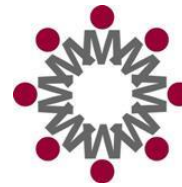

Newsletter

August 2017



Myeloma Alberta
Support Society

August 12th Pizza Party

The August MASS meeting is a Pizza Party. The pizza party will be held on August 12th at Londondale Capital Pizza, 7640 144 Avenue, Edmonton at 1:00 pm. This is a great opportunity to socialize with MASS members and meet new friends. Everyone is responsible for their own bill.

Please **RSVP by August 10th** to newsevents@multiplemyeloma.ca

We look forward to seeing you there!



MM4M

Great FUN & FUNDS = Success!!

Volunteers, participants and guests you all made the Multiple Miles for Myeloma 2017 a great event!! 269 walker/runners completed the course under hot sunny skies and then enjoyed a hamburger lunch provided by Nova Hotels. The volunteers did an excellent job of completing tasks and

providing a sincerely enjoyable environment. The Myeloma Doctors and Scientists were in attendance, Michael Chu spoke during opening ceremonies. Donations are still coming in with a total to-date of \$80,300 towards Myeloma Research at the University of Alberta and Cross Cancer Institute.

Thank you to all who donated and participated. Check out the pictures on MASS website.

Top fund raisers for teams and individuals were:

TOP TEAMS:

Des Engineering (Al Thomas) - \$19,025.
Team Jane - \$10,420
Team Henry - \$7,445
Brian's Elite Force - \$6,145
Team Thiessen - \$4505

Top Fund Raising Individuals:

Ryan Hamilton - \$17,700
Jane Hettinger - \$7,125
Andrea Ushko - \$6,125
Bob Thiessen - \$3905
Michael Chibuk - \$3665

Donations are still possible at www.multiplemyeloma.ca follow the 'Donate' tab. Official Tax Receipts from the University of Alberta should be mailed by August 30th.

Looking towards 2018 when MASS will exceed the grand total of \$1,000,000 (Yes 1million) towards Myeloma Research. Over the past 8 years MM4M and MASS has already contributed over \$800,000 to Myeloma Research.

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

Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

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

**MM4M cont.
Volunteers Needed**

We are in need of volunteers for the 2018 MM4M organizing committee. Please let us know if you are interested by dropping an email to multiplmiles@multiplemyeloma.ca



SUPPORT MEETING TOPICS

Any burning questions you want answered? What information is relevant to you? We want to know what interests MASS members. Let us know your ideas for support meeting topics or speakers by sending an email to newsevents@multiplemyeloma.ca or speak to a board member at the next meeting.

HOUSEHOLD HEALTH

When we talk about the steps you need to take to get healthier, they often involve buying new things: workout clothes, fitness equipment, ingredients for healthy recipes, and the list goes on. But becoming the healthiest version of yourself also means throwing away the stuff that's holding you back—and we

don't only mean junk food. Get your recycling or garbage can ready!

- Plastic storage containers – toss anything made of clear rigid plastic stamped with a “7” or “pc”, they may contain BPA a chemical that leaches when heated.
- Air fresheners – they usually contain chemicals to help the fragrance linger
- Leftovers – the rule of thumb for food that contains animal ingredients is to eat, toss, or freeze after three days.
- Air filters – replace regularly, remember outdoor air is 25 -100 times cleaner than indoor air.
- Kitchen sponge – sponges collect germs, it is better to use a dishcloth that can be easily rinsed and dries quickly preventing germs.
- Plastic cutting boards – the grooves cut into the plastic provide a place for bacteria to grow, switch to wood boards.

Source: Health.com

**MARK YOUR CALENDARS
IMPORTANT DATES**

Aug 12	Pizza Party – 1 PM Capital Pizza, 7640 144 Avenue, Edmonton
Sep 2	Support Meeting* Guest Speaker - TBD
Oct 7	Support Meeting* Open Forum – topic TBD
Oct 21 & 22	SAMPS Education Conference, Calgary, Alberta Details - TBD
Nov 4	Wellness Fair, Edmonton – details TBD

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