

MM Fighters! Support Group Meeting
January 27,2024
HYBRID Meeting

We kicked off the new year with our first hybrid meeting (both in-person and virtual) and for the most part, it went very well. Great meeting space and top of the line systems...however, a technical glitch prevented us from hearing the online members when they spoke...not ideal for a support group! But we are working with the Fred Hutch technical team to overcome this obstacle so that future hybrid meetings will proceed smoothly.

There are many people to thank for this meeting...

- The online members for their patience!
- Every in-person participant for wearing a mask to help protect those who are immune compromised.
- Members who drove in from Bellingham, Olympia, Tacoma and Wentachee for the meeting, as well as members from North Carolina, Oregon and Canada who called in.
- Mari and Yih for working with the Fred Hutch and understanding the technical side of things.
- Jon, Randy, Heidi and Jingdai for handling various tasks that helped the meeting proceed so smoothly.
- Dr. Libby and Dr. Cowan for getting us this great meeting space.
- The Fred Hutch for providing a wonderful meeting environment.

Dr. Cowan answered a multitude of questions from our members covering a whole host of Myeloma topics, and he answered with language that all could understand. He also spent over an hour and a half with the group, which was greatly appreciated! If you would like to watch or review his presentation, please click on the link in the email.

Thought for the Month

A pebble cast into a pond causes ripples that spread in all directions. Each one of our thoughts, words and deeds is like that.

A key thought, especially as March is Myeloma Month!

Patient Roundtable

On a somber note, the MM Fighters lost a wonderful member. Shelia Tew, “a brilliant, creative woman who was a fierce advocate for the underdog” passed away last weekend. Fortunately, last fall, she was able to travel and visit her new grandson in Israel. She will be missed.

It seems that the MM Fighters are staying out of the hospital this month! Even Karen, after three months in Seattle for her SCT, is headed back to Alaska...to -30 degree weather!

Mark H, after a fantastic run of 7 plus years in Daratumumab, is headed for CarT therapy next month. He is also headed to Dolomites this summer to guide hikes!

Annie T has passed one year from her CarT and is going strong. This is especially gratifying as she faced some challenges before and after the CarT. It is great to see her looking so good!

Sherry J. was back to work 3-4 months after her SCT, an impressive feat! She is still doing very well despite the challenges of a full time job.

Jon J. is also going strong 10 months post CarT. He is feeling great with no chemo treatments, and now no more IVIG!!

Evelyn just joined the MM Fighters and is very pleased to meet so many other Myeloma patients. She and her husband Chuck made their first meeting, our first hybrid gathering.

Mary R. drove up from Olympia to attend the meeting and is looking very good. After a SCT with all sorts of challenges, she has come back even stronger!

Cheryl V. is having a long run with Kyprolis, now over 4 years! She is also leading hikes with the Team Survivors Northwest.

Rene N., also a first time attendee to our meetings, is doing well after her SCT.

Neil J, in addition to wearing the best looking sweater in our group, seems to be handling his treatments well.

Chris B. is going strong 6 months into his CarT therapy. Unlike many, he has had to start up IVIG at this late date, but is hoping his body decides to get his immune system back up and running soon! Vaccinations are next!

Donna L., partially to celebrate achieving MRD negative status, spent Christmas in Europe.

Cheryl V. (yes, a second one!) is also doing well.

Bud H. is eight months into his clinical trail at Swedish and still singing its praises. It has done very well for him with minimal side effects. He is also finally going to get back his teeth after a long battle with Jaw Necrosis (ONJ). He can not wait to get back to eating at his favorite restaurants!

Next MM Fighters! Meetings:

Caregivers Meeting – Saturday, February 3rd – 10 – 11:30 AM Contact mmfighters.caregivers@gmail.com for more information – **Virtual Meeting**

Living Alone With Myeloma – Saturday, February 3rd – 9 AM – Contact heidolsen6308@gmail.com for more information – **Virtual Meeting**

Support Group Meeting – Saturday, February 24th – Best of ASH – Dr. Banerjee
– UW/FHCC– 10AM – 12:30 PM – **Virtual Meeting**