AzMNews

The Newsletter for People Interested in Mutiple Myeloma

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Arizona Myeloma Network
20280 N. 59th Ave. Ste 115
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The 'WHY ' of What We Do

Coming March 18 "Living With Myeloma" Conference

Barbara and Jack Kavanagh during the Living with Myeloma Conference in 2016.

Dear friends,

March is Myeloma Awareness Month and is also when AzMN presents our annual "Living with Myeloma Conference." We will be celebrating 11 years of dedicating ourselves to myeloma patients and caregivers. All of us have shared a journey, as Jack and I have learned with you. We have shared our own "highs and lows." And, we have met wonderful researchers, myeloma specialists, insurance, legal, and other health care resources that have shared time and skills with us.

A very special thank you goes to our grantors and sponsors who have provided the much-needed funds to provide the NO COST myeloma and cancer caregivers programs. We have recognized many of them in our newsletter and on our website. We deeply appreciate the donations and thank-you notes we receive from you inspiring us and reminding us "why" we are here.

Our recent Cancer Caregivers Education Program, CCEP©, was a Valentine to all cancer caregivers. Our wonderful faculty presented tips and strategies to help us be healthier caregivers. And, we will be offering additional information at our upcoming myeloma conference, **Saturday, March18th**. We are proud to welcome back as our co-chairs of the 11th Living With Myeloma conference— Dr. Rafael Fonseca, Mayo Clinic Cancer Center, Scottsdale, AZ; and Dr. Robert Kyle, Mayo Clinic, Rochester, MN. Dr. Fonseca co-founded Arizona Myeloma Network, and Dr. Kyle was Jack' s doctor in the early years of his treatment. Both physicians are back this year to share their vast knowledge and wisdom.

We look forward to seeing our patients and families, faculty, volunteers, AzMN Board, and our hard working staff. We would appreciate your kind support- every dollar helps. We are including details and photos from our cancer caregivers' seminar and registration for our conference. Visit **CCEP** on our website to see more.

We have lots more scheduled for 2017 and look forward to an exciting year with you!

Barbara B. Kavanagh

Barbara Kavanagh, Founder and CEO, AzMN
www.arizonamyelomanetwork.org

Register for the March 18 Conference now!
www.azmn.info/lwm

Premiere Sponsor of Living With Myeloma 2017

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Sponsor a Patient

We have many friends from out of town who need your financial assistance. Though the event is offered at no cost, some attendees need help with travel costs and accommodations. Sponsor a patient for only $94. **DONATE HERE**

See page 2 for additional Sponsors!

The 11th Annual Living With Myeloma Conference

Set for March 18

Arizona Myeloma Network's most important educational event is scheduled for Saturday, March 18. The "Living with Myeloma" Conference is one of the very few offered in the Southwest for myeloma patients and families.

Scottsdale Mayor Jim Lane with the Kavanaghs.

In Arizona, we are proud to have the opportunity to create a gathering of patients (their friends and families), physicians, researchers and health care professionals for the education and advancement of treatment for myeloma.

Barbara with Dr. Rafael Fonseca.

Attendees at LWM 2016.

This year, 2017, Arizona Myeloma Network (AzMN) is honored to present renowned Mayo Clinic leaders Dr. Robert Kyle and Dr. Rafael Foncesca, co-chairs of the event. Arizona State University BioDesign Institute researcher Dr. Karen Anderson will speak along with others from T-Gen, the Multiple Myeloma Research Consortium, HonorHealth Cancer Center, and other cancer specialists and health care professionals.

Scottsdale Mayor, Jim Lane, will provide opening remarks on Partnering with AzMN on 'patient and family focused' cancer services. Other notable health care experts will fill out the morning and afternoon with pertinent information about multiple myeloma, offering a great opportunity for discussion and examination of how to best live with and treat myeloma.

Not only is March Multiple Myeloma Awareness month, but we are proud to announce that March 18-25 is designated as "Arizona Myeloma Network Awareness Week." This special week has been proclaimed by the Governor of Arizona since 2005.

Visit www.azmn.info/lwm for additional information and to register. This is a no-cost event. **Sponsorships, exhibit tables, ads, and donations are still available. Call Barbara Kavanagh at 623-466-6246 to discuss your opportunity.**

"Living With Myeloma"
Saturday, March 18

8:00 am to 9:00 am –Registration
9:00 a.m. to 4:30 p.m. – Conference

Embassy Suites by Hilton Scottsdale Resort
5001 N. Scottsdale Road
Scottsdale, AZ 85250

Continental breakfast and lunch will be complimentary.

Please register for this **FREE** Conference at: **www.azmn.info/lwm**
For further details call: 623-466-6246

February Cancer Caregiver's Program Supports More Caregivers, More Patients

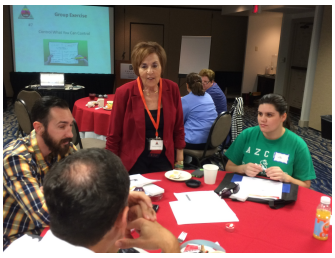
Attendees practice chair yoga.

This February's CCEP event included new activities for self-care. The morning conference, at the Embassy Suites in Scottsdale, included instruction in physical mindfulness practices to assist in refreshing the mind and the body.

We received positive feedback from many of those participating: *"The yoga was just what I needed. I will be able to do some of these moves at home."*

"My wife and I are from Minnesota and there is nothing like this wonderful program there. Thank you for offering this. It has been wonderful."

Faculty for the event included Barbara Kavanagh, MSW; Kendra Sabol,MEd, MHA; Marybeth Montague, CHES, CCRC, PMP; Anna Hall, RYT; Jim Ford, Ford Insurance; and Patti Kelly with Home Care Resources.



Barbara with caregivers and patients.

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