



“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 November 19, 2019 3:30pm – 5:30pm
451 Junction Road
Madison, WI
UW West Clinic Room 1287

Enter the clinic... turn left and walk down a short hall...turn left again and conference room 1287 is the last one on the left.

Group Information:

Jayne Schwartz 608- 244-2120
schwartzdon@sbcglobal.net

Madison Multiple Myeloma Support Group website
madisonmultiplemyeloma.org

Mailing Address: Wisconsin Multiple Myeloma Support Group
3309 Chicago Avenue Madison, WI 53714-1815

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

Upcoming Meeting Speakers... Mark your calendars now!

Dr Shannon O'Mahar will be our featured speaker for the December meeting. She may be presenting 2019 ASH conference highlights.

Cameron Ninos from the UW Cancer Pharmacy has agreed to speak to our group. A January, February or March date will be confirmed soon. He will not be speaking to the “cost” of medications but will do a Q & A for other questions. I am asking for questions in advance so that I can forward a list. This will help him prepare to get the conversation started. He will likely be here at 4:30pm.

At the upcoming November meeting, Gwen will be presenting art work that she created while undergoing her stem cell transplant. Gwen's art is her passion and as an art teacher has brought her much joy over the years. She used this to her advantage as a “coping skill” during this stressful event. Our recent presentation from Cancer Psychologist, Erin Costanzo recommended that people use their different coping skills to manage stressful events. Some other coping skills she mentioned were to prioritize physical activity and sleep, use social support, take a proactive approach to problems, expressive writing, creative expression through music, art and movement. Over the years, other group members have talked about their hobbies that relieved stress after other treatments. One group member made birdhouses!

After Gwen's short presentation, the rest of the meeting will be a group share.

A Message from Froedtert and the Medical College of Wisconsin Cancer Center:

Just a quick note to let you know that the presentations from this year's Multiple Myeloma symposium have been posted and are available for viewing/download. Many of the files are too large to email so please visit this link to access: <https://www.mcw.edu/departments/cancer-center/patient-resources/Annual-Multiple-Myeloma-Patient-and-Caregiver-Symposium>

Do not hesitate to reach out if you have any questions.

We look forward to seeing you at the 2020 event! **Save the date: 9/19/20!**

Don't forget to send me your questions for our upcoming meeting with the UW pharmacist.

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 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.

New information!

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 Daniel Rosen at (608) 264-5437 or email curecancer@supportuw.org.