

Dear Friends,

It has been a busy and productive year for AzMN and our Cancer Caregivers' program. We have now completed our new 'Virtual Cancer Caregivers Education Program and will be Launching it today, Saturday, March 25th, 2023.

It has been a wonderful and exciting experience working with a dedicated team from our staff and a great company, 5 Pints, headed by Justin Clegg.

**"AN INDIVIDUAL DOESN'T
GET CANCER...
A FAMILY DOES."**

~Terry Tempest Williams

CANCER CAREGIVERS BOOKLET

We will be sharing information about the program and you can learn more in our Conference Booklet.

We are excited to be collaborating again with the Multiple Myeloma Research Foundation, MMRF. Last year, they honored me with their Spirit of Hope Award. We have been inspired to fulfil this Legacy in the past year and in the future.

We all need Hope and good medical care, and so many other important components of navigating the cancer system. Our new Virtual program will allow us to reach so many more people who need and want our help. And, to be able to 'be there' for the underserved wherever they live or work. And all the wonderful caregivers and families who are dealing with this devastating disease.



We were saddened this year with the loss of our dear friend and colleague, Kendra Sabol, who has worked with us since our earliest days and was an important member of our cancer caregivers team. Kendra was born January 12, 1948, and died on November 8th, 2022. She would be thrilled to be with us for this important milestone but we know she is with us, Always.

Jack and I thank our wonderful Staff, Board, Sponsors, and Volunteers and we look forward to an exciting future together, doing what we love- Helping other cancer patients and families, "Win the Battle!"

My Special thanks is to Jack, who has inspired me and so many others. We will celebrate 32 years of marriage and Surviving Cancer on May 26th.

Fondly,
Barbara Kavanagh, MSW., LCSW, Founder and Ceo

MMRF, AzMN Myeloma, and All Cancer Patient/Caregivers Conference Saturday, March 25, 2023

- 8:00 – 9:00** - Registration, Breakfast, and Exhibits (for in-person attendees) Fun Raffle
- 9:00 – 9:15** - Opening Barbara Kavanagh, MSW, LCSW - Paul Long, Navajo Nation Healer and Health Disparities Liaison
- 9:15 – 9:30** - Introduction to the MMRF, Mary DeRome, MS
- 9:30 – 9:45** - Welcome, Joan Koerber-Walker, CEO, AzBio
- 9:45 – 10:15** - Newly Diagnosed Multiple Myeloma: Diagnosis and Induction Therapy, P. Leif Bergsagel, MD
- 10:15 – 10:45** - High-Dose Chemotherapy and Stem Cell Transplantation, Clarence Adoo, MD
- 10:45 – 11:00** - Break
- 11:00 – 11:30** - Relapsed Refractory Multiple Myeloma, Sumit Madan, MD
- 11:30 am – 12:00** - Personalized Medicine, Jonathan Keats, PhD
- 12:00 – 12:30** - Supportive Care Moderator: Joan Koerber-Walker, Barbara Kavanagh
- 12:30 – 1:15** - Lunch
- 1:15 – 1:30** - Patient and Caregiver Speakers Moderator: Suzanne Hyde, MSW, LCSW
- 1:30 – 2:30** - Arizona Myeloma Network Virtual Cancer Caregiver's Education Program, William Brown, Suzanne Hyde, MSW, LCSW
- 2:30 – 3:30** - Panel Questions and Answers
- 3:30 – 3:45** - Closing Remarks Barbara and Jack Kavanagh Mary DeRome, MS

GOVERNOR DOUGLAS A. DUCEY

STATE OF ARIZONA

PROCLAMATION

WHEREAS, according to the American Cancer Society, in 2022, there will be an estimated 39,970 new cases of cancer in Arizona and an estimated 13,200 deaths will result from this disease; and

WHEREAS, for every new cancer patient diagnosed there will be at least one new cancer caregiver to care for that patient; and

WHEREAS, according to the National Alliance of Caregiving, a vast majority of caregivers (85 percent) care for a relative or other loved one: 42 percent care for a parent (31 percent for a mother, 11 percent for a father); 15 percent care for a friend, neighbor or another non-relative; 14 percent care for a child; 7 percent care for a parent-in-law; 7 percent care for a grandparent or grandparent-in-law; and

WHEREAS, according to the National Alliance of Caregiving, family caregivers who reside with those they provide care for spend 40.5 hours per week caring for this person. Those caring for a spouse/partner spend 44.6 hours per week performing caregiving tasks. Those caring for a child under age 18 spend 29.7 hours per week performing caregiving tasks; and

WHEREAS, the Arizona Myeloma Network's and Cancer CareGiversAZ's mission is to promote collaboration, awareness, education and advocacy for the improved treatment and quality of life for all cancer patients, their families, and all cancer caregivers; and

WHEREAS, the Arizona Myeloma Network established the Cancer Caregivers Education Program for all cancer caregivers who are unsupported and under-represented; and

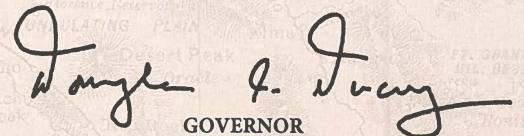
WHEREAS, recognition is given to Barbara B. Kavanagh as a 31 year Cancer Caregiver for her spouse and as founder and CEO of the Arizona Myeloma Network and Cancer CareGiversAZ; and

WHEREAS, recognition is given to Jack Kavanagh, spouse and 31-year cancer survivor of multiple myeloma and the inspiration for the creation of the Arizona Myeloma Network and Cancer CareGivers AZ.

NOW, THEREFORE, I, Douglas A. Ducey, Governor of the State of Arizona, do hereby proclaim November 11 – 18, 2022 as


CANCER CAREGIVERS AWARENESS WEEK

IN WITNESS WHEREOF, I have hereunto set my hand and caused to be affixed the Great Seal of the State of Arizona


GOVERNOR

DONE at the Capitol in Phoenix on this seventeenth day of October in the year Two Thousand and Twenty-Two and of the Independence of the United States of America the Two Hundred and Forty-Seventh.

ATTEST:


SECRETARY OF STATE



CARING FOR YOURSELF WHILE CARING FOR A LOVED ONE

Caregiving for someone with cancer presents its own unique challenges. Cancer treatments can be technical, with lengthy and very specific directions. Often, decisions about short-term care, long-term care, and even hospice and death planning, may arise. Even for short-term care needs, the caregiver can be challenged with fatigue, conflicts with work or school, a sense of being overwhelmed by the volume of tasks to be performed, doubts of personal skills, stamina, and knowledge, and issues related to the caregiver's own life. Below are a few tips to help you care for your loved one while caring for yourself.

Tell the care recipient's treatment team (social workers, nurses, physician, etc.) about your family's specific situation. Include details about how prepared you feel for the role of caregivers. This can help the treatment team aim discussion and suggestions at a level you feel comfortable with.

Inform the treatment team of the emotional, community, and financial resources (or lack of resources) available to you and your family. This information will help the treatment team when considering options for your home-care situation.

If you don't understand something that has been suggested or implemented by the treatment team, do not be afraid to ask questions. Cancer caregivers can be precise and very technical. It is to your benefit and that of the care recipient to understand care instructions.

Pay attention to your spiritual self. Caregiving may trigger spiritual questions within the caregiver and care recipient.

Conduct important discussions, such as those about treatment and prognosis, in privacy and without interruption. These are important matters that deserve to be considered without outside distractions.

Pay attention to your feelings. As a result of the strain of caregiving, caregivers may experience symptoms of depression and anxiety as well as a sense of helplessness and fear. If you experience symptoms of any of these emotions, talk with your physician about how you address them.

Make financial preparations, if possible. If caregiving situations go on for an extended period, many families find their financial coffers depleted. While there is not usually much that can be done to increase income or savings, it might be helpful to check into assistance programs, should they be needed.

This article was adapted from the pamphlet,

Caring for Yourself While Helping a Loved one with Cancer created by Carrah L. Martin, BS

Rosalynn Carter Institute Fellow, 2004

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WWW.AZMYELOMANETWORK.ORG
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HELPFUL CONSIDERATION

- *It is not uncommon to feel shocked, fearful, and angry after someone you love is diagnosed.*
- *There are many things you can do to help, even when you are not near: research, phone calls, listening, support with decision-making, and finding helpful resources, to name a few.*
- *You will feel more control as you gather information and assess the situation.*
- *It helps to break down problems into manageable parts.*
- *Remember that cancer affects your loved one's body and life most directly- their opinions matter most. Please ask what you can do to help-don't assume.*
- *You are not alone- valuable resources and organizations are available.*
- *If you cannot be present at all treatment or doctor's appointments, look at the overall treatment schedule to plan your visit(s).*
- *If your loved one is having surgery, discuss whether it's best for you to come when in the hospital or after discharged. Consider a support group for all involved to help manage treatment side effects and emotions.*
- *Secure proper authorization to allow you or a local caregiver to gather copies of medical and treatment records for your loved ones personal files. This will help with follow care plans and future medical needs. Consider uploading these into a secure online Personal Health record File.*
- *Understand that the recovery period can take a long time.*
- *As always, open doors to communication with everyone involved in for your loved one.*

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WWW.CANCERCAREGIVERSAZ.COM



A Gift for YOU

We are giving away 100 free, 1-year subscriptions for
“Online Cancer Caregivers Education Platform”

The code is only good through midnight Monday March 27, 2023, or until the 100 free subscriptions have been taken.

CODE: CCEP!

Directions:


Go to Cancer Caregivers of America Website

www.cancercaregiversofamerica.com

Register for the Cancer Caregivers Education Program using promotion code: **CCEP!**

Start taking advantage of the Cancer Caregivers Education Platform right away.



CancerCaregivers
Of America 

Educating Cancer CareGivers for their
wellbeing & improved patient outcomes

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Already Have an Account?
Sign in Here

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Google Privacy Policy and Terms of Services.

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Register Now for the **FREE AzMN and MMRF Joint Conference** for Myeloma patients and All Cancer Patients and Cancer Caregivers.



**Saturday, March 25th at the
Embassy Suites-Hilton, Paloma Room, Scottsdale**

**8:am-3:45pm, including free breakfast, lunch,
a Fun Raffle and free Parking**
The Conference is available 'in person' or Virtually

**Our Mission: No family should
face this devastating disease alone!**



The Need: In 2021, the estimated new cancer diagnoses will be over 158,000 per month, or 1.9 million for the year, across the United States.

- This number does not include the current 17 million cancer survivors.
- In Arizona, that number is estimated to be over 3400 new cases per month.
- The Solution: The New **VIRTUAL CANCER CAREGIVERS EDUCATION PROGRAM, VCCEP®** You will meet outstanding oncology/hematology leaders discussing the latest developments in myeloma research and treatment and also AzMN's new Virtual Cancer education and resource program for All Cancers.

AzMN's 1st Virtual Cancer Caregivers Education Program, VCCEP® addresses a broad range of issues and increases the access and availability of these programs to all cancer caregivers, wherever they live, and whenever they want and need this information and resources. We provide special outreach to the underserved, as well as older and rural populations.

We welcome cancer patients, caregivers, families, and healthcare professionals. We need your help now! Visit our website and become a Sponsor, Donor and/or a volunteer.



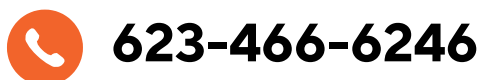
Silent Auction on behalf
of AzMN/MMRF
Cancer Patient and
Caregiver Conference



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www.cancercaregivers.org

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