
Newsletter

December 2016



Myeloma Alberta
Support Society

December 3rd Support Meeting

Celebrate MASS's accomplishments of 2016 at the Christmas Potluck; bring your favourite Christmas dish and share stories of Christmas traditions. The annual Celebration of Life Ceremony will also be held to remember our members who have passed away this year.

CONGRATULATIONS MASS SUPPORTERS



Through your commitment to MASS and participation in fundraising events including, Fork It Over and the Annual Walk/Run a donation was made to U of A researchers for over \$136,000. 100% of money raised by MASS is donated directly to the U of A for multiple myeloma research. Whether you donate money or volunteer your time, your efforts are making a contribution to multiple myeloma research.



MASS Casino is April 7 & 8, 2017 at the Grand Villa Casino, Edmonton (the new casino in the new Rogers Arena complex).



Volunteers are required to fill the positions of General Manger, Banker, Cashier, Chip Runners, Count Room Supervisor, and Count Room personal. No experience is necessary – training will be provided. This is a great way to meet and work with other MASS members. A two-day casino takes about 40 people/shifts. Volunteer shifts will vary in length depending on job and volunteer availability (typical 3 - 8 hours) beginning at 9:00PM and concluding about 3:30AM over both days. To volunteer please contact our newest Board Member, Sybilla Heinemann, at Sybilla@shaw.ca or by phone 780-739-0715

MASS currently is assigned one casino every two years, casino funds are vital source of funding our organizational goals and approved membership activities.

COOKBOOK FUND RAISER

MASS is selling cookbooks to raise funds for multiple myeloma research. Two cookbooks are available; *Christmas* and *Inspire Health*; they sell for \$20 each or 2 for \$30. Cookbooks are great Christmas gifts and 100% of the proceeds go to the U of A researchers. Cookbooks will be available at the December meeting.

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

Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

Facebook: <https://www.facebook.com/MyelomaAlbertaSupportSociety/>

EDUCATION CONFERENCE



Thank you to everyone who participated in the MASS Education Conference. Over 180 people enjoyed an informative weekend learning from doctors, healthcare professionals, motivational speakers and each other. Copies of most of the presentations are posted on the MASS website.

We look forward to seeing you at the next MASS conference in 2018. Watch for details for the SAMPS conference in Calgary in 2017

<http://www.southernalbertamyeloma.org/index.html>



Wishing you all the joys of the holiday season; the warmth of home, the love of family, and the good company of friends. May you find good health and happiness in the New Year. Have happy and safe holiday season.

MYELOMA AWARENESS DAY

Alberta Myeloma Awareness day was held on November 8th. The day involved members from MASS, SAMPS, and Myeloma Canada meeting with elected officials, healthcare professionals, and researchers to discuss multiple myeloma and the support groups in Alberta and

ask for support with research funding and drug approvals.



MARK YOUR CALENDARS IMPORTANT DATES

Dec 3	Support Meeting* Christmas Potluck
Jan 7	Support Meeting* Household Products and Your Health – Bettina Mueller, Environmental Engineer
Feb 4	MASS Annual General Meeting*
Mar 4	Support Meeting* Radiation Oncology – Dr. Nijjar
Apr 1	Support Meeting* Open Forum – Topic TBD

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

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