



Cancer Caregiver News

by Arizona Myeloma Network™, AzMN

Issue: Spring 2020

Awareness. Education. Advocacy.

Cancer Caregivers AZ™
Educating Cancer Caregivers for their wellbeing & improved patient outcomes

A note from the Founder...

Dear Friends:

We have been through a lot together over the past 16 years since Arizona Myeloma Network, AzMN™ was founded with this Mission: Awareness. Education. Advocacy.



We want you to know that we will continue to 'be there' for you now, during this difficult and scary time. We are including a list of resources that are available with information and assistance. We are reaching out to all cancer patients, caregivers/families, and healthcare professionals. You can email or call us anytime, day or night at my email and my home office phone number listed below. I have a team of volunteers who will help me respond, whether you have a question, specific concern or just need to hear a friendly voice or a 'virtual' hug!

We know it will take time to get back to our normal programs, but we are optimistic and have already begun planning the 2nd Annual Cancer CareGivers Awareness Week™, November 16-23rd, with a Proclamation from Governor Ducey. There will be a "ReUnion" Cancer Patient and Caregivers Conference to celebrate our brave patients and families and the wonderful researchers, doctors, nurses, social workers and other healthcare professionals.

Right now it is hard to think about the future when we are all anxious about our own health and the loss of jobs and savings. But, we at AzMN want to remind everyone that our 1st priority is to take care of ourselves and our loved ones. For Caregivers, you need to do what is best to protect your own health so that you can take care of the patient.

For the medical community, you too need to take care of your own health and that of your family so that you can take the best care of your patients.

We are especially grateful to the 1st Responders, researchers, doctors and nurses for their courageous service and dedication. Our thoughts and prayers are with you.

It is important to try and keep in mind that Spring is coming, and many of us will be celebrating Easter and Passover. It can be a time of *faith and renewal*. Remember, *love and hope* are still the best medicine!

Fondly,

Barbara and Jack Kavanagh, Co-Founders
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And, be sure to remember one of the most important caregivers in all our lives... beloved MOM! Visit our Amazon Smile link to do your Mother's Day and other special occasion shopping.
<http://smile.amazon.com/ch/32-0169742>



Cancer, Coronavirus, & the Caregiver

We have all been told some of the basic rules:

- * Wash your hands with soap and keep all surfaces and your environment clean.
- * When you pick up your newspaper or mail, use gloves or remember to wash your hands after touching items or door handles.
- * Of course, use hand sanitizers (alcohol based).
- * Only go out to get gas in your car and buy supplies early in the day or use a order home delivery service.
- * You also need to use common sense and if you have a place to sit outdoors for an hour a day or go for a walk, keep your distance from others (minimum 6ft) , and wash your hands when you come inside.
- * Sunshine and fresh air are important for your physical and mental health.
- * Play music, play games, or watch your favorite TV programs; read books that you promised yourself you would read 'when you had time', enjoy your hobby if you have one...or start new one.
- * Call, text, or email, friends and family...communication is so important during these critical times of social isolation. Participate in virtual group, religious meetings or start your own.
- * If you have someone (children, spouse, partner, friend or other family member) at home with you, share at least 1 hug a day!

Please send us your own ideas and also fun photos to help us through these tough times! Now is the time to help one another.

The following are some of the websites that you can visit for additional information and resources: www.azmyelomanetwork.org
Dr. Fonseca on Cancer & COVID-19: <https://youtu.be/vDe217UvW5s>
CDC Website: <http://Coronavirus.gov>
AARP: <http://aarp.org>

AzMN needs your help now to continue our free cancer information/education programs virtually and for Fall!

1 flower:	\$25
3 flowers:	\$50 on Thank you list
Bouquet:	\$100 Recognition on our website
Honor Wall:	\$150 (See Samples on our website)
Ads:	\$250 per quarter and \$600 for all 3 quarters, 2020 (sample ads on our website)

And, for those of you who make an annual charitable donation, please consider making it Early this year! <https://azmyelomanetwork.org/donate/>

