

**This edition of the newsletter will be dedicated to lupus awareness month.**



### HISTORY OF LUPUS AWARENESS MONTH

Originally, from 1977, Lupus Awareness Month was observed as National Lupus Awareness Week in September, and then was moved to October.

President Jimmy Carter signed Public Law 95-72, which established the week-long observance for lupus awareness. Lupus Canada created World Lupus Day on May 10 to spread awareness about the little-known disease.

It was only in 2009, owing to the efforts of the **Lupus Foundation of America**, that it was shifted to May as Lupus Awareness Month, and it has officially been observed throughout this month since then.

### IN THE COMMUNITY

Saturday, May 13<sup>th</sup>

**Volunteer Committee Meeting**  
Hammock Bay Club House  
Bag Stuffing  
Freeport  
1pm

Friday, May 19<sup>th</sup>

**Volunteer Committee Meeting**  
Pre-Event Walkthrough of the grounds  
Freeport  
1pm

Friday May 26<sup>th</sup>

**Bingo Night for Lupus**  
Blount House 541 Kylea Laird Drive  
Freeport  
6pm – 8pm

**Join us as we celebrate health in our community!**

Saturday, May 20<sup>th</sup>

**Bay Area Health & Wellness Expo**  
Hammock Bay Town Center  
Freeport  
10am-3pm



Free Fun for the entire family  
Exhibitor  
Live Entertainment  
Prizes & Give-a-ways

Friday, June 30<sup>th</sup>

**Bingo Night for Lupus**  
Blount House 541 Kylea Laird Drive  
Freeport  
6pm – 8pm

Friday, July 28<sup>th</sup>

**Bingo Night for Lupus**  
Blount House 541 Kylea Laird Drive  
Freeport  
6pm – 8pm

The color purple has become associated with lupus awareness.

### Why Purple?

Purple is a combination of the passion of the color red and calmness of the color blue. Purple is thought to pacify the mind and nerves, uplift the spirit, and provide courage to fight.



Lupus was first defined as an autoimmune disease in 1851. By definition is relating to disease caused by antibodies or lymphocytes produced against substances naturally present in the body.

The immune system usually guards against bacteria and viruses. When it senses these foreign invaders, it sends out an army of fighter cells to attack them.

Usually, the immune system can tell the difference between foreign cells and your own cells.

In an autoimmune disease, the immune system mistakes part of your body, like your joints or skin, as foreign. It releases proteins called autoantibodies that attack healthy cells.

Lupus awareness month is observed every May and it's a time for the lupus community to join together across the country to raise awareness of the physical, emotional and economic impact of lupus, while raising funds to support lupus research, care and support services, and educational resources and programs.

Lupus Awareness Month as become increasingly important for lupus advocates over the years.

The movement to create awareness about this autoimmune disease see several events taking place every year in may across the country. These are aimed at raising funds for research initiatives and financially support affected families.

