



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

**Meeting: Tuesday March 15, 2016 3:30pm – 5:30pm**  
**451 Junction Road**  
**UW West Clinic Room 1287**  
**Enter the clinic... proceed left past the vending area... turn left again and conf. room 1287 is the last one on the left.**

**Information:** Jayne Schwartz 608- 244-2120  
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**Mailing Address:** Wisconsin Multiple Myeloma Support Group  
3309 Chicago Avenue  
Madison, WI 53714-1815

**More Information:**

International Myeloma Foundation (IMF)	Multiple Myeloma Research Foundation (MMRF)
Phone: 800 - 452 - 2873	203 - 972 - 1250
Email: <a href="mailto:TheIMF@myeloma.org">TheIMF@myeloma.org</a>	<a href="mailto:info@themmrf.org">info@themmrf.org</a>
Website: <a href="http://www.myeloma.org">www.myeloma.org</a>	<a href="http://www.multiplemyeloma.org">www.multiplemyeloma.org</a>

**Upcoming speakers**

- **April meeting speaker-** Jill Helgeson from SHIP-(State Health Insurance Program).
- **June meeting-** Dr Aric Hall, UW Hematology faculty member will do a Q&A starting at 4:30pm
- **July meeting-** Peggy Wellman from Takeda will be returning. Topic to be determined later.

Thank you to Bob and Suzanna for their contribution to the group. It will be put towards the cost of publishing the newsletter. It is very much appreciated.

**March meeting speaker will be Sue Enright from the IMF.** She will be speaking about adherence to treatment plans and taking care of symptoms right away. We are always pleased to hear from Sue and I am sure you will enjoy her message. Taking good care of yourself is a lot of work and should be a priority.

**Our group member, Mary Polancih has found an excellent resource for information about Medicare.**  
[www.Q1Medicare.com](http://www.Q1Medicare.com) Provides information for consumers and professionals on original Medicare, Medicare Part D prescription drug plans and Medicare Advantage plans. You can sign up for quarterly updates and a wealth of information.

**A book review from Allen....**

**Title: Radical Remission**

**Subtitle: Surviving Cancer Against All Odds**

**Author: Kelly A. Turner, Ph.D.**

According to the author and the research she has accumulated:

The 9 key factors that make a real difference:

1. Radically changing your diet 2. Taking control of your life 3. Following your intuition 4. Using herbs and supplements

5. Releasing suppressed emotions 6. Increasing positive emotions 7. Embracing social support 8. Deepening your spiritual connection 9. Having strong reasons for living  
Anyone else have a good book that they have read?

**The Madison Capitals Hockey team and the Carbone Cancer Center have teamed up for a “Cross-Check Cancer Night”!** Friday night March 11<sup>th</sup> 7:05pm at the Veterans Memorial Coliseum, Alliant Energy Center. See the attached information. If you enjoy hockey like I do, this event is for you. Support the team and the Carbone Cancer Center. Have a great time!

**Save the date....**

**March 18<sup>th</sup> -19<sup>th</sup>** IMF Patient and Family Seminar in Seattle, Washington. Register online [Seattle2016.myeloma.org](http://Seattle2016.myeloma.org) or phone 1-800-452-2873.

**April 14, 2016** Cancercare presentation on the “Progress in the Treatment of Multiple Myeloma. Sign up on the Cancercare website.

**April 28, 2016** Cancercare presentation on “Coping with the Stress of Caregiving When Your Loved One has Multiple Myeloma”. Sign up on the Cancercare website.

**April 30-May 1, 2016** “Celebrating a Second Chance at Life”, a symposium for bone marrow, stem cell and cord blood transplant survivors. Register now at [www.bmtinfonet.org/Chicago2016](http://www.bmtinfonet.org/Chicago2016) or phone 888-597-7674

**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. Debbie, 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 specialists 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](mailto: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”.

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