
Newsletter

September 2017



Myeloma Alberta
Support Society

September 2 Support Meeting

Come and be inspired by guest speaker Malcolm Stinson who just completed a series of triathlons to raise awareness and funds to support research for multiple myeloma. Malcolm is living with multiple myeloma and will share his experiences of his journey.



IMF FREE WEBINAR Making Sense of Test Results

"Making Sense of Tests and Results" with Debbie Birns, IMF Medical Editor, outlines the various tests that are used to diagnose myeloma, monitor response to treatment, and detect side effects. You can better understand and manage your myeloma and improve your quality of life if you familiarize yourself with the tests used to assess your status throughout the disease course.

Don't miss this free IMF webinar and opportunity to ask a question to Debbie Birns. September 14, 2017 at 5 PM. Register [click here](https://register.gotowebinar.com/register/4299960562913871619)

CONGRATULATIONS AND THANK YOU FOR YOUR SUPPORT

In July 2017, **Malcolm Stinson** raised \$7075 for MASS. Malcolm completed a series of triathlons to promote awareness for multiple myeloma.

In August 2017, **John Kerr** participated in the annual Death Race in Grande Cache, Alberta in memory of his Dad, Mark Kerr. John raised \$5275 for MASS.



John Kerr at the Death Race

Congratulations to both Malcolm and John on your athletic and fund-raising pursuits. Your support for MASS is appreciated by the members and the researchers. 100% of the funds raised by Malcolm and John go directly to the U of A for multiple myeloma research.

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

Website: www.multiplemyeloma.ca

Email: info@multiplemyeloma.ca

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

BENEFITS OF PLANTS

Provide Cleaner Air- Like a sponge, plants naturally remove toxic compounds. They can trap toxins in their own tissue and break them down and release them as harmless by-products.

Make You Feel Better - The microclimate around plants increases air humidity but not excessively. This is probably from the water from the plants. Dry air and dust, which can irritate your senses, are reduced near plants.

Boost Your Mood -Being close to greenery makes us feel more at ease with our surroundings. We experience less stress when there are plants around us. Buildings are quieter and more relaxed but, at the same time, more stimulating and interesting.

Think Better - Studies indicate that surrounding yourself with plants improves the quality and accuracy of your work. In addition, the plants help increase memory retention and creativity.

Sources: healthline.com, bayersadvanced.com



VOLUNTEERS NEEDED

MASS is 100% run by volunteers. The support meetings, the social events, education conferences, advocacy efforts, and fund-raising activities are all organized by volunteers. Please consider volunteering; time commitment is flexible. Current positions include:

- Board positions
- 2018 Multiple Miles Race Committee
- 2018 Education Conference Committee

Please speak to a board member or contact MASS at info@multiplemyeloma.ca

**MARK YOUR CALENDARS
IMPORTANT DATES**

Sep 2	Guest Speaker* – Malcolm Stinson - Living to Tri
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
Dec 2	Christmas Potluck and Candle Light Ceremony

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