



“Providing an opportunity for multiple myeloma patients and their loved ones to come together to exchange information for mutual support, comfort, and friendship”

Group Information:

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Madison Multiple Myeloma Support Group website
madisonmultiplemyeloma.org

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Information Sources :

International Myeloma Foundation (IMF)
Phone: 800 - 452 - 2873
Email: TheIMF@myeloma.org
Website: www.myeloma.org

Multiple Myeloma Research Foundation(MMRF)
Phone: 203 - 972 - 1250
Email: info@themmrf.org
Website: www.multiplemyeloma.org

Myeloma Crowd /Health Tree Foundation
P.O. Box 1286
Draper, UT 84020
www.myelomacrowd.org

January 2024 Myeloma Newsletter

Upcoming Meeting Speakers

Shannon Blake and Christina Nielsen from the Leukemia, Lymphoma Society (LLS) will be our featured speakers for the February 20, 2024 meeting. Christina's topics will be LLS patient and community support materials, educational programs and financial resources. Shannon's topics will include LLS research initiatives and the top funded priorities.

One of the **MMRF nurse navigators** will present at the March 2024 meeting. More info to follow.

Working on getting **Dr Aric Hall, UW Carbone Cancer Center** for the April 16, 2024 meeting.

Working on getting **Dr Zhubin Gahvari, UW Carbone Cancer Center** for the May 21, 2024 meeting. Hoping to get his presentation on Relapsed Myeloma that he shared with us at the recent Multiple Myeloma Research and Patient Care event. The Trillium Research update held October 30th.

Todd Foster, Product Development Director from HealthTree will be our featured speaker for the January 16, 2024 meeting. He will present information about the Cure Hub. He will join us at 3:30pm CST. **Mark your calendar now not to miss this meeting.**

A special thank you to our group member, Pamela Wilson for her generous contribution to the support group. It is appreciated and will go a long way to cover expenses for printing, web site support costs, mailing booklets, cookbooks and newsletters.

In case you missed these top 5, here is a recap. Check out the Honorable Mentions too.

HealthTree's Top 5 Myeloma Articles in 2023

POSTED: DEC 28, 2023

<https://healthtree.org/myeloma/community/articles/top-five-articles-2023>

Did you make a New Year's Resolution? Maybe not but the IMF has a site to help you in a small way have a better 2024! Search www.myeloma.org

Mind, Body and Wellness from the IMF series.

Health and wellness matter to everyone, but it is especially important for patients with myeloma and those who care for them. Participation in a wellness program may help survivors and their caregivers feel better physically as well as improve emotional and spiritual well-being.

Explore the Mind and Body section of the website to find wellness education, movement, exercise, and mindfulness practices tailored for patients and caregivers. Here you will find 12 sessions ranging from just under 4 minutes to 13 minutes. Most are about 4 minutes. Everyone has 4 minutes to test some of this out. The second part of this is 5 actual Yoga exercises!

Dr Durie's Wellness Videos

Best Diet For Multiple Myeloma Patients To Build Strong Immune Systems

How Multiple Myeloma Patients Lifestyle Impacts Overall Health.

What supplements, if any should a Multiple Myeloma patient take?

And many more videos...

Living Well Webinar Wellness series

Emotional Freedom Technique (EFT)

Psychosocial Care

And many more...

The Fall edition of Myeloma Today highlights the Inflation Reduction Act or IRA.

Highlights are about Out of Pocket costs for medications not to exceed \$2,000 per year. Patients can spread out this cost over the course of the year via monthly payments. But, you have to opt in. More details coming.

Medicare Part D coverage gap. There will be changes to this too. Once you hit the initial coverage limit, you will now pay a smaller percentage of the drug's cost until you reach catastrophic coverage phase. Then your out of pockets costs are \$0.

If you don't already subscribe to Myeloma Today, sign up. It is free.

Our virtual meetings are on the Zoom platform.

Our meeting for January 16, 2024 will be from 3:30pm to 5:30pm. Todd Foster from the Health Tree will be our guest speaker. Please join us for this meeting on the Cure Hub.

Join Zoom Meeting

<https://myeloma-org.zoom.us/j/84457667535?pwd=V0lJTdNQ2FOZ1hMUkFaRmJBc0Qzdz09>

Meeting ID: 844 5766 7535

Passcode: 678275

One tap mobile

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Dial by your location

+1 301 715 8592 US (Washington DC)

+1 312 626 6799 US (Chicago)

+1 646 558 8656 US (New York)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

+1 669 900 9128 US (San Jose)

Meeting ID: 844 5766 7535

Passcode: 678275

Find your local number: <https://myeloma-org.zoom.us/u/kyMbCRs05>

IMF Info Line – If you or someone you care for has Myeloma, you have questions. Probably, lots of them. You can search the Internet all you want, but other than asking your doctor, there is no better way to get your questions answered than to call the IMF Info Line. Missy, Judy and Paul know their stuff and they want to share what they know with you. Just ask anyone who has called the IMF Info Line. Patients or caregivers are welcome to contact the Info Line staffed by trained specialist at 800-452-CURE (800-452-2873). The Info Line is staffed between 9am and 4pm Pacific Time, 11am to 6pm Central time or infoline@myeloma.org.

The Trillium Fund was established by our founding support group members to facilitate Multiple Myeloma research here in Madison at the Wisconsin Institute of Medical Research. If you or your family wish to donate or send a memorial to this program, checks can be made payable to the “UW Foundation – Trillium Fund” and sent to UW Carbone Cancer Center, University of Wisconsin Foundation, 1848 University Ave, Madison, WI 53726. Donations may also be made online at www.supportuw.org/give (Trillium Fund in Multiple Myeloma Research – 112903576). For any questions, please call Janie Winston 608-512-6068 or email at Janie.Winston@supportuw.org.