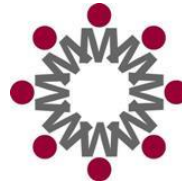

Newsletter

July 2016



Myeloma Alberta
Support Society

July 2nd Meeting

The July meeting is a Potluck Picnic and will be held at Emily Murphy Park in Edmonton at Picnic Site #1 (see attached maps) at 10 am. Hot dogs and beverages will be provided by MASS; bring your favourite picnic treat to share with the group. The site is sheltered and a great location rain or shine. There is space for everyone so if you missed the RSVP you are still welcome to join us.

MASS IN THE NEWS June 30, 2016



Set your video recorders! MASS President, Bob Thiessen, and Past President, Lorelei Dalrymple, will be on the Global Edmonton Morning News on June 30th at about 6:40 am. They will be talking about MASS and Multiple Miles for Myeloma. Check out <http://globalnews.ca/edmonton/>

PIZZA PARTY August 6, 2016

MASS is planning a pizza party on August 6, 2016, 3 – 6 pm in Edmonton. Mark your calendars and check the website and watch your email for venue details, coming soon.

MULTIPLE MILES FOR MYELOMA July 16, 2016



Only a few weeks to go, we need your support to raise funds for Multiple Myeloma research. 100% of these donations go directly to the University of Alberta/Cross Cancer Institute for Myeloma Research. Tax receipts are issued by the U of A for donations of \$20 or more.

In honour of Multiple Miles for Myeloma, the High Level Bridge will be lit in MASS colours on July 15th.

Servus Credit Union is supporting Multiple Miles for Myeloma with their annual "Be Seen in Jeans Day" on July 15th. A \$5 donation and employees can wear jeans to work. All proceeds are donated directly to the Cross Cancer Institute and Tom Baker Cancer Clinic.

Thanks to the Alberta Treasury Branch for donating \$500 to Multiple Miles for Myeloma.

Show your support for local Multiple Myeloma research by either participating in the annual walk/run or sponsoring a participant - go to www.Runningroom.com. All forms of support are appreciated.

VOLUNTEERS NEEDED



Share your talents and skills by volunteering for MASS. Time commitments are flexible depending on your availability. Positions are open on the board and for

various committees and events. If you or anyone in your family or a friend is interested in volunteer opportunities, speak to a board member or contact MASS at info@multiplemyeloma.ca

**MARK YOUR CALENDARS
IMPORTANT DATES**

| | |
|-----------|--|
| July 2 | Potluck Picnic - Emily Murphy Park, Site #1 |
| July 16 | Multiple Miles for Myeloma - Hermitage Park, Site #1 |
| Aug 6 | Summer Fun - Pizza Party details available soon |
| Sept 3 | Support Meeting* Murray Paszko - Estate Planning |
| Oct 1 | Support Meeting* Open Forum |
| 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.

WATER FOR LIFE

During the summer heat it is more important than ever to drink plenty of water. Water is released from the body through perspiration and needs to be replaced. On average a person should drink a minimum of 2-3 litres of water each day. The benefits of drinking water are numerous; here are a few reasons to make sure that you drink enough water each day.

- Flushes toxins and waste from vital organs.
- Carries nutrients to your cells.
- Increases muscle efficiency by transporting oxygen to your muscles.
- Improves memory and cognitive function by improving blood and oxygen flow to the brain.
- Balances your mood by regulating brain function.
- Acts as an air conditioner for your body in the heat.
- Improves lymph fluid within the immune system which helps fight illness.
- Provides the ability for your body to digest food.
- Your joints, spinal cord, eyes, and brain are surrounded and protected by water. Remaining hydrated is vital to their well being.
- Boosts your energy levels.



Source: mayoclinic.org & activebeat.com