






# Myeloma Canada's
# *Gratitude Report*

2025

myeloma.ca

MYELOMA CANADA
MAKING MYELOMA MATTER

# What is a *Gratitude Report?*

Myeloma Canada is pleased to publish its very first edition of our annual Gratitude Report. It's a review of the activities carried out by our volunteers in 2025, but more importantly, it's a letter of thanks. These pages represent a celebration of dedication, impact, and community. They recognize the countless hours, resourcefulness, and genuine care that volunteers have poured into the cause.





# In Conversation: *Looking Back, Looking Forward*

To begin our reflection on 2025, we asked Martine Elias, Chief Executive Officer, and Michelle Oana, Chief Mission Officer, to explore the heart of what makes our community special.

## What does the Canadian myeloma community *mean to you?*

### Martine

The myeloma community holds a very special place in my heart. Over the years, it has become much more than the focus of my work. It is a close, caring community grounded in friendship, generosity, and an unwavering commitment to one another. When I first began working in the myeloma field more than 22 years ago, there was not much available for patients: few treatment options, limited research, and very few physicians choosing to dedicate their practice to this disease.

Nurturing friendships with people affected by myeloma through those early years forged deep connections that have stayed with me. Without even realizing it at the time, this community helped carry me through some of my own hardest moments and, in doing so, helped me discover my true passion.

### Michelle

The Canadian myeloma community means family to me. I first became personally involved in this cause in 2007, when my father was diagnosed with myeloma, and my family began volunteering together. Over the years, we've built deep and lasting bonds with people across the country who understand this journey in a way few others can. This community has shaped not only my work, but my life.

## How do you think the co-founders, Aldo Del Col and John Lemieux, would feel *seeing the community today?*

### Martine

When Aldo was diagnosed, there were two things he believed were essential. First, patients needed a way to connect with one another, because like many, he had never even heard of myeloma at the time of his diagnosis. Second, he wanted to see more clinical trials dedicated to myeloma.

I first met Aldo in 2004 at a time when I was just beginning my career working with patient organizations within the pharmaceutical industry and was still learning how this work was done. Aldo was in the process of creating Myeloma Canada, and he reached out to me to explore how I might help bring his vision to life.

That was the beginning of both a lasting friendship and a deep personal passion for me.

I also had the privilege of knowing John, whose passion for advocacy was unmistakable. He believed deeply in the power of showing up, sitting across from decision-makers, and making the patient voice impossible to ignore. He loved meeting with governments and was especially instrumental in advocating for access to drug treatments, playing a key role in helping myeloma patients gain access to Revlimid. His determination and persistence helped shape Myeloma Canada's strong advocacy foundation.

Today, these core pillars — community connection, research, and advocacy — remain the cornerstone of Myeloma Canada and continue to reflect the dreams and values of its founders. I believe Aldo would be proud of where the organization is today, even though he would no doubt still find a few things he would want to change. Nothing was ever absolutely perfect for him. He cared deeply about the smallest details, much like a book that feels out of place in a library because it is too tall or not quite the right colour. In many ways, that attention to detail and that drive to do better remain an essential part of the legacy he left us.

### Michelle

Having known both Aldo and John personally since the organization's humble beginnings, I believe they would feel a deep sense of awe and pride. What began as a small, kitchen-table organization 20 years ago has grown into a national community making a meaningful impact across Canada. Seeing how much has been accomplished and how many lives have been touched would be far beyond anything they ever imagined, and a true reflection of the vision they set in motion.

## Is there a moment from this past year that captured the spirit of Myeloma Canada's volunteers?

### Martine

For me, the moment that truly captured the spirit of Myeloma Canada's volunteers was the collective advocacy effort for access to the Carvykti®, the CAR-T therapy. What stood out was not only the focus on one treatment, but the way the entire community galvanized around a shared need. Patients, caregivers, volunteers, and partners came together with a single voice, reminding decision-makers that access to innovation matters. This moment went beyond Carvykti®, it reflected who we are as a community and how we come together when it matters most. I have no doubt that when the next critical moment arises, this community will mobilize with the same level of commitment and unity to support one another again.

### Michelle

While gathering the information for this report, especially as we listed the sheer number of activities our volunteers are involved in, it really hit home just how extraordinary this community is. The range, energy, and commitment behind it all was honestly jaw-dropping. From advocacy to fundraising, to peer support, and everything in between, the way people commit with such gusto and heart feels almost superhero-like.

# What would you want volunteers to know about the impact they make?

## Martine

I want our volunteers to truly know how deeply grateful I am for their generosity, selflessness, and genuine care for others. Volunteers show up, without expecting recognition, for people who are navigating some of the hardest moments of their lives. Because of them, no one walks this journey alone. Their presence, compassion, and willingness to give of themselves are at the very heart of Myeloma Canada, and they make our mission possible.

## Michelle

We're a small team of just 15 people serving the whole country. But, with hundreds of volunteers pitching in, we are mighty! Because of you, we can deliver programs, resources, and support that would be impossible for us to do alone. Every hour, every effort, every bit of care adds up, and the impact you have is huge. Simply put, you make this organization, and this community, what it is.

# 2025 Myeloma Canada *Community Award* Recipients

The Myeloma Canada community awards honour the outstanding achievements of individuals within our Canadian myeloma community.

## 2025 Myeloma Canada Chief Executive Officer Leadership Award



### Marie-Claude Houle-Beausoleil

The Chief Executive Officer Award recipient is selected by our CEO in recognition of truly exceptional contributions to the myeloma community. Marie-Claude's outstanding advocacy and leadership has made a profound impact on the myeloma community. As an active participant in the national Cancer Action Now campaign, "Dying to Be a Priority," her efforts earned recognition with a prize from the *Société Québécoise des professionnels en relations publiques*. She mobilized her social media network to drive the Carvykti® email-writing initiative, generating dozens of letters from the Francophone community and significantly amplifying patient voices. Marie-Claude has also joined the Québec Cancer Coalition as a patient partner, strengthening patient representation at the provincial level. Most recently, she joined the *Défi Cyclo-Myélome* Committee in 2025 and will serve as spokesperson for the 2026 event, where she will bring her powerful voice to the forefront of myeloma awareness efforts.

## 2025 Myeloma Canada Carolyn Henry Memorial / The Excellence in Advocacy Medal (TEAM) Award



### Lisa Bowden

The Myeloma Canada Carolyn Henry Memorial / The Excellence in Advocacy Medal (TEAM) Award, established in 2009, honours the outstanding achievements of patient advocates and caregivers. In 2025, Lisa worked hard to advocate for Canadians with myeloma, quickly becoming an integral member of both the National and Ontario Advocacy committees, where she has championed initiatives across all levels of government. Her impact extends far beyond traditional advocacy: after identifying a potential link between myeloma and workplace chemical exposures at a London wheel manufacturing plant, Lisa spearheaded advocacy efforts for a group of former employees with multiple myeloma. She coordinated directly with all key stakeholders, including the local union chapter, MPPs, and the Occupational Health Clinics for Ontario Workers (OHCOW). What makes Lisa's work particularly remarkable is that she undertook this challenging advocacy with no personal connection to the affected workers, driven solely by her commitment to making a meaningful difference in the lives of people affected by myeloma.

## 2025 Myeloma Canada Support Group Leader Distinction Award



### Brian Snowdon

The Myeloma Canada Support Group Leader Distinction Award, launched in 2021, recognizes the incredible accomplishments and outstanding leadership of a Myeloma Canada Support Group Leader within our growing support group network. Since taking on the role of Support Group Leader for the Peterborough–Kawartha Lakes Support Group in late 2023, Brian has set a new standard for excellence. His organizational skills shine through in the way he regularly shares summaries of events, webinars, and research updates with his members, consistently forwarding Myeloma Canada emails, resources, and communications to keep everyone informed. Brian's commitment to building community extends beyond his own group. He actively mentors new Support Group Leaders by attending their meetings and inviting them to join his group, strengthening connections across the entire network. Responsive to member needs, he increased meeting frequency from bi-monthly to monthly, and has led multiple InfoTables at his local hospital to raise awareness of Myeloma Canada and regional support groups. He has also volunteered at the International Myeloma Society Meeting in Toronto and actively promoted and participated in the Multiple Myeloma Marches in Peterborough, Oshawa, and Kingston. Brian's comprehensive approach to leadership exemplifies what it means to truly serve the myeloma community.

## 2025 Myeloma Canada Nathalie Allard Memorial Award



### Jérôme Goulet

Created in 2018 in memory of Nathalie Allard, who devoted years to raising significant funds for Myeloma Canada through her Montreal Multiple Myeloma March campaign, the Myeloma Canada Nathalie Allard Memorial Award honours Nathalie's tremendous contribution to improving outcomes for Canadians with myeloma.

Jérôme's impact on the myeloma community in 2025 was, once again, truly remarkable, earning him this prestigious award for an extraordinary third time. Through his passion, spirit, and commitment, Jérôme and the entire *L'Armée de Jé* raised an incredible $45,427 for Myeloma Canada's 2025 Multiple Myeloma March in Quebec City, claiming the title of top fundraising team in Canada. This achievement is a testament to Jérôme's unwavering dedication and the power of volunteers who continue to grow our community, strengthen our voice, and put myeloma on the map.

## 2025 Myeloma Canada Newcomer Award



### Bonnie Hall

The Myeloma Canada Newcomer Award, established in 2016, recognizes individuals who, in a short period of time, have made a significant difference in the Canadian myeloma community through their active engagement and distinctive leadership. Bonnie's impact has been nothing short of extraordinary. In her first Multiple Myeloma March, she raised over $30,000 for the Scarborough event. Her thoughtfully planned email campaign, which shared both her personal journey and the important work of our organization, inspired many to get involved and support the cause. Beyond fundraising, Bonnie served as patient speaker at the Scarborough Multiple Myeloma March, where her willingness to share her story highlighted the importance of our mission. Her participation in Health eMatters, strong presence on social media, and involvement in both in-person and virtual AdBoards further demonstrate her commitment to advocacy and awareness.

## 2025 Myeloma Canada Notable Volunteer Award



### Emmanuel Mercier

The Myeloma Canada Notable Volunteer Award, established in 2016, recognizes the important contribution of individuals to the Canadian myeloma community through their exceptional volunteer involvement. As co-founder and co-leader of the Saguenay Multiple Myeloma March and co-Support Group Leader in the Saguenay region, Emmanuel has demonstrated unwavering dedication to the myeloma community. His advocacy work is particularly noteworthy: he has pursued a personal initiative to have multiple myeloma recognized as an occupational disease for Canadian Veterans, successfully securing this recognition for himself and now working to achieve it for all Veterans. Additionally, Emmanuel participated in a national media campaign, sharing his experience across multiple news outlets about living with myeloma in a remote region and the challenges of accessing treatment in rural areas. Through innovative advocacy and steadfast community leadership, Emmanuel exemplifies the spirit that drives meaningful change for Canadians affected by myeloma.

## 2025 Myeloma Canada Community Achievement Award



### Lyzane Bissonnette

The Myeloma Canada Community Achievement Award, established in 2016, recognizes individuals who have made significant and ongoing contributions to Myeloma Canada and the Canadian myeloma community. Lyzane exemplifies this dedication through her tireless advocacy and leadership. She has shared her story in a Myeloma Canada Spotlight, actively leads the Sainte-Julie Multiple Myeloma March, participated in the Défi Cyclo-Myélome, and organized an InfoTable day at Charles-LeMoyne Hospital. In 2021, she became co-leader (and now leader) of the South Shore Support Group, and serves as a valued member of the Myeloma Canada Ambassador Network. In this role, she has participated as a panelist at the annual Québec FISQ meeting and served as spokesperson for Sam's Monte Carlo Casino Night. Beyond her remarkable work with Myeloma Canada, Lyzane volunteers with multiple health organizations while balancing her roles as mother, teacher, wife, and veteran. Her commitment to the myeloma community is truly inspiring.

# The Myeloma Canada Board of Directors

## Officers of the Board

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Senior Executive and board member of many Canadian public companies and charitable organizations
Vancouver, BC

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Team Lead,
Servus Credit Union
Support Group Leader
Edmonton, AB

### *Nancy Gray, Treasurer*

Past Executive Director, Financial Affairs,
McMaster University
Burlington, ON

### *David Niebach, Secretary*

CFO, Davis Legacy Group of Companies
Managing Director, Dynamis Consulting Group
CFO, North County Tire Distributors
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St Albert, AB

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Montreal, QC

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State Operations Director of Operations for Consumer Direct Care Network
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Inductee into the Canadian Medical Hall of Fame since 2012 and named to the Order of Canada in 2006
Former head of the Gairdner Foundation
Toronto, ON

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Assistant Professor at Cape Breton University
Director of Clinical Services at the Breton Ability Center
Sydney, NS

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Head of Public Policy & Government Relations for Siemens Healthineers (Canada)
Ottawa, ON

### *Hira Mian, MD*

Hematologist, Juravinski Cancer Centre
Assistant Professor, McMaster University
Hamilton, ON

### *Vijay Ramakrishnan*

Associate Director, Oncology Biomarkers, Labcorp
Sun Prairie, WI (USA)

### *Anthony Reiman, MD*

Medical Oncologist
Canadian Cancer Society Research Chair, University of New Brunswick
Professor, Department of Medicine, Dalhousie University
Department of Oncology, Saint John Regional Hospital
Saint John, NB

### *Annie Roy*

Vice-President insurance sector
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### *Sandor Sajnovics*

Commissioner, Canada Energy Regulator
Calgary, AB

### *Julie Stakiw, MD*

Medical Director, Oncology & Clinical Professor Hematological Oncology, University of Saskatchewan
Saskatoon, SK

### *Keith Taylor*

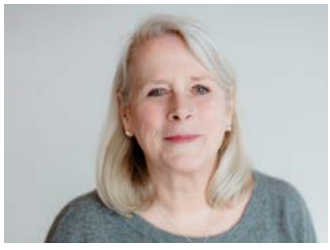
President, Partner consulting firm specializing in police, justice, governance and community issues
West Vancouver, BC

### *Darlene Thibault*

Senior National Program Director with the Industry Initiatives and Partnerships segment of BMO Bank of Montreal
Beaconsfield, QC

### *Alissa Visram, MD*

Assistant Professor, McMaster University
Hematologist, Juravinski Cancer Centre
Hamilton, ON



***"My sincere thanks to the people serving on our Board of Directors, whose insight and commitment continue to strengthen our work and our impact. Their steady guidance, thoughtful questions, and generous support help me make better decisions, stay focused on patients, and move our mission forward with confidence and care every single day."***

- Martine Elias, Chief Executive Officer, Myeloma Canada



***"As a board member, I look forward to the PAC report at each board meeting. It helps remind me about patient needs and challenges. Having some PAC members join our annual board retreat allowed me to get to know them as individuals as well. Their insights keep patient priorities front and centre, sharpen our decision making, and help strengthen our advocacy for new treatments and funding."***

- Nancy Gray, Treasurer,
  Myeloma Canada Board of Directors

# Patient Advisory Council (PAC)

*Rinat Avitzur*
Chair

*Shawn Crossman*
Vice Chair & Atlantic Provinces Representative

*Manon Veilleux*
Quebec Representative

*Susan McLean*
Western Canada Representative

*Phil Harbridge*
Western Canada Representative

*Gisèle Fournier*
Quebec Representative

*Tanya Zigomanis*
Ontario Representative

# Myeloma Canada Ambassador Network (MCAN)

In 2025, Myeloma Canada launched MCAN as a network of individuals whose lives have been impacted by myeloma to represent the patient voice at public forums, in the development of programs, in campaign initiatives, and external affairs. This dedicated network builds meaningful connections within the community while sharing patient-focused insights that help strengthen services and deepen engagement.



***"We are grateful for the volunteers who raised their hands to join the Myeloma Canada Ambassador Network. From across the country, these spirited individuals are lending their time to represent Myeloma Canada, amplify patient voices, and strengthen outreach. This is an exciting new program, and I look forward to seeing all the incredible things our ambassadors will do."***

- Weronika Poziemska, Community Engagement Coordinator (French Canada), Myeloma Canada




Bob McCaw told his story at the High North Fore20 Charity Golf event, where $22,420 was raised to support the myeloma community.




Jules Royer, Chantel Wicks (Myeloma Canada), Alyssa Dickey, and Guy Gaudet (Myeloma Canada) displaying our educational resources as the International Myeloma Society's Annual Meeting.



Lyzane Bissonnette speaking on a panel at the *Forum de l'industrie de la santé au Québec* (FISQ)

# Myeloma Canada Support Group Network




Support Group Leaders in Moncton, NB in 2025

Myeloma Canada
Support Group Network

Support Group Leaders dedicate countless hours to their communities — connecting patients and caregivers, sharing educational resources, facilitating meaningful discussions, and so much more — all while serving as a compassionate listening ear for people whose lives have been touched by this disease.

***55***

**support groups**

***100+***

**leaders, co-leaders, steering committee members**

***3 New groups:***

**Belleville & Area Myeloma Support Group, Central Quebec Support Group, Western NL Myeloma Support Group**

# *Support Group Network*



*"The Myeloma Support Groups (Barrie and Beyond, and Regina are the ones I attend) have provided me with a network of individuals that have been invaluable. We are not alone on this journey! Our groups focus on helping one another navigate daily living, sharing knowledge and research as it relates to multiple myeloma. The groups assist us in fostering a positive well-being and resilience."*

- James Englot, Canadian who lives with multiple myeloma



*"We are profoundly grateful for our volunteer Support Group Leaders across Canada. You are the heart of our community. Through your leadership, empathy, and dedication, you create safe spaces where people impacted by myeloma feel seen, heard, and supported. I feel truly lucky to be connected to each of you and to see the difference you make."*

- Chantel Wicks, National Manager of Community Outreach and Resources, Myeloma Canada




Shawn Crossman, Support Group Leader and member of the PAC, organized a flag raising at the Support Group Leader Summit in Moncton.

# Access and Advocacy

## Carvykti® Advocacy

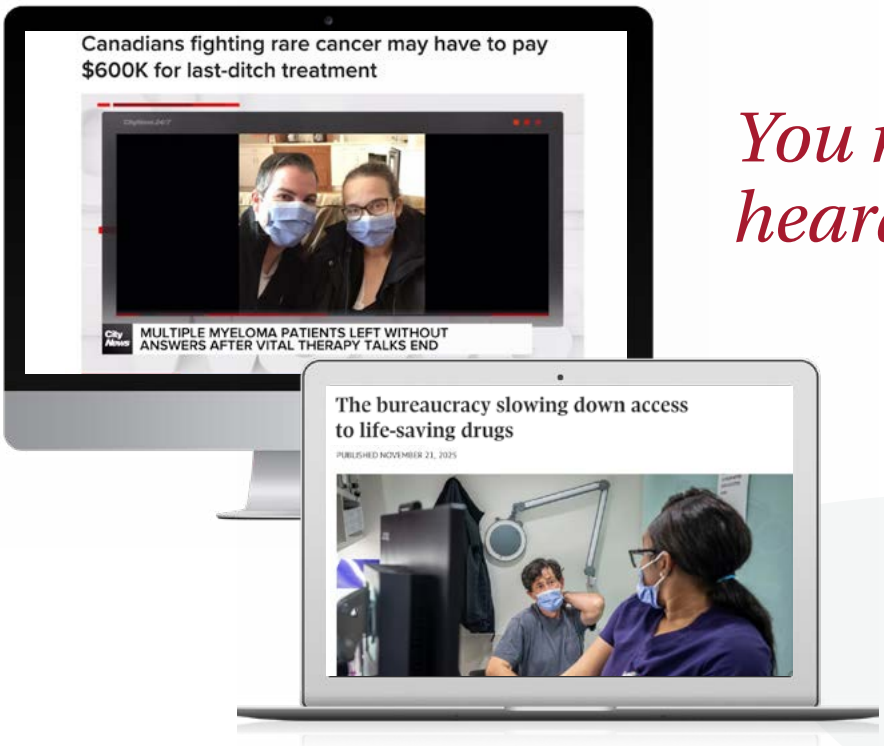
***5,638***

**letters sent in Carvykti® email writing campaign**



*"September was a pivotal moment for access to innovative cancer therapies in Canada, revealing the fragility of our healthcare ecosystem and the major impact that each decision can have on patients' journeys. We sincerely thank everyone who spoke up in the media, to governments, or to their representatives. They helped raise awareness about the importance of access to the best treatments available, not just following the breakdown of negotiations over Carvykti® in September but all year long."*

- Jessy Ranger, Director, Patient Programs, Health Policy & Advocacy, Myeloma Canada




## *You made your voice heard in the media!*

# National and Provincial Advocacy Committees

***Over 20***

**members from across Canada**



*"By sharing their informed perspectives, committee members help ensure that Myeloma Canada's national and provincial advocacy initiatives truly reflect the diverse realities of the Canadian myeloma community. Their voices guide our work and strengthen our efforts to drive meaningful progress in care and access to treatment across Canada."*

- Aidan Robertson, Advisor, Health Policy & Advocacy, Myeloma Canada



At the Support Group Leaders Summit in Moncton, Bev Dunn (left) and Lorelei Dalrymple (right) recruited Julie Salsman (centre) to join the National Advocacy Committee.

# Health eMatters and Phase 0

Health eMatters

***Over 80***

**advocates**

***23***

**Cancers represented**

Health eMatters, now in its fifth year, is a program designed for Canadian cancer advocates to network, learn, be inspired, and sharpen their skills to become more effective at raising awareness on the issues that matter most to them. During one pivotal session, Angus Pratt, asked a panel of pharmaceutical representatives what they were doing to address Equity, Diversity, and Inclusion (EDI), sparking an important conversation about EDI in clinical trials. This powerful moment of advocacy eventually led to the creation of the Phase 0 initiative.



***"Over the past six years, this community, powered by a dynamic volunteer steering committee, has grown into a strong network of cancer advocates, improving the lives and care of people affected by cancer. The Phase 0 initiative is a clear example. Born out of Health eMatters, driven by patient advocates, and co-created with industry partners, researchers, nurses, and the like, Phase 0 is a patient-focused program that reduces barriers to clinical trial participation and addresses individual needs nationwide. It puts the patient first, showing the powerful impact that voice can have in driving change in cancer care."***

- Michelle Oana, Chief Mission Officer, Myeloma Canada

## Health eMatters Steering Committee

*Alyssa Dickey*
Myeloma advocate

*Robert Hawke*
Thyroid cancer advocate

*Peter Bovolaneas*
Testicular cancer advocate

*Michelle Burleigh*
Leukemia advocate

*Lisa Machado*
CML advocate

*Alvina Nadeem*
Ovarian cancer advocate




Co-master of ceremonies for Health eMatters Robert Hawke kicks off the conference with high-fives and smiles.



Thomas Goode (myeloma advocate) discusses using AI to power online advocacy.



Health eMatters 2025 attendees

# Phase 0




Jules Royer told her story of life with myeloma to a crowd of pharmaceutical representatives, healthcare professionals, fellow cancer advocates, and researchers at the Phase 0 meeting.

## Phase 0 Committee Members

*Dr Joseph Mikael*
TGen/City of Hope,
International Myeloma Foundation
Scottsdale, AZ

*Nina Mason, RN, BN*
Arthur J.E. Child Comprehensive Cancer Centre
Calgary, AB

*Dr Julie Stakiw*
University of Saskatchewan,
Saskatchewan Cancer Agency
Saskatoon, SK

*Jules Royer*
Patient Partner
Guelph, Ontario

*Henry Chan*
CAR-T Medical Director,
Johnson & Johnson
Toronto, ON

PHASE 0
Powered by Myeloma Canada

# Multiple Myeloma Awareness Month

The 2025 Multiple Myeloma Awareness Month coincided with Myeloma Canada's 20th anniversary. In honour of those 20 years, 20 Canadians shared their story with us.

A huge thank you to Ellis Basevitz, Jean Guy Belzile, Betty Boudreau, Jean-François Couture, Francis DelSol, Paule Désir, Alyssa Dickey, Ron Drennan, Dwight Gardiner, Kevin Jacobs, Pierre Laforest, Cyndi Logan, Bob McCaw, Ev McDowell, Anthony Mohamed, Bayo Oladele, Yolande Paine, Jules Royer, Kundan Uppal-Dubinsky and Tanya Zigomanis for lending their faces, voices, and experiences to this year's campaign.






















## 2025 Multiple Myeloma Awareness Month Official Proclamations and Declarations

Huge congratulations to the following communities who successfully advocated for official proclamations/ declarations of Multiple Myeloma Awareness Month/Day at the provincial and municipal levels:

**Provinces:** British Columbia, Manitoba (March 1st - Multiple Myeloma Awareness Day), Saskatchewan.

**Cities:** Cobourg (ON); Surrey, Vancouver (March 31st - Multiple Myeloma Awareness Day); and Prince George (BC).



A fabulous turn out at the lighting of the Hamilton city sign in Ontario

## Ceremonies that Make Myeloma Matter

Thank you to the communities that made these ceremonies happen, including:

### *Alberta*

Calgary, Lethbridge, and Edmonton

### *British Columbia*

Victoria and Surrey

### *Manitoba*

Winnipeg

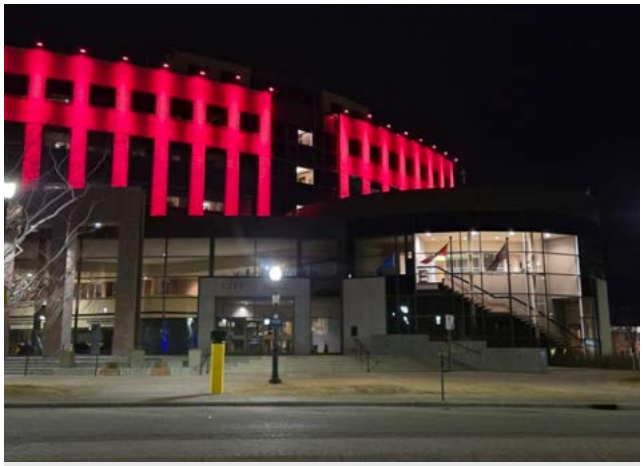
### *Ontario*

Hamilton and London

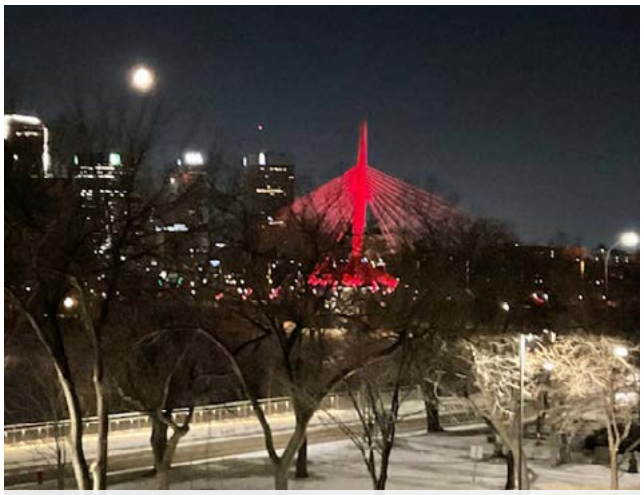
### *Saskatchewan*

Saskatoon

*Note: This is not an exhaustive list of community initiatives.*



Lethbridge City Hall lit in Alberta



Promenade Bridge lit in Winnipeg, Manitoba

# InfoTables

Tended by volunteers across Canada, InfoTables in hospitals, clinics, or cancer centres are an important opportunity for connection for people who live with myeloma.



*"Hosting an InfoTable is important because the invaluable InfoGuides and InfoSheets are right there, where someone visiting a hospital or cancer centre can peruse the information and take what they need. Just as important, there are people at the InfoTable, people like themselves. They are myeloma patients, perhaps caregivers, standing only a few feet away, willing to share their stories. Someone with myeloma will pick up their resources, but more importantly they take away a connection, and a feeling of reassurance that they are not alone. They are still able to live well, will still be able to enjoy family times, take bucket-list trips, and grow old. For me, the spark of new found hope I see in the eyes of the person that comes up to the InfoTable is what tells me my efforts are worthwhile."*

- Brian Snowdon, Leader for the Peterborough & Kawartha Lakes Myeloma Support Group




Claudia and Jeff, Kingston Support Group Leader and Co-Leader, with Chantel Wicks of Myeloma Canada, displaying educational resources and inviting people to join their support group at the Cancer Centre in the Kingston General Hospital




Julie and Brian, Support Group Leaders in Ontario, hosting an InfoTable at Durham Region Cancer Centre (Lakeridge Health Hospital)

# Community Fundraisers

Whether it's the Multiple Myeloma March or a craft fair, community fundraising events support everything we do, from research investments to advocacy initiatves, to patient support programs, and so much more.



*"Working alongside community fundraisers has continually reminded me why this work matters. Each volunteer brings purpose, heart, and determination that fuel our mission. Seeing their fundraising ideas come to life is a privilege, and being part of that journey is a powerful reminder they are driving real change."*

- Patricia Celestin, Community Fundraising Manager, Myeloma Canada

## Myeloma Canada Ride

***9***

**Rides**

Île Perrot, Okanagan, Richmond, Vancouver Island, Calgary, Niagara Region, Ottawa, Sudbury, *Défi Cyclo-myélome*

***Over 100***

**volunteers**

***549***

**cyclists**

***Over $340,000***

**raised**



Can't miss these cyclists on beautiful Vancouver Island, BC!




Francine Ducas and Maryse Bouchard, co-founders of *Défi Cyclo-Myélome*, speaking to a crowd of cyclists who braved the rain.




Cyclists riding a tandem bike at the Myeloma Canada Ride in Île Perrot, QC

# Multiple Myeloma March

***44*** **Marches**

***Over 450*** **volunteers**

***Over 3,400*** **participants**

***Over $925,000*** **raised**



Jérôme Goulet has won the Myeloma Canada Nathalie Allard Memorial Award, which recognizes the top fundraiser of the year, three times! Here he is with Martine Elias, CEO of Myeloma Canada, at the Quebec City March.



Bonnie Hall, winner of this year's Myeloma Canada Newcomer Award, walks to accept her plaque for top fundraiser at the Scarborough Multiple Myeloma March.



Photo credit: Stéphanie Hovington

Organizers bringing the fun and the safety to the March in Sacré Coeur, QC.



Multiple Myeloma March fashion in Brampton, ON



Keeping the Myeloma Canada merchandise table organized in Regina, SK



Marchers in beautiful Charlottetown, PE

## *Défi Everest Challenge* in New Brunswick

***576***

**participants**

***$145,434***

**raised**



Marilou Laforest, Lise Laforest, Pierre Laforest, and Marie-Eve Laforest, the family behind the *Défi Everest*.

## Community Events

***13***

**events**

***Over $30,000***

**raised**

We are deeply grateful to the incredible community members who organized fundraisers in support of myeloma research this year, including Katy Ann Boll (garage sale), Lindsay Poland (High North golf tournament), Jessica Broadfoot (Kiss for a Cause), Guylaine Frechette (*Défi de Beat*), and Mario Shank (Halloween fundraiser).

## Sam's Monte Carlo Casino Night

***100*** **guests**

***$43,458*** **raised**



The Oana family, who have volunteered and organized Sam's Monte Carlo Casino night for 9 years, raising over $425,000 total.



Damaya Heslop (left) has been volunteering for Myeloma Canada for over a decade. Her mom, Shaneika Heslop (right), has worked for Myeloma Canada since 2015.

MYELOMA CANADA
MAKING MYELOMA MATTER

# *Thank you!*

To our incredible volunteers: your work, dedication, ingenuity, and generosity made 2025 truly extraordinary for Myeloma Canada and the countless Canadians whose lives are impacted by myeloma. The research we were able to fund, the barriers you helped break down in treatment access, the connections you forged, and the hope you kindled through your tireless efforts — none of this would be possible without you. You are the heartbeat of this community, giving your time, talent, and passion to help us realize our vision of **life uninterrupted by myeloma**. We are deeply grateful for everything you do.

For more information, to sign up for our e-newsletter, join our community, ask a question through MC Assistance, or donate, visit myeloma.ca.

## myeloma.ca

Email: contact@myeloma.ca
Office: 514 421-2242
Toll-free: 1-888-798-5771

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