



# Cancer Caregiver News

by Arizona Myeloma Network®, AzMN Issue: Summer 2019  
Awareness. Education. Advocacy.

**Cancer CareGiversAz®**  
Educating Cancer CareGivers for their wellbeing & improved patient outcomes

## A note from the Founder...

Dear Friends:

For many families, the end of August signals the end of summer vacations, back to school and back to 'work' until the Thanksgiving and Christmas holidays. Some of us may have taken one more long weekend for Labor Day, but there is that sense already that we are saying goodbye to vacations and a break in doctors' visits or that time at the beach or in the mountains and we are now back to our own 'cancer' routine.



We spent a relaxing vacation with our Florida family and visiting Cape Canaveral during the 50th Anniversary of the moon landing. It was all amazing but the highlight was seeing a rocket launch as well. The photos of us visiting the museum and Jack getting a chance to show off his 'driving' skills in a space capsule was fun and a true example of the courage of our space pioneers.

So much has been learned over the years that has also influenced other scientific advancements. Jack and I have also seen so much progress in myeloma research and new treatments and have met so many wonderful researchers, clinicians and other healthcare professionals since we started Arizona Myeloma Network, AzMN, in 2004. And, as I review the booklets and powerpoints from the Living with Myeloma Conferences and Research Roundtables for the past 15 years, as well as our Navajo Cancer Conferences and Cancer Caregivers seminars, I realize how far we have come.

When Jack was diagnosed with myeloma in 1991, we didn't dare dream that we would have more than the '1-3 years' that were then predicted. Fortunately, a very wise doctor told us: 'I am a good doctor, but I am not God' so I can't tell you how long you will live.' Now, we are seeing longer survivorship, and a better quality of life for so many cancer patients.

I am dedicating my book, 'Living with Cancer, a CareGivers Journey' to Jack and all of the courageous cancer patients and caregivers who have kept up the 'fight' no matter what the challenges have been. Also, we are recognizing and 'thanking the wonderful and caring researchers, clinicians, other healthcare professionals, and the others who are part of the network of cancer services and resources. Many of these outstanding myeloma and cancer specialists will be guest authors for the book.

We hope that the book will educate and inspire you, and that you will realize that there is so much more available now for both the cancer patient and the caregiver in terms of new research and treatments, as well as other important resources.

**AzMN's Sept AARP Colorado Blog:  
Goodbye Summer and 'Back to School'!**

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As you know, AzMN has provided free myeloma educational conferences since 2005 and, then expanded our free educational programs for all cancers and caregivers in 2007. We will be sharing outstanding information and resources in our book and need your support to bring this valuable data to you and to also continue our educational programs for the community. With the support of your caregiving team of healthcare professionals and resources, family and friends, you too can have a long and healthy survivorship!

Many of you have asked, 'How can I help? Please visit our Donation link and learn about our Virtual Honor Wall. You have an opportunity to honor and support a cancer patient, caregiver, friend and/or someone else who has been important in your own cancer journey. Every \$ counts! Details are shared below.

We also welcome help with our event planning and fund raising so that we can publish our book and continue our free cancer education programs.

We thank the wonderful sponsors that we list in our newsletter for their support and welcome other sponsors to 'join' our team!

Fondly,  
Barbara and Jack Kavanagh

### Join our Virtual Honor Wall!

We are very excited to be able to offer an opportunity to cancer patients, caregivers, friends and families, as well as our many supporters to honor a loved one who is or has been battling cancer and also honor their loving caregivers, doctors, and others who have been there for them.

Your \$150 donation will allow your tribute to be displayed on the Virtual Honor Wall. Samples of tributes are provided on the wall which may assist you in crafting your tribute. **View Honor Wall / Donations**

## November is National Caregivers Month and November 16th-23rd, Az Cancer Caregivers Awareness Week



GOVERNOR DOUGLAS A. DUCEY  
STATE OF ARIZONA  
PROCLAMATION

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### Cancer Caregivers are finally getting the recognition and support we deserve and need.

We recently sent a letter to Governor Ducey requesting a special Proclamation for All Cancer Caregivers. In the Proclamation, we have asked for the week of November 16th-23rd to help raise awareness of the important job the caregivers and families provide for their loved one who is battling cancer.

During that week, the AZ flag will be flown in our honor representing the thousands of other men, women, parents, spouses, grandparents, children, friends, colleagues and others in the workplace, churches/houses of worship, and community who cancer directly or indirectly impacts. We are planning a number of events and activities that week and will be sharing more details on social media in the next few weeks. We hope that you can volunteer, donate, and celebrate with us!

Contact me or [admin@azmyelomanetwork.org](mailto:admin@azmyelomanetwork.org) if you have an idea for us or want to plan an event in your own community!

Warm Regards,  
Barbara



Barbara and Chris make a great Team in getting the word out about AzMN's Cancer Caregivers free education programs.r

**Meet Chris Libbey:**

Chris is the publisher of the The Arrowhead Lakes Community monthly magazine and reaches out to members of the community to share their life and also their business and volunteer ommitments. She met Barbara 6 months ago and became interested in Barbara and Jack's cancer charity.

You can read her articles about AzMN and Cancer Caregivers as well as other non-profits that residents in Arrowhead Lakes support. "We appreciate Chris's support for our work and her kindness in sharing our story with our Glendale community."

Barbara and Jack



**Meet Lucas Christensen**, our neighbor and local business owner. I enjoyed attending Lucas's recent Open House for his new offices in Glendale and meeting his lovely family, other neighbors, and clients.

If you want to arrange a complimentary consultation, you can call Jennifer Skipper, his Branch Office Administrator, and schedule an appointment at 623 825 2591.

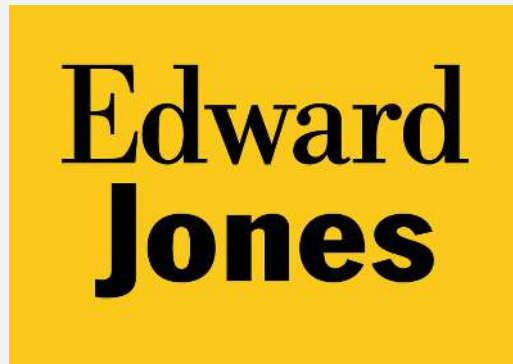
Special Thanks to Congressman Schweikert and his staff for meeting with Jack and I and other patient advocates. We had an opportunity to discuss some of the major issues facing cancer patients and caregivers, including drug costs and access to treatment.



Great to present Senator Kyrsten Sinema with the Champion For Healthy Seniors award. She has been a wonderful leader on issues important to the cancer caregiver community.



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