



“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 May 20, 2014 3:30 – 5:30 PM**
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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Madison, WI 53714-1815

More Information:
International Myeloma Foundation (IMF) Phone: 800 - 452 - 2873
Email: TheIMF@myeloma.org
Website: www.myeloma.org
Multiple Myeloma Research Foundation (MMRF) 203 - 972 - 1250
Email: info@themmr.org
Website: www.multiplemyeloma.org

Upcoming Speakers...save the dates!

For the June meeting, a speaker from **SHIP (State Health Insurance Program)** will be joining us. The program is entitled “Fitting the Pieces around Medicare”. Our group member, Mary Polancih was very impressed with what she learned and asked if they could present to our group.

For the August meeting, David Straseski, MSSW, LCSW Lead Oncology Social Worker at Aurora Cancer Care. Topic- “Caring for the Caregiver”.

My thanks to Darlene and Tony Nowak for leading the April meeting!

May meeting speaker is Sue Enright! Sue is the IMF Midwest Regional Director for support groups. She works as a liaison to many support groups and will be at our next meeting to share information about the IMF.

For anyone who would like to attend a free conference..... “Learn more about Velcade”.

Tuesday May 20, 2014 at Country Springs Hotel 2810 Golf Road Pewaukee, WI 53072. Kelly McCaul, MD will be the featured speaker. Call 1-855-491-1865 for more information and to register. This conference starts at 5:30pm and is a free event.

Save the Date.....

Upcoming IMF Patient and Family Seminars-
August 22-23 Los Angeles, CA
October 10-11 Short Hills, NJ
The website to access information for these 2014 Seminars is:

<http://myeloma.org/EventIndexPage.action?tabId=7&menuId=111&queryPageId=4&parentTabId=7&parentMenuItemId=111&parentLinkId=0&parentNuggetId=0>

MMRF Educational Event

Program Topics:

Myeloma 101: Prognosis and Risk

Treatment Options for Newly Diagnosed Patients

Stem Cell Transplant

Treating Relapsed/Refractory Disease

Supportive Care Options

Promising Clinical Trials

Faculty Q & A

Twin Cities, MN September 27th Register today at www.themmrf.org/clinicalinsights

The Philadelphia Multiple Myeloma Networking Group shared this great story in their newsletter. Thought you might enjoy the wisdom in it.

The Mayonnaise Jar & Two Cans of Beer

A professor of philosophy at a major university stood before his new freshman class and, without saying a word, he picked up a large, empty mayonnaise jar and filled it with golf balls. He set the jar down and asked the students in his class if the jar was full. All the students agreed it was.

The professor then picked up a plastic container full of small pebbles and tipped it over the jar, shaking it lightly. The pebbles all rolled down into the open spaces between the golf balls. He then asked his class again if the jar was full. Unanimously, they all agreed it was.

Next the professor picked up a large canvas sack containing fine white beach sand which he poured over the jar. The sand immediately filled up every void between the golf balls and the pebbles. Once again, he asked his class if the jar was full. Again all the students responded with a unanimous "yes".

Finally, the professor popped the tops on two cans of beer and poured the entire contents of the two beer cans into the jar. The students were all amazed and began to laugh. After their laughs subsided, the professor said, *"I want you to think of a jar as your life. The golf balls represent the important things in your life - your family, your children, your health, your friends and your favorite passions. Should everything else in your life be lost and only these remain, your life would still be full."*

"The pebbles, on the other hand, are the other things that matter to you like your job, your house and your car. Finally, the sand represents everything else, all the small stuff you have in your life."

Now understand if the sand had been poured into the jar first, there would not have been room for any pebbles or golf balls. The same is true with your life. If you spend all your time and energy on the small stuff, you will never have room for things that are really important. So always, always pay attention to the important things - those things that are critical to your happiness. Remember, there will always be time to clean the house and fix the disposal. Take care of the golf balls first- then set your priorities."

A student in the back of the room raised her hand and shouted out, *"Professor, you never told us what the beer represented."*

The professor smiled and said, *"I'm glad you asked. The beer just represents that no matter how full your life may seem, if you have set your priorities, there will always be room for a couple of beers with a good friend."*

As always

An important reminder to everyone....

Pay attention to your body. Pay attention to how you are feeling and doing on a daily basis. Be mindful of fevers and changes in your eating patterns. Watch to make sure you don't get dehydrated and anemic. Many of the drugs you take for treatment and maintenance can cause side effects and when two or more side effects are combined... you can become very ill. Tell your doctor all your concerns and experiences. Never be afraid that it is too much to share. The sooner symptoms are dealt with, the better you will feel and that is what everyone wants for themselves and their loved ones. Mission accomplished!

Following is a list of a shortcut ways for you to find key info on the IMF website:

Links for Patients and Caregivers

- 10 Steps to Better Care - 10steps.myeloma.org
- Understanding Your Test Results - tests.myeloma.org
- Understanding Treatment Options - treatment.myeloma.org
- Clinical Trials - trials.myeloma.org
- Guide to Drug Names- drugnames.myeloma.org
- Myeloma Online Resources - resources.myeloma.org
- Caregivers Online Resources - caregivers.myeloma.org
- Health Care Reform - healthcarereform.myeloma.org
- Myeloma Manager - bit.ly/Q5qOhi

IMF Hotline – 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 Hotline. 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 Hotline. Patients or caregivers are welcome to contact the hotline staffed by trained specialists at 800-452-CURE (800-452-2873). The hotline is staffed between 9am and 4pm Pacific time, 11am to 6pm Central time.

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”.

Send to: Maureen Dembski, Director of Development

UW Carbone Cancer Center

University of Wisconsin Foundation

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Madison, WI 53726

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