



AzMN News

Awareness • Advocacy • Education



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Barbara and Jack at the Final Four.

Growth and Excitement at AzMN!

April Showers, Spring Flowers...and a little bit of March Madness. It's all breezed by so quickly with our 11th Annual "Living with Myeloma Conference," the Final 4 NCAA Basketball Championship, and Baseball Spring Training! Such fun and so much joy--isn't this something we all need in our lives?

On March 18th, we held our successful myeloma conference, welcoming outstanding faculty and over 274 patients, families, faculty, staff, and volunteers to our annual conference. You can see photos from this event and review the faculty [PowerPoints](#) on our website.

We also 'celebrated' March 18-25, the Governor's Proclamation of AZ Myeloma Awareness Week and concluded the month with AZ Caregivers Coalition Family Caregiver Day at the Capitol, March 30th. I was proud to present to Cindy Findley, AZ Caregiver Coalition Director and representative of the Governor's office, an award from AzMN for her recognition of AzMN's Cancer Caregivers Education Program, CCEP® at her event that day.



Barbara presents award to Cindy Findley

You will be 'reading' and 'hearing' more about Family Caregivers in upcoming State legislation and our new cancer caregivers seminars over the next year. Thanks to the generous grant from BHHS Legacy Foundation and Insys Therapeutics, we will have a full calendar of free seminars, as well as fundraising events in 2017 -2018. You can [register now](#) for our Saturday, June 3rd seminar, in Chandler.

Please visit our website for more details and, for Amazon fans, like my husband and family, please donate to AzMN when you make a purchase of any item online. Jack and I are looking forward to our 26th Anniversary on May 26th and are grateful for 26 years of living with myeloma. Thank you as always for your love and support!

Barbara B. Kavanaugh Founder and CEO AzMN

Meet Shikira Begay 17 years old Navajo Princess Nominee and Cancer Survivor.



A Mothers Love

Shakira Begay had a very difficult start in life. Shakira and her mother are Native American and live on the Navajo Nation reservation, where AzMN offered cancer support workshops for many years.

Shakira lost her father at only three years old. The sadness lasted a number of years and at only 10 years old she was diagnosed by Phoenix Children's Hospital in January of 2010 with a form of Leukemia. Her future looked dim. Both she, and her mother Marcella, felt fear—fear that Shakira would die, fear of how to pay for the medical care Shakira would need, and fear that Marcella, as a single parent, would not be able to be there for her daughter in all the ways she dreamed of.

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Opening ceremonies include the Color Guard.

Pat England, myeloma patient, presents Dr. Fonseca and Dr. Kyle with special gifts. Baby blanket and neck scarf.



"Living with Myeloma" Conference. L to R- Jack and Barbara Kavanaugh, Dr. Rafael Fonseca, TGEN's Jonathan Keats, and Dr. Robert Kyle.



SAVE THE DATE: Out Race Cancer®, Nov.18th!



The Cancer Caregivers Education Program® is funded by BHHS Legacy Foundation which is an Arizona charitable organization whose philanthropic mission is to enhance the quality of life and



Join Us for Our Cancer Caregiver Education, Program[®], CCEP[®] ' Caring for the Caregiver! '

Scheduled for Saturday, June 3

At Drury Inn, 1205 S. Price Rd. Chandler AZ 85286 8:30 -11:30 am

These events are Always FREE, Continental Breakfast and Cancer Caregiver booklet included.

AzMN's CCEP[®] programs have been increasing in attendance and impact. The feedback has been extremely positive. If you are a caregiver for someone with ANY kind of cancer, this workshop is for you. Participants will gain new ideas for dealing with stress, hear from leading cancer professionals and resources, and learn practical strategies for coping with their cancer patient. They also will have an opportunity to share their own personal experiences and 'stories.' Caregivers will leave knowing that others are facing the same issues and feeling the same fear and isolation. Most important, that there is 'help' and 'hope' ...you are not Alone!

Go online and register now for our event. Visit www.azmn.info/care to confirm your place.



Introducing AzMN's Cancer Caregiver Alliance[®]!

- This year alone 38,000 new cases of cancer will be diagnosed in Arizona affecting at least 3 other people: family, friends, and employers.
- They account for \$90 billion dollars each year of the healthcare cost.
Businesses lose more than \$150 billion per year due to absenteeism.
- Businesses lose 10 times (\$15,000) per year due to 'presenteeism' (people at work but losing productivity) because of illnesses at work and home.

Now your business will be able to offer a caregivers' program sponsored and held at a location of your choice. Through our Cancer Caregiver Alliance, you can choose components of the curriculum that best suit your employees or design your own program. We tailor our effective, well-respected educational program to all cancer caregivers caring for a loved one with any form of cancer.

For information on how the Cancer Caregiver Alliance[®] can help your business, or to schedule a Cancer Caregiver Education Program, CCEP[®], contact Barbara Kavanagh, President, and CEO of Arizona Myeloma Network and CCEP[®] Director by calling 623-466-6246, or emailing her at azamyelomanetwork@cox.net.

Miracles do happen! (cont. from A Mothers Love)

AzMN offered a cancer caregivers workshop at their free Cancer Conference on the Navajo Nation, in June, 2010. Marcella read about it in the local newspaper and was determined to bring Shakira. She wheeled her daughter into the conference, wearing a baseball cap to hide her bald head- the result of 6 months of chemotherapy Shakira was weak and frightened. She thought no one else was going through what she was living through. At the event, in addition to meeting Barbara Kavanagh, who connected her to top cancer specialists, she met other families who were struggling with cancer and felt alone and overwhelmed. Barbara and AzMN helped Marcella connect to financial resources afforded to the Native Americans, which was a great help. Since the closest treatment was 2 hours away at the University of New Mexico in Albuquerque, Marcella had to take a year off from work to devote herself full time to her daughter's care. The community, Shakira's school, and the church offered help, including transportation to treatment and, money to help pay their bills. AzMN also applied to Make-A-Wish Arizona and the whole family enjoyed a trip to Disneyworld.

Today, Shakira is in remission. She is now a beautiful 17-year-old and "doing wonderfully" reports Marcella. As a young cancer survivor, she is hoping to continue her education and help other kids who are battling cancer. The family wants to thank Barbara Kavanagh and AzMN for the resources they discovered and the joy they've brought to the family. Cancer can be very scary, but less so when you have good people in your 'Corner!' (For more inspiring stories of the courageous patients and caregivers who 'care' for them, visit our website).



SAVE THE DATE: SATURDAY APRIL 22
CANCER SUPPORT COMMUNITY'S SURVIVOR'S DAY
WWW.CSCAZ.ORG FOR DETAILS!

