



Cancer Caregiver News

by Arizona Myeloma Network®. AzMN Issue: Winter 2020
Awareness. Education. Advocacy.

A note from the Founder...

Dear Friends:

We wish all of you a healthy and happy New Year and welcome to a New Decade with New Hope! Looking back on 2019, you may be thinking that you are grateful that you 'made it' through another year! Living with cancer as a patient and caregiver is often a story of 'small victories'. And, sometimes the best news is that your loved one is 'maintaining' or there has been 'no change'. Over the past 28 years of cancer doctor appointments with my husband, Jack, there was always anxiety, sometimes relief, but mostly gratitude!



Happy Birthday Jack!

We have seen amazing changes and accomplishments in cancer research and treatment since Jack's diagnosis in 1991. This week, the American Cancer Society came out with the latest statistics. The overall death rate has been falling about 1.5% a year since 1991. It fell 2.2% from 2016 to 2017. It is the largest drop ever seen in national cancer statistics going back to 1930 according to Rebecca Siegel, the author of the ACS Report (<https://www.foxbusiness.com/markets/americas-cancer-death-rate-sees-biggest-ever-one-year-decline-group-says>).

Since we started Arizona Myeloma Network® in 2004, we have seen tremendous advances in myeloma research and treatment options, as well as longer survival rates. We also have observed and experienced improved quality of life because of a more holistic approach to treatment, including nutrition and life style changes, as well as support services. We believe that by educating cancer patients and families they can advocate better for themselves. Our Cancer Caregivers programs (for all cancers) grew out of this 'belief' and are now important components in many treatment centers. We are proud that Arizona Governor Doug Ducey recognized our work with Cancer Caregivers when he issued a Proclamation for the week of November 16-23, 2019 as Cancer Caregivers Awareness Week. Next year, we hope that it can become a national recognition week honoring all cancer caregivers for the important role they play in the health and life of the patient and the family.

I am excited to have been invited to write a book to share not only our own experience with cancer but also your 'story'. The book is titled: 'Living with Cancer, a CareGivers Journey'©. We will have the added wisdom and information of our guest authors, including many myeloma and cancer researchers, specialists, and other healthcare professionals. We are interested in your own input as well. Please take a moment to visit the Arizona Myeloma Network's [Cancer Caregiver Survey](https://azmyelomanetwork.org/cancer-caregivers-survey/) link at <https://azmyelomanetwork.org/cancer-caregivers-survey/> to respond or just send us your own patient/caregiver story.

Thank you to the AzMN Board members, staff, volunteers and the 80+ friends, families, patients and caregivers who attended our recent benefit, 'Strike out Cancer', held on December 17th. And, special thanks to our title sponsor, Derrick Hall, President and CEO of the Arizona Diamondbacks, whose own cancer battle is an inspiration to all of us. Additionally, we would like to thank Ahron Cohen, President & CEO, Arizona Coyotes for their generous contribution.

If you weren't able to attend the benefit, start this year off by donating to the work of AzMN and/or Honoring a loved one on our Virtual Honor Wall. You can truly make a difference in the life of a cancer patient and caregiver. And, hopefully, see this as the Decade for the Cure!

Fondly,
Barbara and Jack Kavanagh



AzMN thanks the Arizona Diamondbacks for their key role in the success of our "Strike Out Cancer" Benefit Dinner honoring cancer patients and caregivers. We could not have had this event without the generosity of our title sponsors, Derrick Hall (President & CEO, AZ Diamondbacks and Pro-State Foundation) and his lovely wife, Amy!

Award Recipients from the AzMN "Strike Out Cancer" Benefit Dinner December 17, 2019



Honored for their support of AzMN's Mission and Dedication to Cancer Patients and Caregivers in Arizona.

Pictured above: AzMN Board Member Emeritus & long time Sponsor, Kurt Riske, Owner of Los Sombreros Restaurant; Honoree, Joan Koerber-Walker, President & CEO, AzBio; Honoree, Jim Lane, Mayor of the City of Scottsdale; and AzMN Board Member Emeritus, Jim Hornaday, President & CEO, Hornaday Development, LLC.



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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](#)

"A Year in Review" - AzMN in 2019



AzMN Board, staff, and volunteers meet with cancer researchers at TGen May 2019



Thank you Cancer Support Community for hosting our annual free Holiday Stress Seminar for all Cancer Caregivers. Pictured above: Debbie DiCarlo, CEO, CSCAZ, Barbara, CEO, AzMN and Jessica Wells, MSW, Ironwood Cancer Center, volunteers, patients & caregivers.



Barbara and Joan Koerber-Walker (AzBio) with the Women In Science Group Sept. 2019



Thanks to the AZ Diamondbacks for their support of AzMN! Barb & Jack at the USO/ Duke Alumni Diamondbacks Game Sept 2019



Elissa Harper is a myeloma survivor & 30 year Air Force Master Sargent who served with Sen. McSally. She received a Cancer Warrior Award from Sen. McSally on Veteran's Day.



Special segment featured on AzTV7 in Nov. 2019. Barbara announces the 1st Governor's Proclamation to AzMN declaring Nov 16-23 Cancer Caregivers Awareness Week!



AzMN and Cancer Caregivers AZ proudly supports all cancer patients & their caregivers. Pictured above are some of our honored caregivers sharing their stories at one of AzMN's many cancer caregivers seminars. (The England Family, Amanda Crawley, & The Begay Family)

BOOK COMING IN 2020

"Living with Cancer, A CareGiver's Journey®"

A guide for cancer patients, families, and Healthcare professionals

By Barbara Kavanagh, M.S.W., L.C.S.W., cancer caregiver and her husband, Jack Kavanagh, a 28 year cancer survivor.

We are proud and grateful for the amazing guest authors, including leading cancer researchers and specialists, information on early diagnosis, new treatments, 2nd opinions, and other important topics.

Save the Date!

NOVEMBER 16TH-23RD
AZ CANCER CAREGIVERS AWARENESS WEEK!

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Phone: (623) 466-6246 - Email: admin@azmyelomanetwork.org

www.azmyelomanetwork.org - www.cancercaregiversaz.com