

This is a re-cap of the Central NJ MM Support Group meeting held on November 2, 2016

This was an open discussion meeting.

There were 3 announcements made...

- Living Well Teleconference – November 17, 2016 @ 7pm. This will be an overview of the ASH meeting to be held on December 2 – December 5 in San Diego. To sign up go to Myeloma.org
- Takeda/Millennium will present a Ninlaro presentation on Tuesday, November 15 at the Sheraton in Edison. You may call 1-844-247-1641 to register or register in person @5:30pm, program @6:00pm.
- Mark your calendar! Patient /Family Seminar at the Short Hills NJ Hilton on April 7, 2017 – April 8, 2017. You can register @ <https://www.myeloma.org/event/imf-patient-family-seminar-short-hills-nj> or call 800-452-2873.

Miracles for Myeloma

An update was given on the Miracles For Myeloma 5k which was held on September 24, 2016. To date, \$77,000 has been raised. Donations are accepted until the end of December if you would still like to donate. A Senior Research Grant has

been awarded and Ron and Sheree Pask will be attending the ASH Conference in San Diego to present the award to a Myeloma researcher. 700 people were registered for the race, and approximately 500 attended. A beautiful video of the race was shown to the group.

Bench Dedication to Paula Van Riper

Also on September 24, 2016 in the afternoon, Rutgers University dedicated a bench in Paula's honor. Her grandson Alexander was the first to sit on the new bench. A very touching video of the dedication ceremony was shown to the group.

Celebration of Life Event

I gave an update to the group regarding our Celebration of Life Event, to be held on January 4, 2017. We have been approved for a grant from Celgene for \$875 for refreshments for the evening, along with Takeda paying for the remainder of our evening's costs. Soon an invitation will be sent out, which will require a RSVP from you all. Please remember, your family is also invited! This year there will be a 50/50 instead of our raffle, to benefit the IMF. I also spoke of 3 Committees I have created to help out with our event. The details are below. If

you are interested in helping out in one of these areas, please respond to this email with your choice.

- Room Set-Up and Décor

Help decide the layout of the event room, including guest tables and food layout.

Help choose color of tablecloths and purchase them (in the past these were purchased at a Dollar Store). You will be reimbursed.

Come early the day of the event to help with the table set-up.

(You may need to view the room (3rd Floor Conference Room, Steeplechase Cancer Center) before December support group meeting with others on committee.)

- 50/50 To Benefit the IMF

Help decide how the 50/50 will be run (a true 50/50 or a having the second 50 split so more guests will win)

Organize a team to sell tickets on our Event night and keep track of the cash collected.

Pull winning ticket(s) and distribute the cash.

- Food Selection

Work with me to create the food choices for the Event.

Choices will be made from the caterer's menu.

You must be available to either meet to this discuss this or participate on a conference call. (we could meet before the December support group meeting, as a suggestion)

Other News

A support group member discussed the success she has had wearing “Copper Fit Socks” in treating her neuropathy. She said she has no pain when she is wearing them. HSN has the best deal...8 pairs of socks for \$22. There are also “Copper Fit” products for the hand and wrist.

Time to Start Your Holiday Shopping!

The IMF has a new Amazon link. Whether you shop on Amazon for the holidays or for your daily needs, please bookmark the brand new amazon.myeloma.org. and delete the old Amazon link. At no added cost to you, Amazon will donate a percentage of your total purchase to the IMF. The percentage that Amazon donates to the IMF will continue to increase—even more than 7% at times—depending on how many orders are placed through the IMF portal. Donating to the IMF is as easy as a point-and-click at amazon.myeloma.org.

The rest of the meeting was dedicated to hearing from our members and how they are doing on their Myeloma journey.

Wishing you all the best,

Debbie Morelli