
Newsletter

October 2017



Myeloma Alberta
Support Society

October 7 Support Meeting

Open Forum – Personal Journeys

Those who wish to, can share their personal journey with multiple myeloma, and help others to understand the challenges and victories.

You, Me and Myeloma Education Conference

Southern Alberta Myeloma Patient Society (SAMPS) will be holding an education conference on Saturday and Sunday, October 21 and 22 at the Delta Calgary South. Those wishing to attend should register by contacting Deet Adam by phone at (403)281-2096 or email at dsadam@shaw.ca.

Cost is \$35 per person. There will be presentations by several doctors and other health specialists from the Tom Baker Cancer Centre, presenting information on a number of topics including new research, new drugs, new treatments, as well as alternate medicines.

Wellness Fair–

Saturday November 4

A Wellness Fair will take the place of the November support meeting. It will be held at Servus Corporate Centre, 151 Karl Clark Rd, in Edmonton from 10 am to 3 pm, and will include a light lunch.

Presentations will cover the topics of Travel Insurance, Stress Management, Binding Site Blood Tests and there will also be an inspirational speaker. There

is no cost to attend, but you should preregister. An email with more information will be sent to members, who can register by replying to the email. Or you can register by emailing newsevents@multiplemyeloma.ca

There will also be an opportunity to register at the October support meeting. See Bob Thiessen for details.

Keep an eye out for –

A member survey will be sent out by email soon. Please take the time to respond. The feedback is important to future planning for MASS.

Did You Know?

Did you know that every year Myeloma Canada holds Infossessions in cities across Canada? These sessions feature medical professionals presenting valuable information about multiple myeloma including treatments, side effects, interpretation of tests and many other topics of importance to myeloma patients and their loved ones. Myeloma Canada offers live webcasts for those who cannot attend the Infossessions in person. The recorded sessions are available on their Youtube Channel at

www.youtube.com/user/myelomacanada

(Click on Videos)

Some of the webcasts include Managing Side Effects, Drug Approval Process in Canada, Oral and Dental Concerns and Common Myeloma Medications.

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Facebook www.facebook.com/MyelomaAlbertaSupportSociety



May you have a wonderful time this Thanksgiving, and have the opportunity to spend time with friends and family. Enjoy!

“Give thanks for a little and you will find a lot.” Hansa Proverb

MARK YOUR CALENDARS
IMPORTANT DATES

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| Oct 7 | Support Meeting* Open Forum – Personal Journeys |
| Oct 21 & 22 | SAMPS Education Conference, Calgary, Alberta Details - TBD |
| Nov 4 | Wellness Fair, Edmonton – Servus Corporate Centre |
| Dec 2 | Christmas Potluck and Candle Light Ceremony* |

* Meetings held at Holy Spirit Lutheran Church, 11223-51 Avenue, 10:00 am – 12:00 noon.

VOLUNTEERS NEEDED

MASS is 100% run by volunteers. The support meetings, the social events, education conferences, advocacy efforts, and fund-raising activities are all organized by volunteers. Please consider volunteering; time commitment is flexible. Current positions include:

- Board positions
- Support Meeting Facilitators
- 2018 Multiple Miles Race Committee
- 2018 Education Conference Committee

Please speak to a board member or contact MASS at info@multiplemyeloma.ca

