
Newsletter

April 2017



Myeloma Alberta
Support Society

April 1st Support Meeting

Physiotherapist Margie McNeely will be presenting tips to combat cancer related fatigue and exercise options to promote overall wellness.

REGISTRATION IS OPEN MULTIPLE MILES FOR MYELOMA July 15, 2017

Sign up and start your fundraising today! Online registration is open for both teams and individuals visit <https://www.events.runningroom.com/site/?raceId=14116> to register.

The 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 progressing.

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).



MARK YOUR CALENDARS IMPORTANT DATES

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| Apr 1 | Support Meeting* Tips for Combating Cancer Related Fatigue – Margie McNeely |
| Apr 7&8 | MASS Casino Grand Villa -Edmonton |
| May 6 | Support Meeting* Steffany Hanlen – Motivational Talk |
| June 3 | Support Meeting* Walk/Run Info Session |
| July 1 | Summer Picnic – Emily Murphy Park, Edmonton |
| July 15 | Annual Multiple Miles for Myeloma – Hermitage Park, Edmonton |
| Aug 5 | Pizza Party – details TBD |

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

VOLUNTEERS NEEDED

Please consider volunteering for a board position with MASS. Time commitments are flexible. The following positions are open:

- Vice President
- Outreach
- Fund Development
- Communications

Speak to a board member or email info@multiplemyeloma.ca for more information.

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

Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

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

GROCERY STORE LESSONS

Do you typically shop the perimeter of your grocery store to find whole, fresh items including produce, seafood, meats and dairy? That's good advice, but it's only half the story. There are many versatile, nutritious and delicious foods in the inner aisles too. Aisle staples include packaged whole grains (oats, quinoa, brown rice), lentils, nuts, beans and canned salmon or light tuna, as well as frozen fruits and vegetables and baking items.

No matter which part of the store you are in, the key to picking the best options is knowing the difference between *whole*, *packaged* and *processed* foods:

Whole foods are single ingredient items such as meat, chicken, fish, milk, nuts, vegetables and fruit. Fill most of your cart with these items.



Packaged foods have not been substantially altered from how they once appeared when they were fresh. They are packaged for convenience but they don't have much added salt, sugar, or fat and have no (or very few) additives or preservatives. Examples are bagged lettuce, plain yogurt, canned salmon and frozen berries. Buy more of these items.



Processed foods are drastically altered from their whole state. They have lots of added fat, salt, sugar and/or preservatives. Examples include candy, chips, soft drinks, packets of flavoured rice or noodles, bottled sauces and sweetened cereals. Buy a minimum of these items.

Source: www.personalbest.com