
Newsletter

June 2017



Myeloma Alberta
Support Society

June 3rd Support Meeting

Join MASS members for an open forum to discuss Patient and Caregiver Treatment experiences. Learn from each other what to expect and how to manage different forms of treatment. The meeting will also include information about the upcoming Multiple Miles for Myeloma fundraiser.

WEBINAR

NUTRITION: What myeloma patients and caregivers need to know.



FREE 45-minute "Living Well with Myeloma" teleconference followed by a 15-minute Q&A from callers, on Thursday, June 1st at 5 PM. The topic will be Nutrition, hosted by Kylie Buchan of Savor Health.

To register click here <https://www.myeloma.org/videos/living-well-myeloma-nutrition>

VOLUNTEERS NEEDED

Support meetings, social events, conferences, and fund raisers are all organized by volunteers and we need your help. 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.



READY, SET, GO! 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.

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).

This event is intended to have fun and raise money for research. If you are not comfortable walking or running just show up and cheer on the other participants. This is a fun family event and is open to all ages and all abilities.



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

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

**TRAVELING?
NUTRITION ON THE GO**

Whether you are on a Caribbean cruise or a quick business trip, you may not always eat right while traveling. While you cannot plan for every meal and snack, some simple foresight can help you eat well on the road.

Search online to find grocery stores close to your hotel and stock up on nutritious food your first day.

Bring some meal replacement bars from home. Trail mix works well too.

Check online for restaurants that interest you. When hunger strikes you will have somewhere to go instead of snacking.

If you have **food allergies or a special diet**, do not hesitate to request food alternatives when dining out. Learn how to communicate your needs in the local language.

Some people joke that calories do not count when you are on vacation. The reality? Long days enjoying all-you-can-eat buffets and sampling local sweets can add unwanted pounds. Instead of an everyday indulgence, try the **80-20 rule**. Plan to eat nutritious foods 80% of the time and leave 20% for treats.

Source: Top Health



**MARK YOUR CALENDARS
IMPORTANT DATES**

June 1	Allard Lecture Citadel Theatre Details: wellspring.ca/Edmonton
June 3	Support Meeting* Walk/Run Info Session
July 9	Summer Picnic – Emily Murphy Park, Edmonton 3 – 7 PM
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.



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