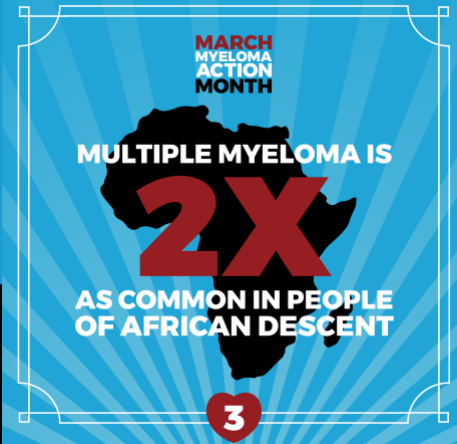




#IAMRESILIENT2021
 Join the "31 Days of Resilience."
 If we are individually resilient, we are a resilient myeloma community.
 This March, bolster your resilience with a new self-care activity each day of the month.
 Share on social media and encourage others to join!



START TODAY



February 2021 MARCH IS MYELOMA ACTION MONTH!

IMF Support Group Monthly Newsletter!

We are grateful to support group leaders for taking the necessary steps to meet virtually and keep yourselves and your group members safe. **Beginning March 1 we will no longer use the virtual meeting platform GoToMeeting and will be using Zoom.** Please contact your IMF Support Group Team for details SGteam@myeloma.org

Myeloma Action Month! (MAM)

- Check out the Myeloma Action Month Website [here!](#)
- Show your actions by using the hashtags: #IAMRESILIENT2021, #MyelomaWarrior, #MyelomaACTIONMonth
- Use the MAM package you received in the mail *and* the MAM Website to virtually increase awareness of myeloma by safely taking Action(s).
- Engage in Meditation and gentle Yoga to nurture your mind and body (Just click on "Mind & Body" on the "Take Action" dropdown box) <https://mam.myeloma.org>
- Support Group Only Special (see cover e-mail reminder for details to get a discount & free shipping on IMF masks)
- **Contact your Support Group Director to speak at your March meeting about MAM!**

IMF Blogs

- February 11: New CDC research confirms that masks really do work. [Read here](#)

Other Myeloma Updates, Publications and Information

- Myeloma Today: [Read Here](#)
- COVID-19 & Myeloma Patient Safety: [Click Here](#)
- Pivotal Phase II MagnetisMM-3 Trial of BCMA-CD3 Bispecific Antibody Elranatamab (PF-06863134) in multiple myeloma has been initiated. [Read here](#)
- New strategies for multiple myeloma care: Case studies for nurses. [Read here](#)
- Come learn more about the IMF's Diversity Program [here!](#)
- Listen to the new episodes of Dr. Durie's new podcast [Click here](#)

Educational Programs

- **March 13: Patient and Family Webinar: From Vaccine to Variants: The Latest COVID-19 Safety Variants.** [Register here](#)
- February 25: Building your resilience during challenging times. [Watch the replay here!](#)
- January 14: Best of ASH 2020 Replay. [Watch here!](#)

Virtual Meeting Topics/Speakers

- If you are interested in a virtual presentation for your support group on [updates and resources from the IMF](#), contact your Support Group Director: sgteam@myeloma.org
- If you are interested in a virtual presentation for your support group from [Amgen](#), [Bristol Myers Squibb](#), [The Binding Site](#) or [Karyopharm Therapeutics](#) please contact Robin Tuohy: rtuohy@myeloma.org
- If you are interested in a virtual presentation from a nurse from the [IMF Nurse Leadership Board](#), please contact Jon Fitzpatrick: jfitzpatrick@myeloma.org.
- **If you are having a guest speaker and would like to offer other groups to join your virtual meeting, please remember to post meeting details to the Support Group Leader Toolkit.**

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Improving Lives **Finding the Cure**
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