

July 2017

**Northside Multiple Myeloma Support Group Meeting
July 1, 2017**

Business

Nancy B. led the meeting and approximately 30 people attended. Please note that there will be no meeting on Saturday, 9/2/17, which is Labor Day weekend. Instead, the September meeting will be held on 9/9/17, and in celebration of the group's 20 year anniversary, the meeting will be a luncheon at The 57th Fighter Group (at no cost for members). Details with a request for a head count will be provided (emailed) as the event date gets closer.

Guest Speaker

Thank you to Trent Adams, founding partner at Magnolia Financial Group and Financial Planner and Tax Advisor since 2004. Trent joined the meeting to discuss the importance of estate planning, i.e. "planning for what matters most". He began by telling a personal story about being diagnosed with brain cancer in March 2016. He has since recuperated and is doing well, however this major life shake-up prompted him to re-evaluate his own estate plans and become better prepared to protect his family, and he shared his experience with the group. Trent provided an informational packet that includes the "Family Love Letter", a comprehensive guide for organizing and accounting for all items necessary for your estate planning, which can be used to prepare now and then used later as the key for executing your estate plans, alleviating problems and confusion for loved ones during stressful times. Trent explained the importance of having a will, reviewing it periodically, and keeping it updated. He also discussed other items addressed in The Family Love Letter package including living wills, powers of attorney, property, assets, insurance, trusts, planning in different locations from your legal residence, and the importance of documenting your plans and signing and notarizing them so that they are legal. Document and communicate the location of your plans, passwords, combinations and keys to safes and safe deposit boxes, and other important information to your loved ones so that they are able to access your information. Store your information at a known location so that others can access it when needed. For example, your information can be stored on flash drives and/or shared folders such as an Evernote library. For more information, contact Trenton J. Adams, CFP®
office: 770.353.6406, cell: 404.944.1333, website: www.mfgplanning.com

Member Updates

Statuses of some members who were not at the meeting were provided.

Tony M. recently had a second stem cell transplant in July at Northside.

David G. is in rehab.

Cappa is doing well and was out of town on the meeting date.

Mary's heart issues have been stabilized and lesions on her back are being treated.

Jim M. had a heart catheterization procedure and is doing well.

Some members at the meeting provided a status. Becky and Nancy mentioned how working and the associated stress can affect one's immune system and health. Becky commented that her health has improved since she stopped working.

Dirk is preparing for a stem cell transplant on July 18th.

Brenda reported that her blood sugar has stabilized and she is now off diabetes medication. She also mentioned that she gets a pneumonia vaccination every six months which helped stop recurrent bronchitis.

Larry's 100 day post stem cell tests show no signs of myeloma.

Walter has been getting immune treatment boosters because he had been getting infections, and is doing better.

Barb is also doing better.

- Submitted by Wendy R.

Please Note: Meeting notes are anecdotal only and not intended to replace advice from your doctor. Feel free to review the discussion topics with your healthcare team.

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Southside Multiple Myeloma Support Group
Saturday July 22, 2017

Southside meeting on July 22 is cancelled so that members can attend the LLS annual Georgia Blood Cancer Conference on July 22.