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# Newsletter

March 2017

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**Myeloma Alberta**  
Support Society

## March 4th Support Meeting

Join us for an open forum to discuss behavioural changes. Diagnosis and treatment of multiple myeloma can often result in behavioural changes. Learn what changes to expect and how to manage these changes.

## The International Myeloma Foundation presents: Living Well with Myeloma



Join Dr. Craig Cole as he discusses what patients and caregivers may need to know about Novel Agents and Clinical Trials.

Do not miss this free 45-minute IMF teleconference followed by a 15-minute Q&A session!

Thursday, March 23, 2017 at 5 PM.  
Register now, click here!  
<http://give.myeloma.org/site/Calendar?view=Detail&id=100321>

## MARK YOUR CALENDARS IMPORTANT DATES

Mar 4	Support Meeting* Open Forum – Topic: Behavioural Changes
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

\*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](mailto:info@multiplemyeloma.ca) for more information.

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

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

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

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

## REDUCE ENERGY USE AND SAVE MONEY

There's a lot of talk these days about energy efficiency, and you may be wondering what you can do around the house to reduce energy consumption and save money. Here are a few tips related to appliances and electronics.

- Out of all domestic appliances, refrigerators consume the most energy – approximately 11% of total household consumption. Set your fridge at 2–3°C and keep your coils clean to maximize efficiency. The freezer should be set at around -18°C, and be sure to defrost it regularly to keep it running efficiently.
- Microwaves use less energy than conventional ovens or stoves, so use them as much as possible.
- Clean the dryer's lint filter after every load and maximize heat by drying consecutive loads. Wash full loads of laundry only and pre-treat stains to reduce water use and save energy. Washing clothes in cold water can save you 85-90% of heating energy.
- Air dry dishes by selecting a "no heat" dry setting. If "no heat" isn't an option, open the dishwasher door before the dry cycle and let the dishes air dry. You can also save energy by

running it when it's full, rather than half loads.

- Turn off or unplug appliances when they're not being used, including televisions, computers and monitors. This will reduce standby power use, and less energy is used to turn them off and on than leaving them on. Putting home electronics, entertainment systems and computers on a power bar also increases energy efficiency.
- The next time you're looking at buying a computer, remember that a laptop uses about 80% less energy than a desktop. You can also reduce energy consumption by purchasing used electronics and donating old electronics to a school or charity instead of throwing them away.

