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# Newsletter

## January 2017

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**Myeloma Alberta**  
Support Society

### January 7th Support Meeting

Learn about how household products can affect your health. Bettina Mueller, an environmental engineer, who has expertise in air quality and biomedical science will share information on the impacts of household products on your health and how to improve the air quality in your home by changing common household products.

### 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 January meeting.

### BOARD POSITIONS AVAILABLE

There are several positions on the MASS board that are open and we are looking for help with the monthly support meetings. Time commitments are flexible. If you are interested or know anyone who is interested, please speak with a board member or email MASS at [info@multiplemyeloma.ca](mailto:info@multiplemyeloma.ca).

### MASS CASINO

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 9:00AM and concluding about 3:30AM over both days. To volunteer please contact our newest Board Member, Sybilla Heinemann, at [Sybilla@shaw.ca](mailto: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.

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Website: [www.multiplemyeloma.ca](http://www.multiplemyeloma.ca)

Email: [info@multiplemyeloma.ca](mailto:info@multiplemyeloma.ca)

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



**VACATION PLANS?  
PROTECT YOUR HOME WHILE  
YOU ARE AWAY**

While you are enjoying the sun or the slopes away from home; there are a number of things that you can do to protect your home and have a worry free vacation.

*Make it Look Like You Are Home* – The best way to accomplish this is to use a light switch timer or varied schedules. For outside lights use motion sensors. Unwanted visitors are unlikely to enter a home with the porch light on.

*Keep up with the Landscaping* – Be sure to keep your hedges, shrubs and plants trimmed especially around entrances and windows. During the winter have a friend or neighbour clean your sidewalks and drive way after a snow fall.

*Ask Your Neighbours to Keep Watch* – share your travel plans with a trusted neighbour. Ask them to keep an eye on your home and pick up your mail while you are away.

**MARK YOUR CALENDARS  
IMPORTANT DATES**

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.



May your new year flourish with new discoveries, wonderful inspirations, and happiness to fill your heart. May it be filled with beautiful moments, treasured memories and the blessing of good health and an abundance of family and friends.