
Newsletter

May 2017



Myeloma Alberta
Support Society

May 6th Support Meeting

Steffany Hanlen, winner of the 2015 YWCA Woman of Distinction Award and Personal Performance Coach will be speaking about "The Heart of Adversity."

ALLARD LECTURE

Wellspring Edmonton is pleased to present the Allard Lecture Series with Dr. Simon Sutcliffe, President, Two Worlds Cancer Collaboration Foundation, former CEO, BC Cancer Agency and Princess Margaret Hospital, Past Chair, Canadian Partnership Against Cancer.

Dr. Sutcliffe will be delivering a lecture on **The science and art of healing: new horizons versus new eyes** that will explore our preparedness and readiness to act upon evidence that could lead to improved health outcomes in cancer.

June 1, 2017, 5 – 7 PM
Citadel Theatre, Edmonton
Details: wellspring.ca/Edmonton

VOLUNTEERS NEEDED



Please consider volunteering for a board position with MASS. Time commitments are flexible. Speak to a board member or email info@multiplemyeloma.ca for more information.

REGISTRATION IS OPEN MULTIPLE MILES FOR MYELOMA July 15, 2017

Support local research on multiple myeloma by participating in the MASS annual walk/run fundraiser. 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).

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

Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

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

GARDEN SHAPE UP

Getting your garden fit for spring? With all the mowing, raking, tilling, digging, and hauling, the physical demands of yard work can produce multiple fitness benefits. The typical tasks can burn at least 200 calories per hour, work all your muscles and require the same energy as other popular exercise routines.



Even a little gardening can be strenuous especially if you are hopping from the couch to the garden or have other health issues to deal with. Be cautious to avoid injury.

Start small – plan a maximum 1-hour session per day. Choose different tasks that use multiple muscle groups and alternate heavy activities with light ones to avoid fatigue.

Before you jump in, warm up – Walk around the garden for a few minutes and then stretch the back of your legs and shoulders. Same as you would for any strenuous activity.

Take your time – Rather than weed the entire garden at 1 time, start with 15 minutes; then take a break and move on to a different task.

Prevent neck and back strain – Limit bending over to 10 minutes per chore and do not lift with your back; use your legs as well as your core and stomach muscles.

Ease the aches and strains – If pain sets in, rest up, apply ice to the affected area and take an

anti-inflammatory medication if needed and with your health care provider’s okay.

By following these tips, you will enjoy the creative and physical side of your gardening efforts.

Source: Top Health

**MARK YOUR CALENDARS
IMPORTANT DATES**

May 6	Support Meeting* Steffany Hanlen – Motivational Talk – The Heart of Adversity
June 1	Allard Lecture Citadel Theatre
June 3	Support Meeting* Walk/Run Info Session
July 9	Summer Picnic – Emily Murphy Park, Edmonton
July 15	Annual Multiple Miles for Myeloma – Hermitage Park, Edmonton
Aug 5	Pizza Party – details TBD
Sep 2	Support Meeting* Guest Speaker - TBD

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