



June 2018
 Volume 6 - June 2018
 Lupus Ontario



Lupus Ontario's ONLINE Newsletter "Lupus Link" Volume 6 - JUNE 2018

Lupus Ontario, 10-25 Valleywood Drive, Markham, ON L3R 5L9 | 905-415-1099

[Visit Our Website](#)

"UV exposure: What you need to know"

Information provided by lupus.org

STEPHANIE WATSON

We talk a lot about the damaging effects of the sun's ultraviolet (UV) rays. And we know to protect ourselves outside with wide-brimmed hats, garments made from sun-protective fabric, and, of course, sunscreen. But for some people with lupus, whether they're walking through a supermarket or sitting in an office, the UV exposure from artificial light can be just as damaging and painful as too much time outside in the sun.

That's why Hanan Hameen-Smith covers her skin in sunscreen and cloaks herself from head to foot in clothing when she leaves her house. "When I go to the gym for physical therapy, I have to wear sunglasses and a hat," says the 33-year-old dance teacher, who lives in New Haven, CT. This elaborate costume often makes onlookers stare, she says. At home, she keeps the blinds closed and the lights dimmed. Turning off the lights and closing the blinds aren't options when she teaches, so Hameen-Smith wears a hat then, too.

[Read More...](#)

5 need-to-know facts about sun safety

1. UV rays are not all the same.

When we talk about sun exposure, what we really mean is exposure to ultraviolet (UV) radiation. UV-A and UV-B are the types that most often penetrate the ozone layer to reach Earth. UV-A can trigger cutaneous lupus, and can cause flares of existing systemic lupus, says Andrew Franks Jr., MD. "UV-B is shorter-it's the 'burning' ray that can damage DNA and cells. UV-A is longer and can penetrate more deeply into the middle layer of the skin," says David Fiorentino, MD, PhD. UV rays are stronger:

- when ozone is low,
- when they are reflected off of sand, snow or water,
- at high altitude.

[Read more...](#)

Information Provided by: Lupus.org

Support Group in the Comfort of your own Home



Let's Meet!

Never having to leave the comfort of your safe place, no need to travel and not having to worry about the ever changing weather; join us for our live online audio/visual lupus support group

Online Lupus Support Group Meetings

Our online, audio/visual support group meetings are 40 minutes to 50 minutes in length. We use Zoom Meetings which you need to download and install from <https://zoom.us/pricing> and select the Basic Personal Meetings free.

After you have installed the software, email us to be added to the summer 2018 Zoom meeting invitations. Email: lupus.ontario.online@gmail.com.

The Following are the Upcoming Lupus Online Zoom Meetings:

Tuesday July 12 at 7:00 pm
Tuesday August 14 at 7:00 pm

You must register 3 days in advance by email to receive the online software generated link. Please download and install the free Zoom meetings prior to the meeting time.

Please click [here](#) for your Downloadable Online Support Group Flyer

Should you have any questions, please call Lupus Ontario at 905-415-1099 or toll free 1-877-240-1099.

THANK YOU



A GREAT BIG THANK YOU TO BILLY GREEN SCHOOL

Mrs. Roseann Cunningham, a Supply PA from Billy Green School put together a Lupus Awareness Bracelet Campaign with the help from Mrs. Megan Beagley, Gr. 7/8 Teacher. They recruited the grade 7 and 8 students to create beautiful posters to help spread the awareness and campaign to help sell the Lupus Bracelets. With all of their combined talents, they raised \$215.00 at the Billy Green School.

Thank you so much to Mrs. Roseann Cunningham, Mrs. Megan Beagley and to the 11 talented students who put their creativity to work to make this campaign a great success.

Mrs. Cunningham will be planning more awareness campaigns in the new school year. Lupus Ontario cannot wait to hear about her future plans.

Upcoming Events



Walk for Lupus Ontario

Please visit www.walkforlupusontario.org to find a walk near you.

Take advantage of our Free Registration weekend. Help Celebrate Canada Day by Registering this weekend. Starting June 29 to July 2 you can register free by using Promo Code "OhCanada". If you cannot attend a walk, please register with Lupus Ontario's Virtual Walk.

If you would like to organize your own walk, please call Lupus Ontario at 1-877-240-1099



VOLUNTEERS MATTER



Volunteers are the foundation of Lupus Ontario. Without the compassion, the will to want to volunteer precious personal hours and the need to make sure it gets done from the volunteers, we are no where.

Jan Ropp has been a major stepping stone on organizing the Walk for Lupus Ontario in Woodstock. 11 years ago, Jan called Lupus Ontario and said she wanted to do something to help spread lupus awareness, Juanita Butler immediately signed her up as a Walk Coordinator for Walk for Lupus Ontario. Jan Ropp started with a small walk in 2007 raising about \$1200. Now, 11 years later, she has grown the walk tremendously over the years and this year's walk

raised close to \$12,000. She has not only increased the funds raised, but the attendance. Joyce Watson joined her team as a Co-Coordinator for the walk and together they have put Lupus on the map in Woodstock. Montana's Bar and Grill and Canadian Imperial Bank of Commerce have dedicated time to donate funds to their walk for the last 4 years.

Thank you Jan Ropp and Joyce Watson for all your hard work and commitment. Without you, Lupus Ontario would not be where we are today.

Correction from May's Newsletter - Sharon Lyon has been volunteering with Lupus Ontario for 6 years.

Easy Recipes

Cook to enjoy! Take time out of your busy day to have fun with cooking. It can help relieve stress, helps in decreasing worry and stress and can make for a happy time with the family. Click on the recipes below for a taste of greatness.

SHRIMP JAMBALAYA

and

CARROT AND PINEAPPLE MUFFINS

Recipes provided by: Gloria Checkley, Secretary, Lupus Ontario's Board of Directors.

What's Happening with You!

"My Journey with Lupus" by Kiara Maritza Sancler

My name is Kiara Maritza Sancler and I am a Lupus Warrior. I am one of many individuals who live with this autoimmune disease. I was diagnosed with Systemic Lupus Erythematosus (SLE) on May 4, 2017. I am currently 28 years of age, female, of Guyanese and Venezuelan background.

On November 5, 2016 I got engaged on a family trip to Los Angeles. It was the happiest I had ever been in my life. That true moment of bliss did not last very long. The second week of January 2017, I was in the Bahamas for a four-day trip with my fiancé. That was when I noticed my sensitivity to the sun more than ever before. I had developed the butterfly rash on my face. At the time I did not know what the rash meant, so I ignored it, thinking it was just a sunburn.

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Mission Statement

Lupus Ontario is a team of caring and enthusiastic volunteers and staff who are passionately committed to helping those with lupus live longer and better by raising funds that deliver vital

support, education, awareness and research.

Goal: Life Without Lupus!

STAY CONNECTED:



Lupus Ontario, 25 Valleywood Drive, Unit 10, Markham, Ontario L3R 5L9 Canada

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