

"This partnership helps channel efforts into essential lupus research," adds Thomas J. Simpson, Chair of Lupus Canada. "Dr. Mendel's study has the potential to fill a crucial gap in lupus research and help people with lupus protect themselves better."

To read more about this, go to <https://www.lupuscanada.org/lupus-canada-and-lupus-foundation-of-america-award-research-grant-aiming-to-reduce-shingles-risk-for-people-with-lupus/>

Sourced from: <https://www.lupuscanada.org/lupus-canada-and-lupus-foundation-of-america-award-research-grant-aiming-to-reduce-shingles-risk-for-people-with-lupus/>

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## **SARCAN DROP & GO FUNDRAISER**

Do you want to clear out your recycle, but DO NOT want to wait in the long line ups at Sarcán? We have a solution for you, use the quick Sarcán 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 Sarcán Drop & Go location using the



**ID phrase/code: lupussask**

**If you have any questions  
please contact  
Irene Driedger at:  
306-227-9562 or [idriedger@sasktel.net](mailto:idriedger@sasktel.net)**

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## **MANAGING YOUR MENTAL HEALTH WITH LUPUS**

Day-to-day life with lupus can be challenging and can take a toll on your mental health. Whether you are newly diagnosed or have been living with lupus for years, it's important to pay attention to changes in your mental health and emotional well-being. When negative feelings become overwhelming and long-lasting, it may be time to seek professional help.

For reasons that are not entirely understood, people with chronic disease often experience depression, anxiety and other mental health disorders. For people with lupus, depression may be brought about by lupus, by some medications used to treat lupus, and/or by factors and forces in a person's life that are not related to lupus. When you are coping with economic, social, workplace, family and other concerns as well as your lupus, it can be more difficult to cope with challenging or negative feelings.

Multiple studies have shown people with lupus are more likely to experience depression and anxiety. In one study, researchers also found that black patients with lupus experience moderate or high anxiety compared to white patients.



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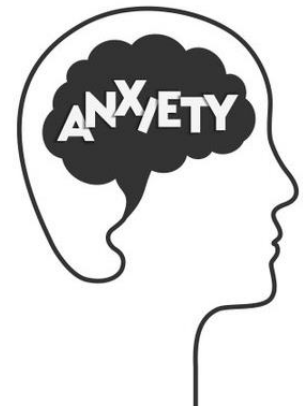
### Symptoms of Depression and Anxiety

Sometimes symptoms of anxiety and depression cross over and can be difficult to tell if you're experiencing one or the other, or both.

One of the single markers for depression is a loss of interest in activities and responsibilities that used to be important. For those who experience anxiety, many may find it difficult to breathe or have an increased heart rate. It's important to note that anxiety is a common and an early symptom of the disease for people who have lupus.

### These are among the most common psychological and physical symptoms of depression:

- Feelings of helplessness or hopelessness
- Sadness, or crying often without reason
- Restless sleep, or sleeping too much
- Changes in appetite (weight loss or weight gain)
- Lack of energy
- Lowered self-esteem, inability to concentrate, diminished memory
- Indecisiveness
- Thoughts of death or suicide, or intrusive thoughts



### Symptoms of anxiety

- Feeling nervous, restless or tense
- Increased heart rate, and/or heart palpitations
- Fast breathing, or faster than normal
- Trembling
- Feeling a sense of impending doom, worry
- Change in body temperature, sweating or feeling cold

If recognized and properly treated, symptoms of depression and anxiety can improve.

### When and how to get help:

#### Seek therapy.

For most people, their mental health generally improves with a combination of therapy and sometimes medication. You should not feel embarrassed or hesitant about asking your doctor for a referral to a psychiatrist, psychologist, or therapist.

- **Psychotherapy.** Under the guidance of a trained professional, can help you learn to understand your feelings, your illness, your relationships, and to cope more effectively with stress
- **Cognitive behavioral therapy.** Sometimes referred to as CBT is a type of therapy done in a group setting with a lead counselor or therapist.
- **Therapist.** Someone to talk to, who doesn't prescribe medication
- **Psychiatrist.** Someone who prescribes medication to help manage your mental health.

### **Taking antidepressant medications.**

Several types of prescribed drugs can help ease the effects of depression. Anti-anxiety medicines are also available to reduce worry and fearful feelings. In some people, improvements can occur in a matter of weeks once medication is started.

### **Find ways to reduce pain.**

Chronic pain can be a factor in the development of depression. Besides medication, experts often recommend non-medication ways to conquer—or at least reduce—chronic pain, such as yoga, Tai Chi, Pilates, acupuncture, meditation, play therapy, and chiropractic care. It is important to discuss all herbs and supplements with your rheumatologist or primary care provider before trying them as certain ingredients can cause reactions with your prescribed medications.

### **Get more exercise.**

If you are physically able, take part in some sort of physical activity every day. This can be as simple as walking the dog, yard work or gardening, or window shopping at the mall.

### **Improve your sleep habits.**

Not getting enough restful sleep can cause many health problems, including symptoms of clinical depression.

### **Build a support system.**

Stay in touch with family members, former work buddies, or long-time friends. Make phone calls, connect with family and friends through social media, or consider adding an animal companion to your family.

### **Change your self-talk.**

Feelings of anger and self-pity can bring on unproductive thoughts. Replace negative, self-defeating inner language with truthful, productive thoughts.

You can also list the people and things in your life for which you are grateful. Try to add to this list every day!

### **More facts about clinical depression and lupus:**

- Between 15 and 60 percent of people with a chronic illness will experience clinical depression.
- Clinical depression may be a result of the ways in which lupus physically affects your body.
- Some of the medicines to treat lupus—especially corticosteroids such as prednisone (and at higher doses of 20 mg or more)—play a role in causing clinical depression.
- Clinical depression may be a result of the continuous series of emotional and psychological stressors associated with living with a chronic illness.
- Clinical depression may be a result of neurologic problems or experiences unrelated to lupus.
- Clinical depression also produces anxiety, which may aggravate physical symptoms (headache, stomach pain, etc.).
- Two common feelings associated with clinical depression are hopelessness and helplessness. People who feel hopeless believe that their distressing symptoms may never improve. People who feel helpless believe they are beyond help—that no one cares enough to help them or could succeed in helping, even if they tried.

*Sourced from: <https://www.lupus.org/resources/lupus-and-depression-know-the-signs-and-how-to-get-help> August 29, 2023*

## CHOCOLATE CHERRY PROTEIN SHAKE

Sourced from: <https://www.lupuscanada.org/lupus-canada-recipe-corner-chocolate-cherry-protein-shake/>

Here, we collaborate with Diane, a Calgary-based Certified Holistic Nutritionist who focuses on instilling a love for cooking and natural foods in children. Her recipes provide tips and ideas on how to nourish your body, aiming to make nutritious eating second nature for future generations.



This smoothie packs a whopping 22 grams of protein without any added protein powder! It's also full of healthy Omega-3 fatty acids, vitamins, and fibre for a breakfast that will definitely keep you satisfied until lunch time! This makes 1 meal-sized smoothie or 2 snack-sized smoothies.

### **Ingredients:**

2 cups loosely packed spinach or baby kale leaves (about 2 handfuls)  
1.5 cups frozen sweet cherries  
2 tablespoons unsweetened cocoa powder or raw cacao powder  
2 tablespoons hemp hearts  
1 tablespoon natural peanut butter or almond butter  
1-1.5 cups milk of choice  
¼ cup rolled oats, or sub an additional 2 tablespoons hemp hearts  
Pinch of salt, optional but helps bring out the chocolate flavour  
3-4 ice cubes  
½ banana, optional for added sweetness

**Serves: 1-2**

### **Instructions:**

Place all ingredients in a high-speed blender, starting with 1 cup of milk, and blend until smooth and creamy, adding additional milk if needed to get things going. Taste and add ½ banana if you need added sweetness.

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# THE SASKATCHEWAN LUPINE

SEPTEMBER 2024

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**LUPUS**  
SK Society Inc.  
Life Without Lupus



## FALL FLING FUNDRAISER



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**SATURDAY SEPTEMBER 21, 2024**  
**COCKTAILS: 5:30PM ~ DINNER: 6:30PM**

**TICKETS: \$50.00 /PERSON**  
CASH/CHEQUE -PAYABLE LUPUS SK  
E-TRANSFER TO [LUPUS@LUPUSSK.COM](mailto:LUPUS@LUPUSSK.COM) WITH PASSWORD: SASKATOON



SMILEY'S BUFFET & EVENT CENTER  
SASKATOON, SK

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Proceeds go to Lupus SK, furthering  
Education, Public Awareness and Research

- Cash Bar
  - 50/50
  - Silent Auction
  - Entertainment
- (bring cash or cheque) ATM on site



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FOR MORE INFORMATION CONTACT:  
Irene Driedger @ 1-877-566-6123 or [idriedger@sasktel.net](mailto:idriedger@sasktel.net)



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