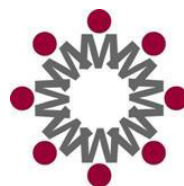

Newsletter

June 2016



Myeloma Alberta
Support Society

June 4th Meeting

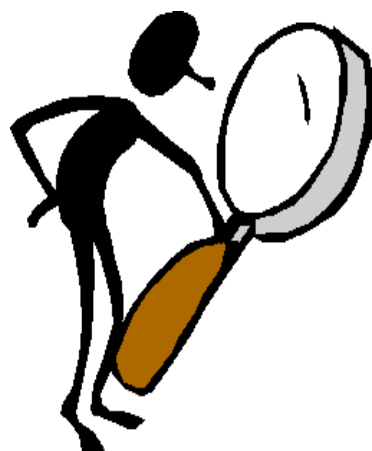
Dr Pilarski and Dr Chu, Multiple Myeloma Researchers from the Cross Cancer Institute, present on how funding impacts their research program.

Lorelei and Bob attended the Myeloma Canada Conference and will present the highlights from the conference.

MULTIPLE MILES FOR MYELOMA **July 16, 2016**

You can support Multiple Myeloma research in Edmonton by participating in the annual walk/run. You do not need to be an athlete, just come out and enjoy a morning in beautiful Hermitage Park. Or sponsor one of the registered participants. Go to www.Runningroom.com to either register for the event or sponsor a participant.

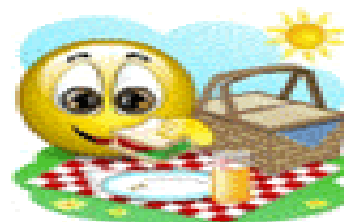
100% of these donations go directly to the University of Alberta/Cross



Cancer for Myeloma Research and are tax receipted by the U of A (tax receipts issued for donations of \$20 or more).

POTLUCK PICNIC **JULY 2, 2016**

Join us for a potluck picnic at Emily Murphy Park between 9 am and 1 pm. Picnic Site #1 (see attached map) has been reserved and there is sheltered picnic tables so you can enjoy the picnic rain or shine. Parking and bathrooms are also close by for easy access. Bring your favourite picnic treat and enjoy this outdoor event with your MASS friends. Please RSVP to Jane at janehett@telus.net



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.

PO Box 76135 Southgate, Edmonton, Ab, T6H 5Y7

www.multiplemyeloma.ca
info@multiplemyeloma.ca

AIR QUALITY

With all the forest fires in the province there has been a lot of talk about air quality issues. Air quality can impact your health from acute conditions such as coughing and a sore throat to chronic conditions including asthma, heart disease, and pneumonia. So it is important to take care of yourself during poor air quality events.

Before heading out, check the air quality health index. Air monitoring stations are set up throughout the province and collect data on current conditions. This data is validated and converted into the air quality health index and risk levels.



Depending on your personal state of health you may need to consider rescheduling or reducing outdoor activities when the risk level exceeds ideal conditions (level 3). When the risk level exceeds 7 caution should be taken regardless of your health conditions.



The daily air quality health index

is usually available with local weather forecast or you can check <http://aep.alberta.ca/air/air-quality-health-index/default.aspx> for the conditions in your area. Alberta Health Service posts air quality advisories which are available at <http://www.albertahealthservices.ca/news/air.aspx>

Source: Alberta Environment and Parks

**MARK YOUR CALENDARS
IMPORTANT DATES**

| | |
|-----------|---|
| June 4 | Support Meeting* Dr Pilarski and Dr Chu – Research Funding & Lorelei and Bob – Highlights of the Myeloma Canada Conference |
| 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* 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.