

Help us reach our goal... and find a cure!

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Have you had a chance to stretch yourself this summer? Maybe you've taken on a new activity – perhaps kayaking, rock climbing or reading non-fiction? I find that summer is an excellent time to stretch into new growth opportunities!

One of the ways I have been stretching is to be intentionally generous with causes that matter most to me and my family. You may remember that August 10th is a significant day for me – it marks the 6th anniversary that Ardy, my late wife, passed away due to Multiple Myeloma cancer. While this is a challenging day for my family and me, I decided years ago that we would not simply mourn her absence but celebrate her life by focusing on an important cause – the Multiple Myeloma Research Foundation (MMRF). We are now planning how we'll make a meaningful impact to their annual *MMRF Walk/Run* in the Twin Cities on September 22nd.

Last year, we set a growth goal of raising \$10,000 for MMRF – and I'm so pleased that we surpassed the goal – we raised a total of \$14,562! That's almost 150% of our goal! We achieved this stretch through the generous support of many first-time walkers/runners, first time donors, and donors who increased their contribution level of years past.

This year, we are setting an even more ambitious goal – the Ardy Germann Team is committing to raise **\$20,000** for



the MMRF! The funding raised by these events goes towards fulfilling MMRF's mission: To relentlessly pursue innovative means that accelerate the development of next-generation multiple myeloma treatments to extend the lives of patients and lead to a cure. I can think of no better way to celebrate Ardy than to raise funds to help cure this disease – and what could be a very sad time in our lives, has turned into an outpouring of love and happiness; a day of joyful reunions and memories

The MMRF Walk for this year is scheduled for September 22 and will be held at Phalen Park in St. Paul, MN, and we are expecting the biggest turnout yet for the Ardy Germann Team. Last year, we grew to more than 50 walkers and runners – our goal for this year's team is 60 participants! I would love to see you as part of the Ardy Germann Team, either as a walker/runner, or as a contributor to the team's fundraising efforts. If you'd like to walk or run with us – [email me](#) and we'll get you signed up. If you'd

like to make a donation – here’s the [Ardy Germann Team Home page](#). Or – if you’d simply like to connect and catch up on life’s events – that would be a great gift to me as well!

Each year since Ardy’s passing, my family and friends have shown their support during this time of year – and no matter what form it takes, I am always so very grateful!

All the best,

Peter