



Don’t Worry, Be Happy

Sheri Baker – Meridian, ID – Patient

This is my first grandson, Ryker. I wasn't sure I would live long enough to see my children get married or have grandchildren. He is a prayer answered. One look at that smiling face brightens my day, no matter what I'm going through. I stay resilient and keep fighting so I can be the best Grammy for him.



Hope!

Yelak Biru – NW Arkansas – Patient

Given 2–3 years to live, I’ve so far outlived two of our Dachshunds! Each lived 14.5 years.



Wasatch Mountains

Niko Cheek-O'Donnell – Salt Lake City, UT – Oncology Social Worker

When I ask my Salt Lake City multiple myeloma patients to characterize their own spirituality (I actually ask this question pretty frequently as an oncology social worker), many of them mention their relationship with the Wasatch Mountains. Salt Lake’s mountain skyline is such a dominant, majestic presence here. It’s by far the most common non-religious example of a “higher power” that my patients cite. I believe that an essential component of resilience is accepting that one’s own capacity to control events is limited and that there are many forces in this world that are “bigger than me.” Another essential component is resourcefulness and the ability to look at a problem in new ways. The Wasatch Mountains mark the western edge of the Rocky Mountains and the eastern edge of the enormous Great Basin Desert, which straddles Nevada and Utah, the two driest states in the nation. Nonetheless, the Wasatch Mountains give life to our valley in the middle of a desert region, by scraping precipitation from dry, thin air.



My Children, My Life

Debbie Morelli – Central New Jersey – Caregiver

My children are my strength. They are the reason for who I am today; from Mom, to Caregiver, to Support Group Leader.



It’s All in the Process

Michelle Oana – Myeloma Canada – Patient

Absolutely love to cook, this is my happy place. I experiment with new flavors and recipes constantly, and enjoy playing my own version of “chopped” at home. Cooking keeps me motivated, brings me peace, inspiration and relaxation. It’s all about the process and not the end result.



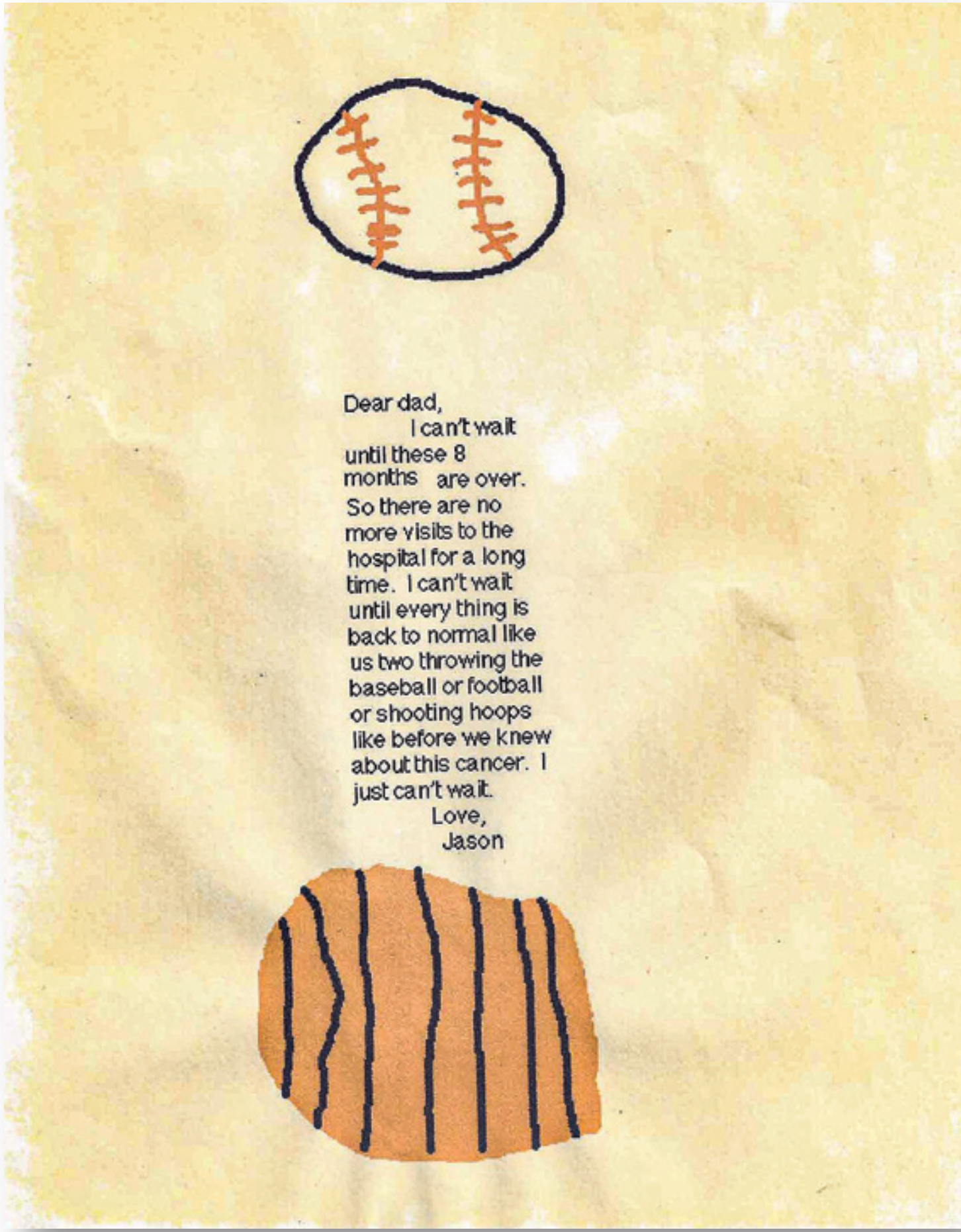
Stingray Bay off The Bahamas in 2014

Danny & Maggie Scott – Brooksville, FL – Patient/Caregiver

I used to scuba a lot, now I only snorkel.



Early Summer, Endless Possibilities
Paul Allen – Spokane, WA – Patient



A 10-Year-Old Can't Wait
Jack Aiello – Bay Area, CA – Patient

Before my first 4-day hospital stay getting chemo, I said something to my kids about a blood disease and treatment for 8 months (turned out to be 8 years). My oldest daughter (16 years old) asked if I had cancer, and it was difficult to answer "yes." A few days later my 10-year-old son Jason got on the Mac and created the attached picture, which ultimately never left my hospital bedside, whether I was being treated in CA or Little Rock. It helped give me strength.



Isaac's Tree
John Auerbacher – White Plains, NY – Patient

My "resilience" photo captures my love of plants and of this extraordinary tree (which is serving as a perch for a red-tailed hawk who is a frequent visitor). We were told twenty years ago that this tree "must be cut down for safety." Instead, we have slowly trimmed it to maintain it as a carbon storage "trunk" and a home for squirrels, raccoons and an occasional owl. Not only do the insects treat it as a snack bar, but the flickers, woodpeckers and nuthatches adore (and munch upon) those insects.

Well, "Isaac's Tree" is still alive and providing us with summer shade, year-round entertainment and a respite for the squirrels who love to play hide-and-seek with our dogs. Isaac's Tree testifies to the power of life. A little maintenance goes a long way!



Sunset Represents Hope
Diana Chiles – Amelia Island, FL – Caregiver

Whatever you faced during the day, the sun setting puts an "end" to the day's issues and gives hope and refreshed energy for the new day tomorrow.



Donkeys are such agreeable bosom buddies; they ask no questions, they pass no judgements!
John DeFlice – Santa Fe, NM – Patient



My Stacked Enchilada Recipe
Rich Bails – Dallas, TX – Patient

I made this at a December gathering for friends. This is how I choose to enjoy life.



Family, Friends, Traditions and Loyalty! Go Twins!

Steve Ellingboe – Central MN – Patient

This is a picture of my college friend Roger Faber (on the right) and me, on March 28, 2019. We celebrated our 45th consecutive Minnesota Twins home opener! The streak began in 1975. Several years, 2008–2009, were in doubt because of my myeloma diagnosis and my stem cell transplant, but this streak combines things that are so important to me and my “resilience.” Family, friends, traditions and loyalty! Go Twins!



Life Finds a Way

Barbara Davis – Stillwater, MN – Patient

Every year the ferns come up in new places, often rocky, hard places. But they push their way through the rocks to find air and sun. I too have found a way up through some pretty hard places, and every time I amaze myself that I got through it, giving me strength, confidence and therefore resilience to get through the next hard and rocky place.



I Am IronMan!

Brian Helstien – Orange County, CA – Patient

Here’s what I keep on the wall. I competed in and completed the Hawaiian Ironman Triathlon 3 times, the last time in October 1983. I’d been hit by a car while training on my bike weeks before that race, and competed with a crack/fracture in my left ankle. Like other myeloma patients, I’ve since had BMBs, IVs, shots and lots and lots of various medications causing diarrhea, nausea, peripheral neuropathy and other assorted discomforts. Whenever it gets really bad (like the PN in my feet when I run daily), I remember the headwinds and heat on the King Kam Highway, the fatigue late in the marathon and that I then had the will to continue to the finish, as I do today.



Rocky – Gonna Fly Now

Alden and Sue Iwahashi – Dover/Milton, DE – Patient/Caregiver

This photo of my husband at his one-year re-birth climbing the Rocky stairs in Philadelphia. He had the worst transplant ever and climbed out of the same horrible hole several times. If this isn’t resilience, then I don’t know what is. FYI, his nickname is Rocky...



Beauty and Serenity

Janet Kerrigan – Myrtle Beach, SC – Patient

My picture represents the beauty and serenity that living near the water brings to me when times get tough.



Good Things Ahead!

Jessie Daw – Sioux Falls, SD – Patient

Hiking/walking with my dogs, Tonka and Dash, is always renewing. And when we can do it in nature out on a trail, it’s even better! It’s my “me” time, and the time where I ponder the big and little questions in life. Walking/hiking with my dogs helps keep me centered, aware, and in the moment. And while I mostly see their back ends while doing this, that’s a reminder that there are often good things ahead as I keep moving forward, and good souls leading me.



My Resilience

Thomas Goode – Triangle Area, NC – Patient

Me being part of my daughters' lives exemplifies resilience. When I was diagnosed with MM, I thought I wouldn't see them grow and prosper to be such great women. My brother is my donor and he has provided the quality of life for all of this to occur. He donated his stem cells on two separate occasions for an allogenic transplant and numerous lymphocytes for a boost. This is a prime example of what resilience means to me.



My dad and my dogs bring me joy and support on tough days

Christie Fiori – Rocky Hill, CT – Oncology Social Worker



Faith, Belief and Strength

Kit Fullenlove Barry – Louisville, KY – Patient

This photo was taken at the Wailing Wall in Jerusalem. To the left of the hand are small bits of paper wedged into the stones, all prayers to God. To me, this photo is about faith, belief and strength – all elements of resilience.



My Little Piece of Heaven

Ronnie Maynard – Hollywood, FL – Patient

I am the PATIENT. What brings me peace are two things: looking at and being in the mountains high in Colorado and being with My Tom.

I feel closer to my Mom and at PEACE with myself. Tom and I traveled to Colorado in 2018, so that I could go to the mountains to find some peace. What I found was me and how I could survive almost anything!



Experience Peace in Nature

Tony Hartzburg – Wilmar, MN – Patient

I find hiking and photographing wildlife and landscapes to be a great way to find peace and happiness, regardless of how my day is going. My favorite place to do this is Valley of Fire near Las Vegas. I often go alone, but I really enjoy taking almost everyone that visits us in Las Vegas to the park to share this experience.

One of my favorite quotes is "Resilience means you experience, you feel, you fail, you hurt, you fall, but you keep going."



Can't Stop Cooking

Diane Hunter – Montgomery, AL – Patient

I am often told that my cooking is a gift from God. I knew something was drastically wrong when I did not have the strength to prepare a meal. I will never forget the look on my husband's face, the morning he walked into the kitchen and I was preparing breakfast.



My Support System

Barbara Marx – Richmond, VA – Patient
Knowing that I have an incredible support system, filled with love, laughter, and positive energy!



Each new day gives another chance to make it count!

Peggy Lindley – Kingwood, TX – Patient



C.B.R. (Contemplative-Based Resilience)

Mark McCalman – Northeast TN – Caregiver
Often it is the caregivers who support the front lines of our society: helping those who face challenges or suffering on a daily basis. Contemplative-based activities – such as meditation, prayer or a simple walk – can offer restorative focus toward compassion, energy, and resilience.



Underwater Paradise

Julia Pallentino – Tallahassee, FL – Patient
The undersea world is what revives me and touches my soul. It is beautiful and serene and refreshes my soul. I have been a scuba diver for more than 45 years. When I was hospitalized for my stem cell transplant, my husband posted a picture of an underwater scene from our favorite dive sites on the island of Bonaire. It was the first thing I saw in the morning and the last thing I saw at night. I was determined to go diving again 6 months after the transplant, despite the skepticism of my healthcare team. I did dive in Bonaire after 6 months. Now whenever I am facing a new myeloma challenge, I think of what I need to do to be back in the underwater world, and that thought propels me through all the challenging times. I have just returned from our most recent scuba diving trip to Bonaire.



Road to Recovery

Charlie Mooney – Staten Island, NY – Patient



Koa!

Sarah Jurkiewicz – Racine, WI – BSN, RN
Koa is our 2.5-year-old dog. He is playful and loving. He always puts a smile on my face, even after my roughest days at work. Koa keeps me active and gets me outside on down days.



**Miracles Happen When Pigs Fly:
Family Support Makes a Difference**
Chris and Nancy Meier – Cincinnati, OH – Patient/Caregiver



Ontario Spring
Susan McDowell – Waterloo, Ontario, Canada – Patient
Winter in Canada can be difficult and challenging, yet every year the forest floor awakens with hardy new life. Ontario's floral emblem is the white trillium, but the rarer red version opens first, signaling the joyful arrival of spring. For me, the rich blood red blossom symbolizes hope and renewal, a key root of resilience.



Nature
Teresa Miceli – Rochester, MN – Nurse



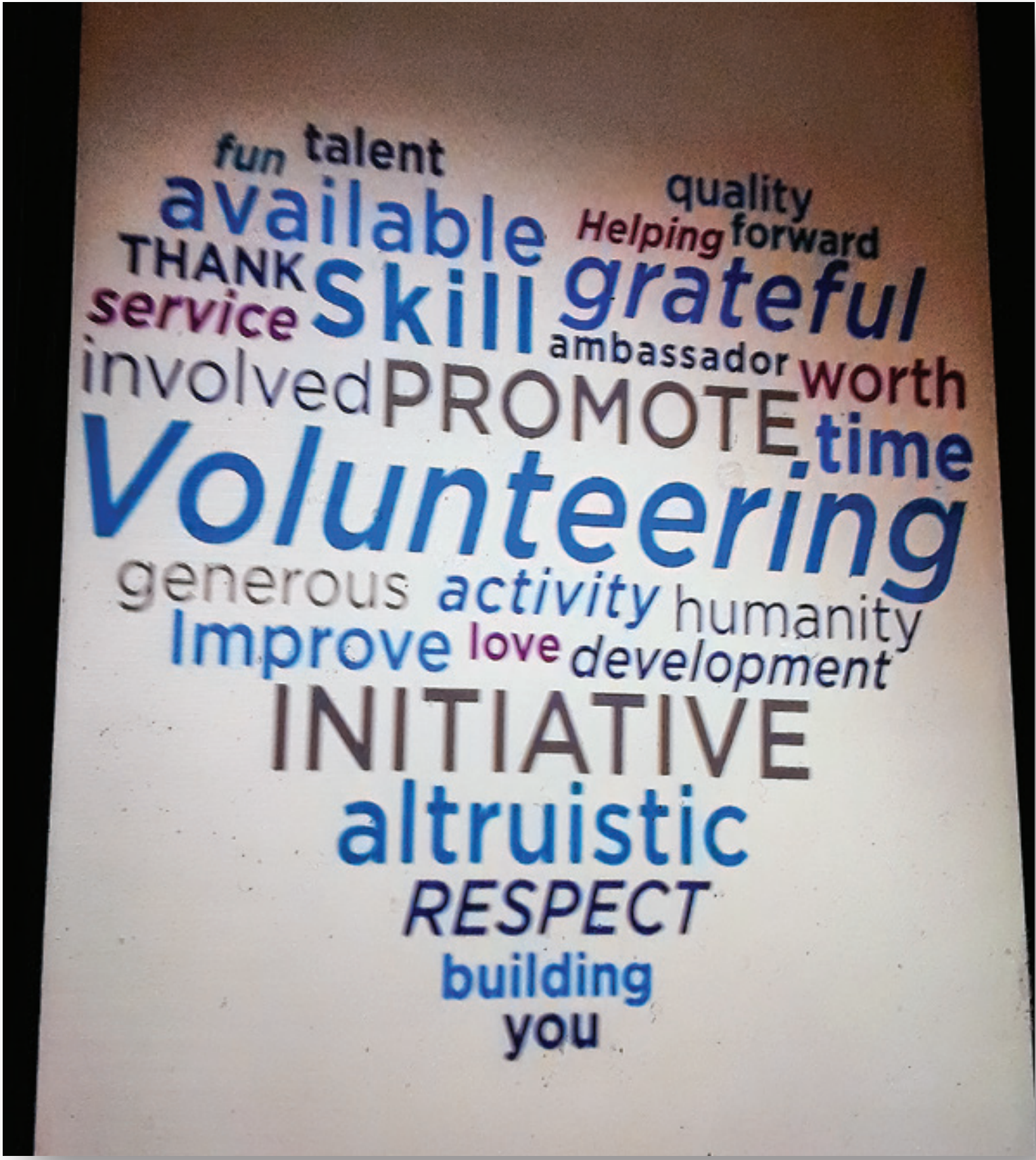
Making Memories
Brenda Riggs – Southeastern VA – Patient
Sewing memory bears, pillows and quilts, though I'm not able to find a lot of time to do it.



Sunrise
Anne Pacowta – Jacksonville, FL – Caregiver
Watching the sunrise reminds me that even the darkest of days is followed by the promise of light and hope.



My Strength, My Dream
Frank Morelli – Central New Jersey – Patient
When I was first diagnosed, one of the first sobering thoughts that resonated with me, and there were many, was: will I be around to walk my daughter down the aisle on her wedding day? Not knowing what the future held for me with a myeloma diagnosis on November 22, 2012, and not knowing what Myeloma was, questions and concerns were swirling at every turn. I had to stay stronger than my challenges, and with being blessed with tremendous support, this photo represents what gave me strength, perseverance and resilience through every stage of my journey, and today in light of the challenges we face, our families and friends hold us together, and there are certain events in life that allow us to forge through any abrupt jolt we are dealt in our lives. My daughter helped me survive my jolt.

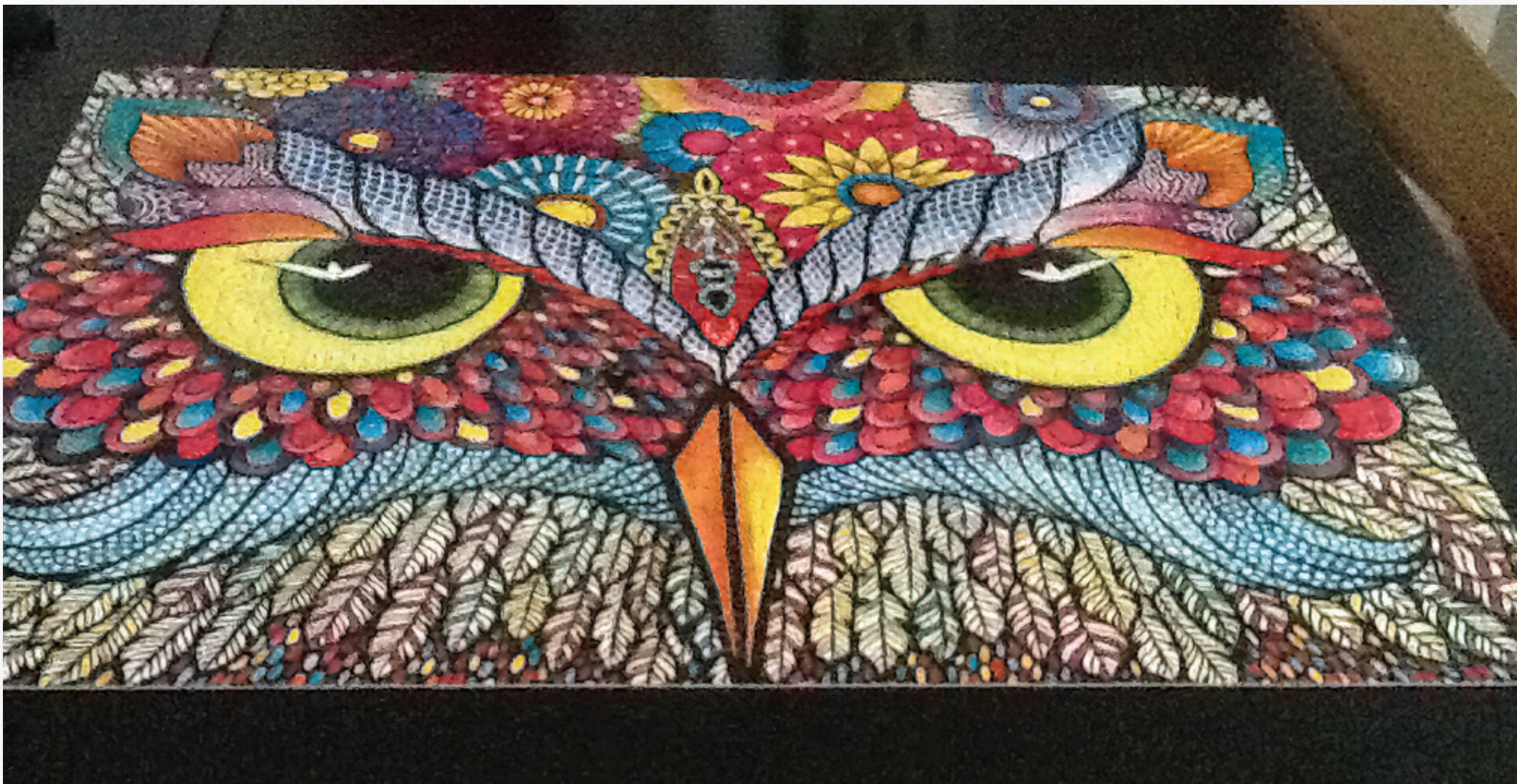


Volunteering

Diane Phipps – St. Louis, MO – Patient
Volunteering at the hospital where I get my treatments.
Helping others who show up without a support person.



The Reason Why I Have Resilience
Bob Regello – Sacramento, CA – Patient



One Piece at a Time

Mirna Sangiovani – Warwick, RI – Patient
This picture brings me a sense of accomplishment. It tells me that no matter how difficult it may be to start putting a puzzle together, I can finish it finding one piece at a time. The same applies to my life in general; I can get through tough situations with the help of God, one moment and one day at a time.



Serving Others with Love and Patience
Doris Morgan – Southside Atlanta, GA – Patient



Ancient Philodendron

Jim Omel – Grand Island, NE – Patient
This ancient philodendron deserves no expectation of being alive. It used to have vines 6–7 feet long despite enduring prolonged drought alternating with guilty intermittent flooding. This is the second time it has been cut back to a dead-appearing stump and the second time it has shown the will to fight and keep living. If this ugly plant can have that much resilience despite my poor horticulture, I should too.



My Happy Place

Tiffany Williams – Charleston and Orangeburg, SC – Patient

Resilience for me means recognizing that this journey is much bigger than me. My family inspires me to fight. Not only for myself and them, but for those for whom experiencing resilience is more challenging.



Just Dance!

Camille Wilson – North Tampa, FL – Patient

My go-to photo when I have pending myeloma issues and stress. This photo always puts a smile on my face!



Sew Gives Me Some Peace

Kathy Snowberger – Maitland, FL – Patient

After diagnosis, I relied on my passion for sewing to give me some peace. “Sew” my husband, helped me set up a sewing room. Eight grandkids need a remembrance from me. A quilt! This room, my fabric addition, my blog and my wonderful caregiver (my husband) recharge me and give me energy to keep going.



Enjoying 60th Birthday!

Josine Young – Orange County, NY – Patient



Family Time

Tammy Simon – Sarasota, FL – RN

My daughter, Catrin, is in the foreground, still young enough to need me. My boys Si n (16) and Tomas (15), in the background, farther away, are older and less dependent on Mom. We’re engaging in one of our favorite activities, kayaking. It’s family time, out in nature. We live in Florida; in this picture we’re paddling through a mangrove swamp on the Gulf of Mexico.



My Wall of Happiness

Danny Wade – Longueuil, Quebec, Canada – Patient

When I came back from my first hospitalization at Maisonneuve-Rosemont Hospital of Montreal in 2016, I was looking to find a way to give me strength and hope. And I decided to put frames in my bedroom with all the things I was able to do in the last weeks or months. Things I have accomplished after the chemo, after the autologous transplant or after my allogenic graft. Every morning I wake up with very precious moments and persons that I love, like my kids, my fiancé or my best friend... So that gave me the will to continue the fight and reasons to get through all that pain. Because after all, it really is worth it. Life is so beautiful and priceless.



Bella Helps Me Feel Resilient

Monica Vann – Inland Empire, CA – Patient



TeamTuohy

Michael & Robin Tuohy – Prospect, CT – Patient/Caregiver

Our strength as a family is what has kept us going. The IMF became a part of our family early on, and with Dr. Durie and Susie Durie on our team, our hope for the future and our resilience continues to grow each day.



I'm Still Standing

Valarie Traynham – Aurora, IL – Patient

This picture was taken while out on a hiking trail. I came across a tree that had been toppled by the storms, but was still rooted and standing firm. This represents resiliency, as I am still standing too, in spite all that I have been through and am going through now.



Pushing Through

Tiffany Richards – Houston, TX – Nurse

Resilience to me is pushing through. Eighteen months ago I started on a journey to start taking care of me. I put exercise at the top of my list. I needed discipline and I prayed for strength to focus on my goals. Since then I lost 40 pounds and ran my first half marathon. Was it easy? No. Were there times I didn't feel like running or eating healthy? Yes, but I pushed through it. Over time my body has adapted, and both my mind and body are more resilient.



Patients and Caregivers Hungry for Knowledge and Support

Cindy Ralston – Kansas City, MO – Patient

Resilience to me is the number of patients who have been living with Myeloma, yet they continue to come to our group to learn and support newly diagnosed patients by sharing their journeys and experiences to help others.



My Running Shoes

Mike Burns – Philadelphia, PA – Patient

Resilience is important for both long distance running and dealing with multiple myeloma. Running is a core part of who I am; I've been running for almost 50 years now. Through my myeloma journey so far, I've been fortunate in being able to continue to run. It helps me connect with "normal" and it serves as a barometer of how I am doing.



At One with God and Nature

Yvonne Yaksic – Pittsburgh, PA – Patient

This photo is my courtyard where I feel as one with God and nature. When I return home from chemotherapy or am struggling with side effects or anxiety over living with multiple myeloma, this is where I regain resilience, faith and strength



My Strength: Faith and Family

Jim Shoemaker – Memphis, TN – Patient

My Strength comes from my Faith and my Family. Married to Linda for 47 years, two daughters, two sons-in-law and five absolutely brilliant grandchildren.