
Newsletter

May 2016



Myeloma Alberta
Support Society

May 7th Meeting

Speaker from Relay for Life and Open Forum

Membership fees are due for those who joined in 2012 & 2013. Fees are \$3.00 for 3 years each for patient and caregiver and can be paid at the May 7th meeting. If you are not sure if your fees are due, check with Linda when signing at the meeting.

MULTIPLE MILES FOR MYELOMA July 16, 2016

Sign up and start your fundraising today! Online registration is open for both teams and individuals
www.Runnungroon.com



A Help Guide for the registration sheet is available on the MASS website www.multiplemyeloma.ca or by emailing barry_olson@hotmail.com The new Running Room software provides an easy to use Fundraiser Form that will help others to fund you and make it easy for you to see how your fund raising is going.

100% of these donations go directly to the University of Alberta/Cross Cancer for Myeloma Research and are tax receipted by the U of A (tax receipts issued for donations of \$20 or more).

FACING MYELOMA TOGETHER EDUCATION CONFERENCE October 29 & 30 2016

Save the date! The conference will be held in Edmonton and will feature presentations from our doctors at the CCI and other speakers with topics including nutrition, understanding blood work reports, caregiver support, laughter therapy, and the latest research in myeloma treatment. More details coming soon.

THE CHANGING LANDSCAPE OF CANCER EVENT May 24, 2016

Wellspring Edmonton and the Allard Lecture Series are pleased to present Dr. Siddhartha Mukherjee, Pulitzer Prize-winning author of *The Emperor of All Maladies* and the newly released book *The Gene*, who will be delivering a lecture on the latest research and ideas surrounding humanity's fight against cancer.

The event will be held at the Citadel Theatre, 4:30 - 7:00 pm and tickets are \$20 for adults. For more information go to www.wellspringedmonton.ca/events/allard/



After the winter months the temperatures have risen, the sun is shining and we want to get out and enjoy the outdoors. Here are some simple tips to protect you from the harmful effects of the sun.

1. **Check the UV Index Daily** – If the UV index is 3 or above extra precaution is needed to protect your skin. Be aware between the hours of 11 am and 3 pm the sun’s rays are the strongest even when it is cloudy.
2. **Seek Shade** – If you are sitting at a park bench or on a patio find a spot in the shade. An umbrella is a good idea if you are walking about.
3. **Cover Up** – Wear light clothing that covers most of your skin. A wide brimmed hat will help to cover your face, ears and neck which receive the most sun exposure.
4. **Wear Sunglasses** – Don’t forget, your eyes need protection from the sun too.
5. **Use Sunscreen** – Use sunscreen that is labelled broad spectrum and has SPF of 30 or higher. Water resistant is also a good idea.

Source: www.cancer.ca

**MARK YOUR CALENDARS
IMPORTANT DATES**

May 7	Support Meeting* Speaker from “Relay for Life” and Open Forum
June 4	Support Meeting* Walk/Run Information and Speakers
July 2	Support Meeting Summer Fun TBD
July 16	Multiple Miles for Myeloma – Hermitage Park Site #1
Aug 6	Support Meeting Summer Fun TBD
Sept 3	Support Meeting* TBD
Oct 1	Support Meeting* TBD
Oct 29&30	Facing Myeloma Together - Education Conference
Dec 3	Support Meeting* Christmas Potluck

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

VOLUNTEER OPPORTUNITIES

- Board Positions are open
- Walk/Run support
- Education Conference support

Whether you have a little time or a lot of time, we appreciate any help you can offer. Volunteer opportunities are flexible and we can work with the time you have available. Opportunities are open to all, if you are unable to volunteer, perhaps, your children or grandchildren may be interested.