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**More than 50 quality prizes donated by businesses, companies and entrepreneurs in Saskatchewan.**

**Professional hosting services donated by McDougall Auctioneers.**

**TOO GOOD TO MISS!!**



****

**LUPUS SK SOCIETY INC. BOARD OF DIRECTORS 2023/2024**

**EXECUTIVE:**

PRESIDENT Ann van der Wal 306-477-5211 Saskatoon

FIRST VICE-PRESIDENT Karen Gaudry 306-716-7584 Saskatoon

SECOND VICE-PRESIDENT Linda Ulsifer 306-291-3203 Saskatoon

SECRETARY Michelle Heichert 306-251-0821 Copper Sands

TREASURER Irene Driedger 1-877-566-6123 Saskatoon

**DIRECTORS:**

**MEDICAL ADVISOR:** Dr. A. Rosenberg Saskatoon

**NEWSLETTER:** Tammy Schmidt Saskatoon

**SOCIAL MEDIA/TECH SUPPORT:** Kelly Fink Copper Sands

**AREA CONTACTS:**

PROVINCIAL Irene Driedger 1-877-566-6123 (Toll Free)

ESTON Lori Reis 306-962-7660

HUMBOLDT \*\*VACANT\*\*

LEASK \*\*VACANT\*\*

MELFORT Rebecca Bauer 306-920-7969

MOOSE JAW \*\*VACANT\*\*

PRINCE ALBERT Karen Harder 306-764-4280

RABBIT LAKE/SPIRITWOOD \*\*VACANT\*\*

REGINA \*\*VACANT\*\*

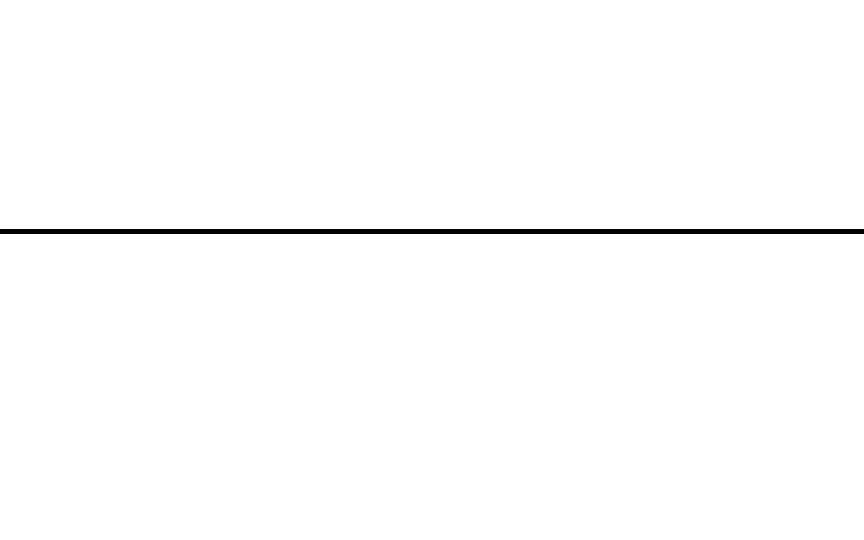
SASKATOON \*\*VACANT\*\*

TISDALE Kerri Will 306-873-0272

WAKAW Darleen Lange 306-233-4298

EMAIL-Saskatchewan Lupus SK [lupus@lupussk.com](mailto:lupus@lupussk.com)

EMAIL-Canada Lupus Canada [info@lupuscanada.org](mailto:info@lupuscanada.org)

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**UPCOMING 2025 BOARD/AGM MEETINGS**

**BOARD MEETINGS: November 29, 2025**

**ANNUAL GENERAL MEETING: November 29, 2025**

**MEETINGS ARE HELD VIA TEAMS. EVERYONE IS INVITED TO JOIN THE** **MEETINGS.**

**TO REQUEST THE LINK PLEASE EMAIL: lupus@lupussk.com**

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Welcome to a new season!

Whether you travelled or stayed around home, I hope your summer was restful and rejuvenating. I trust that smoke from the forest fires combined with hot weather did not affect your health and activities.

Lupus SK became busier as the summer progressed. Our team canvassed throughout the province for more than fifty prizes for the 2nd Annual Online Charity Auction in October.

The Annual Ticket Raffle has been running throughout the summer. On June 28th a sales table at Centre Co-op brought many ticket buyers. Lupus SK ended up holding two very successful barbeques with a ticket-sales table at each. These were held at the Stonebridge Co-op and the Centre Co-op in August.

The Lupus SK Ticket Raffle is winding down with the draw for the prizes to be made on Saturday, September 27th at 3:30pm at the Centre Co-op. We thank all ticket sellers and buyers for making this fundraiser a success again this year!

In September, a garage sale was held which proved to be both profitable and enjoyable.

Thank you volunteers, for helping at all events. These events have been providing the opportunity not only to raise funds, but also to have a presence in the community for raising awareness, sharing information about lupus, and networking with many individuals.

Our final and major event of 2025 is the 2nd Annual Online Charity Auction being held in October~ Lupus Month. We are looking forward to McDougall Auctioneers’ expert hosting from October 6th through to October 14th. Be sure to check it out online, there is something for everyone!

A friendly reminder about your annual membership renewal. Your membership helps maintain Lupus SK Society Inc. as a viable, non-profit charitable organization for furthering education, awareness and research into lupus. You can now renew your membership through e-transfer, so thank you for your renewal!

Enjoy Autumn!

With warm regards,

Ann van der Wal

President, Lupus SK Society Inc.

**PRESIDENTS MESSAGE**

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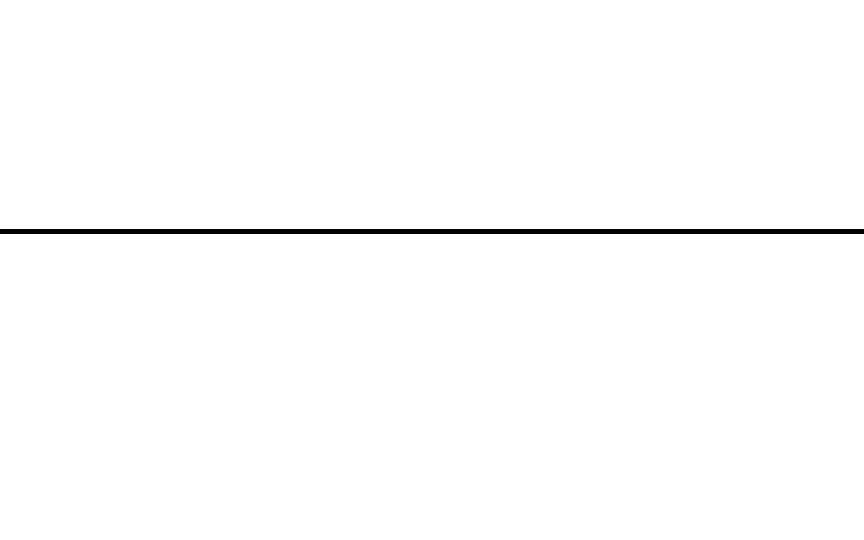
**PRECIOUS MEMORIES**

\*Vi Van Allen \*Ada Gott \*Laurie Johnson

**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.**





THANK YOU TO OUR SPONSORS!

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**PARENTING WITH LUPUS**

When you have lupus, taking care of yourself can be hard enough. If you're a parent — dealing with rheumatology appointments on top of dirty diapers and school bake sales — it may quickly become overwhelming for everyone.

"A parent's lupus will have an impact on their kids," says Robert Katz, MD, a rheumatologist and associate professor of medicine at Rush Medical College in Chicago. "It's a disease that affects the whole family."

There are techniques that will help make parenting with lupus easier, he says. Many parents with lupus — and their children — learn ways to thrive despite the illness. Here are some tips for parents with lupus, followed by advice on how to talk to your children about your condition.

**Tips for Parenting with Lupus**

* **Make your own health a priority.** As a parent with lupus, you may feel guilty about prioritizing your own wellness — shouldn't your kids always come first? But it's not selfish. If you wear yourself out taking care of everyone else, you could wind up sick with a lupus flare. "You can't be superwoman all the time," Katz says. Remember the advice you get on the plane: in emergencies, put the oxygen mask on yourself first, then your kids. So, get enough rest, reduce stress, and see your lupus doctor regularly. "If you focus on taking care of yourself first," Katz says, "you'll be better able to care for your kids."
* **Create new traditions with your children.** If you’re a parent with lupus, you might not be able to do all the things you used to do with the kids. Don't get discouraged. Instead, connect with your children through new family traditions. Make them low stress, so you can participate even when you're feeling crummy. Try to set aside a night each week for a family movie or board game.
* **Let your family know how you're feeling.** As a parent with lupus, one day you might feel terrible and the next day you might feel pretty good. It can be hard for your family to keep up. Try using a number to express how you feel, with 1 being poor and 10 great. Then write the number on a white board in the kitchen when you get up, says Dawn Isherwood, RN, house educator at the Lupus Foundation of America. Your family will know how you're doing at a glance and can adjust their expectations.
* **Stop feeling guilty.** Parents with lupus often feel like they "should" be doing more. Some blame themselves for their lupus symptoms, feeling that if only they tried harder they would be more active, "better" parents.  
  When you start to feel this, ask yourself: would you think this way if you broke your leg? Or had cancer? Lupus is just as real and often just as debilitating. Going through life feeling guilty and self-critical won't help you. What's more, it won't help your kids either.
* **Be willing to say no.**There will be times when you'll be too sick to do things that your kids want or expect. It will be hard to disappoint them, and they might be angry. Acknowledge their feelings and tell them why you had to say no. "If you can explain, even grumpy and cranky teens can be more understanding than you expect," says Katz.



**PARENTING WITH LUPUS: HOW TO GET SUPPORT**

If you're a parent with lupus, you're going to need help from a lot of different people. Here are some pointers on how to get it.

* **Have scheduled help**. Don't get extra help on a casual, as-needed basis. Build support into the week. Maybe it means getting a nanny. Maybe it means asking your sister to take the kids grocery shopping once a week. Maybe it means hiring a 12-year-old girl from the neighborhood to be a mother's helper after school. However, you do it, parents with lupus need to have regular, scheduled help, Katz says.  
  "You must have time to yourself that you can depend on," says Katz, "time when you can take a nap or take a walk and know that your kids will be OK."
* **Plan for emergencies.** Most people with lupus do quite well with treatment. Even so, parents with lupus should all have a disaster plan in case they ever get seriously sick or hospitalized, Katz says. Make sure close friends and family know what they would need to do. Not only will a plan help things run more smoothly if you have a health setback, it will reduce your anxiety now.
* **Don't let your kids get overburdened.** If you have lupus, your kids will probably have to help out more around the house than they would otherwise. That's to be expected. Just be careful not to put too much on your children's shoulders. "You don't want your kids to grow up feeling like a semi-parent," says Katz.
* **Consider seeing a therapist.** Being able to express your concerns to a therapist — about everyday hassles as well as serious health anxieties — will help you feel better and more in control. A therapist can teach parents with lupus practical techniques to manage the day. Family therapy can be a good idea too. It will allow your whole family to express themselves freely in a safe, controlled environment.
* **Strengthen your relationship with your partner.** If you're raising kids with a spouse, the two of you need to have a solid relationship. Inevitably, your lupus will put extra stress on your partner. It’s important that you not let your relationship deteriorate so that you're the "sick one" and your partner is the caretaker, Katz says. "Even if you're worn out, there are still ways you can support your spouse," he says. "Give him or her a chance to talk about their day or their stresses. Do little things to help your spouse feel better."

**Parenting with Lupus: How to Talk to Your Kids**  
You might feel uncomfortable talking to your kids about lupus. Lupus is unpredictable, and you may not be sure of your health in the long-term. It's tempting to avoid the subject. But that won't work for long. Even young kids will sense that something is wrong. If you don't talk about it, your kids might not ask — but they might worry in private.

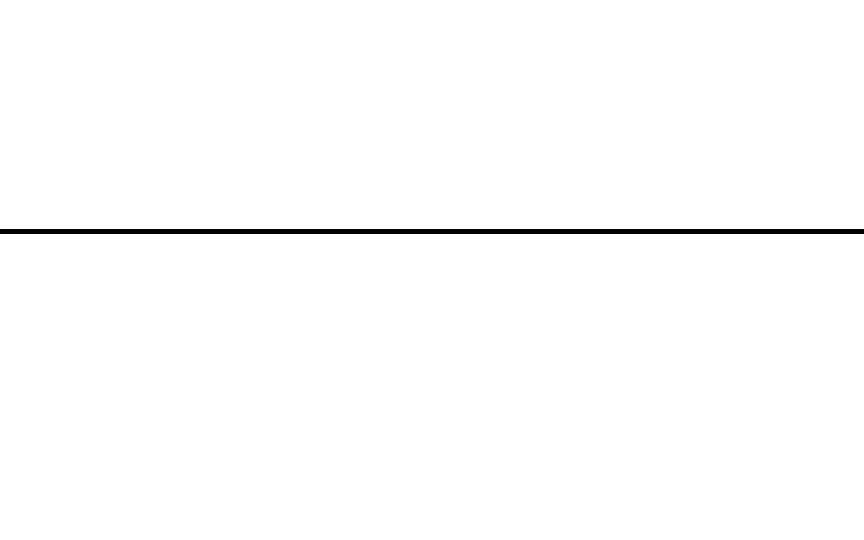
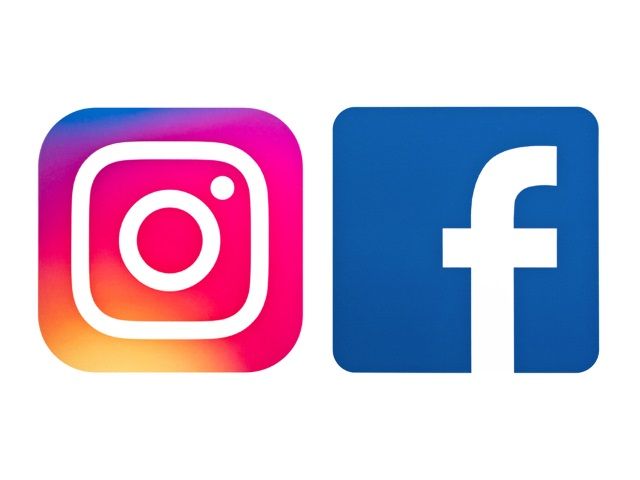
As a parent with lupus, the best you can do is reassure your kids, realistically, about your health. Here are some tips for the conversation.



* **Explain the basics.** The specifics depend on your kids' age and your health. Talk about how lupus affects you, says Lisa Fitzgerald, MD, a rheumatologist at the Lupus Center of Excellence at the Beth Israel Deaconess Medical Center in Boston. It might make you tired, achy, forgetful, and cranky. Stress that you’re getting good treatment and most people with lupus do well. Make clear that lupus is not like cancer — it doesn't get worse and worse. Instead, it's unpredictable — you'll have good days and bad days.
* **Let them ask questions.** Don't feel obligated to tell your kids everything about lupus, Katz says. Let your kids guide the conversation with their questions. If they ask about the scary stuff — like whether you might die — answer them in a reassuring way. But you're not obligated to talk about unlikely worst-case scenarios if they’re not asking, Katz says.
* **Ask them what they know about lupus.** You really can't predict what your child might have picked up about lupus, Katz says. Your son might wonder why you seem so rundown compared to apparently healthy celebrities who say they have lupus. Or he might be terrified because he assumes lupus is a death sentence — all because a friend told him his grandmother died from it 20 years ago. Find out what they know and correct any misconceptions.
* **Make it an ongoing conversation.** When your discussion is winding down, make clear that it's not over. Tell your kids that they should come and ask you questions as they think of them. It might take some time for them to process the information and figure out what they want to know.

*Source:*[*https://www.we*](https://bbox.blackbaudhosting.com/webforms/linkredirect?srcid=41751805&srctid=1&erid=-1558858427&trid=6ddd952b-1106-4e34-bed1-c162f90ffdbe&linkid=270631152&isbbox=1&pid=0)[*bmd.com/lupus/features/parenting-with-lupus*](https://bbox.blackbaudhosting.com/webforms/linkredirect?srcid=41751805&srctid=1&erid=-1558858427&trid=6ddd952b-1106-4e34-bed1-c162f90ffdbe&linkid=270631198&isbbox=1&pid=0)

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Remember to **Stay in the Loop**

with all news announcements,

photos on Lupus SK website,

posts on Facebook and Instagram!

A bowl of food on a table

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ROASTED VEGETABLE QUINOA SALAD

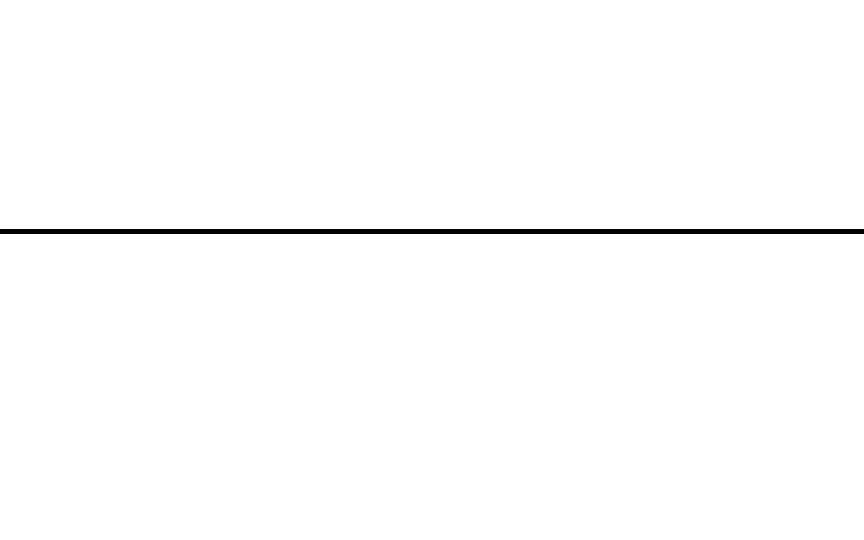
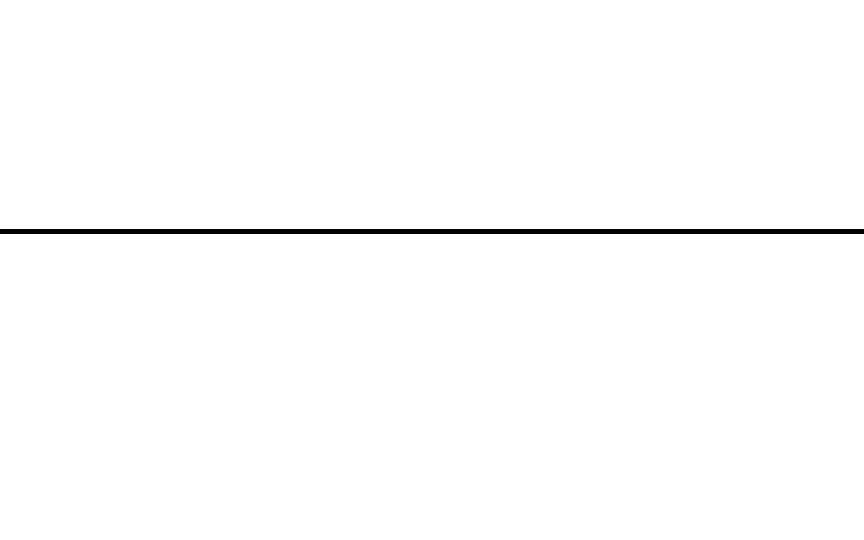
Ingredients: Serves 4-6

* 1½ cups cooked quinoa (¾ cup uncooked)
* 1 14 oz. can chickpeas, drained
* 1 zucchini, diced
* 1 red bell pepper, diced
* ½ a red onion, diced
* 1 tablespoon olive oil
* ½ teaspoon sea salt
* 2 teaspoons Greek Seasoning (or sub 1 tsp. dried basil, ½ tsp. dried oregano and ½ tsp. dried parsley)
* ½ teaspoon onion powder
* ½ teaspoon garlic powder
* 2 tablespoons chopped fresh parsley (optional)
* Additional tablespoon of olive oil (optional)
* 2 teaspoons of fresh lemon juice, about ¼ of a lemon (optional)

1. Cook quinoa according to package directions. I like to salt the water for a more flavourful outcome.
2. While quinoa is cooking, preheat oven to 400 degrees and line a large baking sheet with parchment paper.
3. Drain and rinse chickpeas and add them to a large mixing bowl. Chop all vegetables and add them to the bowl as well.
4. Add 1 tablespoon olive oil, salt, Greek Seasoning (or basil, oregano, and parsley) onion powder, and garlic powder to the bowl with the veggies and toss until evenly coated. Pour onto the lined baking sheet and bake for 20 minutes.
5. Once the veggies and quinoa are done, combine them in a serving dish, add fresh parsley, lemon juice and additional olive oil if desired. Season to taste with salt and pepper and serve warm.

This is a great salad for meal prep as it tastes great warm or cold and leftovers will last 3-4 days in the fridge. You can serve this on its own for a light lunch or you can add a protein of choice and serve this as a side dish. Feel free to mix up the vegetables based on what you have or prefer. Some other good choices are chopped broccoli, asparagus, mushrooms or hardy greens like kale or swiss chard.

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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!

**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: tammyls.5@outlook.com

**NEXT ISSUE DEADLINE ~ DECEMBER 1, 2025**

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

A logo for a casino

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**Get your tickets while you can!!**

**Purchases can now be made by phone, text or e-transfer.**

**Tickets will be sold on site at**

**Saskatoon Center Co-Op until draw time!**

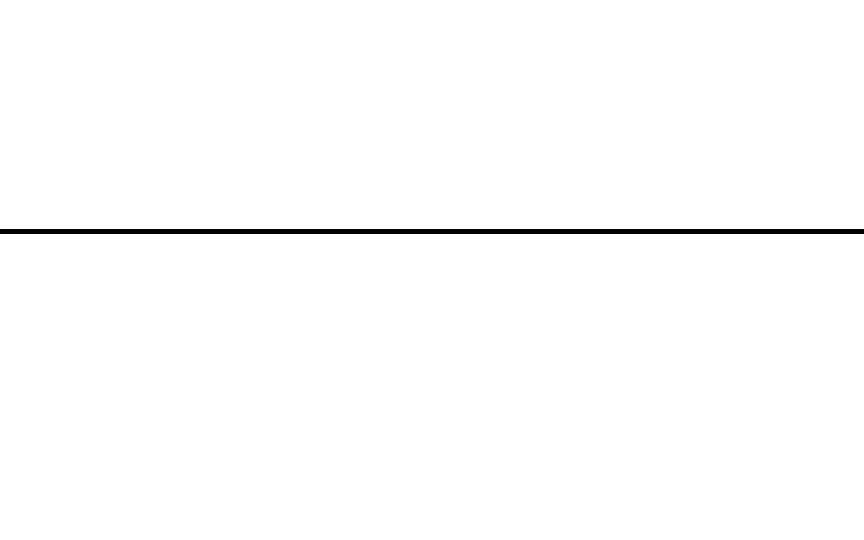
**Contact Irene Driedger at:**

**306-227-9562 or idriedger@sasktel.net**

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**SELF-COMPASSION PART II: RECOGNIZING YOUR LIMITS**

Most people would agree that having a compassionate stance towards oneself is desirable. But how do you cultivate self-compassion?

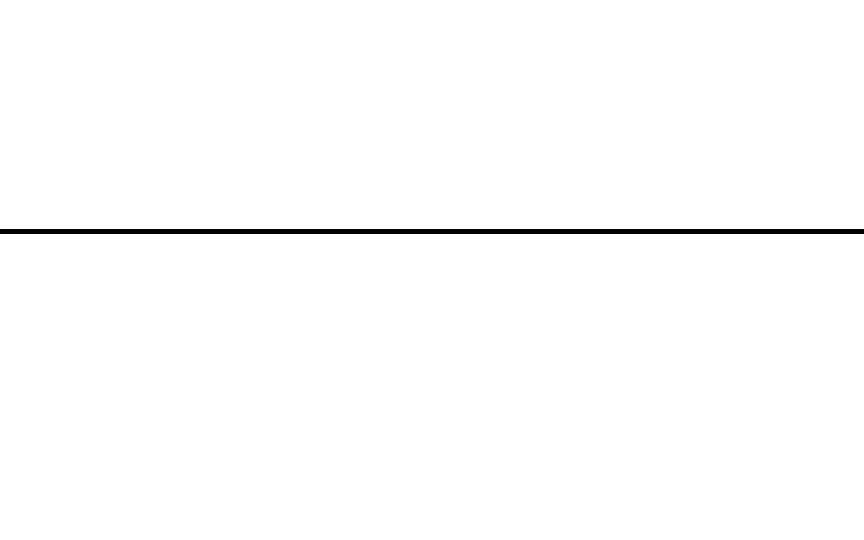
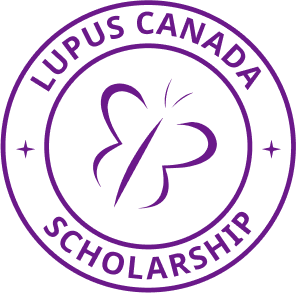
Let’s quickly define the term. In this article, “compassion” means tender-hearted recognition of pain or distress, coupled with a desire to alleviate it. Each component of this definition—recognition, tender-heartedness, and a desire to alleviate distress—offers opportunities for cultivating compassion. This article will look at how the skill of “recognition” can help you grow self-compassion.

The ability to recognize your pain or distress requires that you embrace your limits. Each of us has inherent human limits, as well as personal limits that are rooted in our personalities, life experiences, knowledge, skill levels, and more.

For example, one obvious human limit is that everyone needs sleep on a regular and consistent basis. A less obvious human limit is that everyone needs some amount of play. Other examples may include the amount of money you need in your savings account in order to feel prepared for a “rainy day,” your tolerance for grumpy individuals, the patience you have for slow drivers, and more.

Some people have a difficult time accepting these human and personal limits. This desire to have no limits stems from a variety of sources. One common reason is that people confuse limits, which are neutral facts, with weaknesses. To put it another way, some people (falsely) believe that if they have limits, they are somehow flawed, weak, insufficient, or not capable of great things—therefore, they deny the reality of their limits. Denying your limits does not enhance your worth or value but does block you from having genuine self-compassion.

A purple ribbon in a person's hands

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**LUPUS 100**

Answers to the most important questions about lupus, verified by world renowned lupus doctors.

Find the questions and answers at: <https://lupus100.org/en/100-questions>

*Sourced from: lupuscanada/july2023*

By recognizing that you have limits, you can notice when you have been pushed beyond them and then deem your ensuing emotions as legitimate. For example, if you know one of your limits is that you need a break every three or four hours of work, and you have to work a full day without breaks, you will know it is legitimate to feel exhausted.

Understanding this emotional distress as legitimate sets you up for the next component of compassion, which is tender-heartedness. In order for you to have compassion towards your distress, you must recognize your distress as legitimate: worth noticing, worth caring about, worth turning towards, and worth alleviating. It is by acknowledging, accepting, and allowing your limits to exist that you bestow legitimacy onto your distress.

Another piece of “recognition” is granting yourself permission to accept your limits as they are in the here and now. Your limits are not what you desire them to be or think they should be. Some limits, such as how much sleep you need, cannot be changed. Other limits, like patience for slow drivers, can be changed—but regardless of the flexibility of the limit in question, if you’ve exceeded your limit, you are beyond it.

While it is entirely appropriate, and a sign of maturity, to work on expanding limits, you can’t do that by denying that you have exceeded a limit. Instead, practice noticing when you have passed a limit and acknowledging it, instead of judging yourself harshly for having it in the first place. Rather than berating yourself for being exhausted at the end of a workday that had no breaks, recognize that you are bone-tired not because you are incompetent, but because you eclipsed your work-break limit.

Self-compassion is grounded in the ability to recognize that you are in pain or distress and that this pain or distress deserves and requires attention. Recognizing your limits as they are in this moment in time, personally and as a human being, allows you to acknowledge the legitimacy of your pain and the ensuing need to attend to your distress. You are entirely capable of growing into a person with more self-compassion, and I encourage you in this work. If you desire or need the guidance of a trained professional, do not hesitate to reach out.

*Source:*[*https://www.goodtherapy.org/blog/growing-self-compassion-recognizing-limits/*](https://bbox.blackbaudhosting.com/webforms/linkredirect?srcid=41707610&srctid=1&erid=-1853709975&trid=1bb61ce4-1229-456a-9905-7121ba3c4fc6&linkid=262549222&isbbox=1&pid=0)

LUPUS CANADA WILLIAM BIRCHALL FOUNDATION SCHOLARSHIP

**Supporting the Academic Journey of Students Living with Lupus**

**The Lupus Canada William Birchall Foundation Scholarship Program** is dedicated to supporting students living with lupus as they pursue post-secondary education in Canada.

For the 2025 academic year, **ten one-time scholarships of $2,500 CAD have been awarded**. These scholarships are designed to reduce financial barriers and recognize the strength, resilience, and academic goals of young people living with lupus.

~**Angelina Kalamenchuk ~Jahmeila Moore**

**~Edwina Winston ~Kaylyn Sands**

**~Joëlle Dussault ~Alex Krnel**

**~Léanne Langlois ~Zerrin Hospedales-Alexander**

**~Victoria Fraser**

**~Diana Rodriguez Blanco**

Sourced from: [Lupus Scholarship for Canadian Students | Lupus Canada 2025 | Lupus Canada](https://www.lupuscanada.org/lupus-scholarship-canada/)