Resilience

Manchester, NH Multiple Myeloma Support Group

A photo journal of our resilience!
Resilience:
An ability to recover from or adjust to misfortune or change
Resilience to me is the inner strength to live my life in the face of adversity. Hiking helps me to find that inner strength.

Susan
This is me and our kids, Sarah and Joseph, riding 85 miles in the Pan Mass Challenge to raise over $12k for MM research in August 2019.

Joe
Faith that all would be well, staying focused on being optimistic, and setting goals for the future.

Connie

Our daughters and family on dream trip to Yellowstone.

Our “Happy Place”
Resilience to me is being able to fish my favorite rivers and just enjoy life.

Jay
This is my rescue rabbit, Fanny, named after my grandmother. She's very loving and has an amazing calming effect on me.

Brenda
Our Home!

I love decorating our home for all the different seasons. It brings me joy and comfort!

Linda
Walking in nature with Jerry keeps me resilient ready to face each day!

Jill
New adventures with Jill keep me fighting.

Jerry
Hiking up Mount Kearsarge in foliage. I now need walking sticks to do it comfortably, but that's resilience!

David
Grandkids take me away from reality for awhile. Playing mini golf is a hoot!

Leslie
I am blessed to have Lauri standing by my side throughout this journey and who manages to still smile. She is my rock. I truly wouldn’t be here if not for her resiliency.

She is the only one who knows my pain and our struggle to find some “normal” life on this unexpected detour, called Multiple Myeloma.

Those who are the caretakers are the true definition of resiliency.

Jeanine
Line Dancing makes me feel resilient!

Rachel
Cooking and reading are my resilience

Paul
A year after my SCT we did a week long walking tour of the Amalfi coast.

There were 5 days of serious walks to Amalfi, Positano, the perimeter of Mt Vesuvius, and the Tre Calli mountains.

I took a screenshot of my health app one of those days as proof (and a reminder when needed) that I can do it!

Debbie
I love to play Pickleball and enjoy the community of people at the Y.

It makes me feel resilient because it gives me the energy to focus on being active and athletic as I have always been throughout this life.

Dan
Cape Neddick Light, or as locals call it Nubble Light is my happy place. I immediately feel a sense of calm there no matter what is going on in my life.

Watching the waves reminds me of how turbulent or calm life can be depending on the day or the moment. It’s ever-changing.

In riding the waves of life, even in the turbulent times I can find beauty.

Diana
Cindy was diagnosed after one of her Vertebra collapsed.

She needed wheelchair assistance for a few weeks after her kypho, then a walker for a couple of months. Soon after she was walking two miles every day.

This is a pic of Cindy doing her two mile walk at the Rockingham Park Mall in Salem.

Mark and Cindy
You are all amazingly resilient!