

CENTRAL NJ MULTIPLE MYELOMA SUPPORT GROUP AUGUST 7, 2019 MEETING RECAP

Hello everyone and I hope you are enjoying all these beautiful days of summer. Wednesday's nasty weather made for a light turnout for our meeting, but we were fortunate to meet 2 new members in attendance. Frank and I recently attended (July 25-July 28) the International Myeloma Foundation's 20th Annual Support Group Leaders Summit in Dallas, Texas. It was actually hotter in NJ than in Dallas!! This is a fantastic Summit and we enjoyed connecting with our old friends and making new ones. The Summit was attended by 69 returning leaders plus 31 leaders who were in attendance for the first time. We received information from the Nurse Leadership Board, the Pharmaceutical Companies in attendance, the IMF Advocacy Team, and of course Dr. Durie!! Attached is a recap of this Summit. You will find information, some inspirational quotes, and the Support Group leader's helpful hints on Neuropathy! Also, check out this great video by Ilana Kenville of the IMF on "Knocking Out Myeloma" (you may recognize a few faces). <https://www.youtube.com/watch?v=Km7EcfIMZX4>

Please remember to register for the Seventh Annual Miracles for Myeloma 5K Run/Walk that will be held in Clark NJ on September 21. The team for the Support Group is the "Central Jersey Memorial Team", or you can create a team of your own. If you cannot attend, you can always make a donation or purchase a placard for the popular Remembrance Path. And why not tell your friends and family about this fantastic event! Last year over \$80,000 was raised and a Senior Research Grant was presented to a researcher at ASH 2018. In total over \$500,00 has been raised over the last 6

years. Visit http://give.myeloma.org/site/TR?fr_id=1770&pg=entr

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Our next meeting will be held on September 4th. Be well, and hope to see you soon.

Debbie Morelli