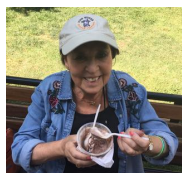


Cancer Caregiver News

by Arizona Myeloma Network™, AzMN

Issue: Fall 2020

Awareness. Education. Advocacy.



Happiness is eating chocolate ice cream outdoors after a walk by the river!



A note from the Founder...

Dear Friends,

I have tried to keep up our social media with accurate information on COVID-19 and encouraging emails to the many cancer patients and families who are feeling more isolated than ever. Thank you to the many patients and caregivers who have stayed in touch and have responded to our invitation to call and email us if they need any help. For some people, just having someone to talk to who understands what they are going through, can make a difference. I want to also suggest that you contact the Cancer Support Community at www.csc.org for information on their calendar of virtual support groups and activities, including bi-lingual meetings.

I am awed and inspired by the ways that that people are 'coping' with COVID-19. One family has invented their own board game and 'mom' is teaching 'dad' to cook! Another cancer patient has decided it is time to learn a second language and now emails me in Spanish, which I can not read! Another caregiver has found a 2nd career that she can do online while caring for her husband.

Others are just taking it 'one day at a time'. For more ideas and resources for cancer caregivers, our Cancer CareGivers Guide™ is available now. Visit our website for details, www.azmyelomanetwork.org. The good news is that I have not heard of any COVID-19 cases among our network, which does not mean that there are not any. Good news, is that there continues to be reports of new therapies and advances on a vaccine.

Jack and I are safe and well...and grateful for each day. We appreciate the thoughtful phone calls and emails from family, friends, neighbors, and our AzMN/Cancer CareGivers Network. Our gratitude to the doctors, nurses, researchers, and others in the healthcare and science community who continue 'caring' for us and working on the vaccine and therapies for this devastating virus.

Please continue to send your own cancer patient/caregiver stories, and any ideas or suggestions on how to cope with this new 'life'. We will be gathering this information for my Book: 'Living with Cancer, a CareGivers Journey'™. For those of you who would like to donate, please visit our website for more details.

Warm Regards,

Barbara and Jack Kavanagh, Co-Founders
AzMN and Cancer CareGivers AZ™
Ph. 623 466 6246
bararak@azmyelomanetwork.org
www.azmyelomanetwork.org
www.cancercaregiversaz.com



August 2020

Happy Jack, the fisherman, on the Colorado River with the Trout he caught on his 1st float fishing trip.



End of Summer FUN!
Kids having fun outdoors,
playing in the water.

Calendar of Events:

September/October:

- Watch for our 'We Will Survive' 2020 tee shirt! Which will be available on our website for purchase by the end of Sept./early Oct.
- Join our 'Virtual Volunteer' Committee! We need your help to raise funds to continue to provide our free cancer programs safely via the amazing technology and other innovative approaches.
- Virtual 5k walk/race
- Virtual 'golf' event

November:

- Celebrate the 2nd Annual AzMN Cancer CareGivers Awareness Week, November 14-21, 2020 with a Proclamation from the Governor.

December:

- Pre-Book Release Party, date and venue TBD

January:

- New Year, New Programs!
- The book: 'Living with Cancer, a CareGivers Journey'™ By Barbara Baroff Kavanagh, with Jack Kavanagh.



"Thank You" to our Sponsors!



Freelite® tests by Binding Site for monitoring Myeloma

When it comes to monitoring myeloma, Freelite numbers are more than just kappa & lambda values. There is a patient behind those numbers, telling their story of response to treatment over time, and the hope of an improved quality of life.

At Binding Site, we're proud to have been part of the cause for Myeloma awareness and education, and the promise of numbers we can celebrate.

Freelite tests
by Binding Site

Over 18 years of celebrating
the good numbers.

Binding
Site