



## Note From the President.

It is a New Year, and for many of us, 2007 is one we are glad to put behind us and Hope for a healthier 2008. For AzMN, 2007 was a challenging time, but also one of growth and accomplishment. We held our very successful, 'Living with Myeloma' Conference in Tucson and received recognition from the Governor with March 31st-April 7th named Arizona Myeloma Week. We also received a State Cancer Grant, for our Tissue Donor Awareness Project, TDAP, and developed the first 'tissue issue' workshops in Arizona. We helped to create Awareness about the importance of donating tissue for research. Highlighting the important role that cancer patients can play in helping researchers develop better treatment and work towards a Cure.

We have an exciting year ahead with our 2nd Living with Myeloma Conference scheduled for Saturday, March 29th in Scottsdale. We hope that myeloma patients from all parts of Arizona will come together to meet our outstanding faculty and to network with one another. Kay Kays, Co-Director of TDAP, and I are busy working on grants to help fund additional 'tissue' workshops and continue our outreach to all cancer patients.

This Spring, we will be planning a number of 'Fun' and Fund raising events. More details in our upcoming Newsletters.

- Barbara Kavanagh

## 2<sup>nd</sup> Annual Living With Myeloma Conference

For Patients, Family, Caregivers, Friends,  
Healthcare Professionals, and the Community

March 29, 2008

8:30 a.m. to 4:30 p.m.

Scottsdale Conference Center

Scottsdale, AZ 85258

Among the Outstanding Faculty presenting will be John Carpten, PhD, Translational Genomics Research Institute; Donald Warne, MD, Indian Tribal Council of Arizona; and Stacy Watts, National Myeloma Patient Advocate as well as representatives from Arizona Cancer Center, Mayo Clinic, MMRF, Binding Site; Arizona Department of Health Services, Neuropathy Center of Banner Hospital, Bone Marrow Transplant Unit at Banner Samaritan/City of Hope. CEU/CME credits for 6 general hours will be provided.

**Cost: FREE with a Continental breakfast and a hot lunch**

**To register, call Nancy Jenkins – 602-410-0498**

Or email [azmyeloma@aol.com](mailto:azmyeloma@aol.com)

You may also register online at [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org).

Sponsorships and donations also accepted. Contact Barbara Kavanagh at 623-388-6837 [azmyelomanetwork@cox.net](mailto:azmyelomanetwork@cox.net).

AzMN is a 501 (c)(3) nonprofit charity organization that conducts Outreach Events and Educational Programs for Arizona Myeloma cancer patients, their families and caregivers, with special consideration for the underserved African American, Asian/Pacific American, Hispanic American and Native American populations.

## Two Wolves

A Native American grandfather was talking to his grandson about how he felt:  
He said, "I feel as if I have two wolves fighting in my heart.

One wolf is the vengeful,  
angry, fearful one.

The other wolf is the loving,  
compassionate, hopeful one."  
The grandson asked, "Which one  
will win the fight in your heart?"

The grandfather answered,  
"The one I feed."

Author unknown

'Finding Your Balance On The Cancer Carousel' By Sarah Kelzenberg.

## The AzMN's Cruisin' Coyotes Team Joins the MMRF Race for Research!



The Cruisin' Coyotes joined over 800 patients, families, friends, a Mayo clinic team led by Dr. Fonseca and his wife and children, plus a number of other family teams. Supporters from all over the U.S. came to participate for their loved ones at the 2nd Annual MMRF Race for Research at Papago Park February 23rd.

The Cruisin' Coyotes were led by Captain Sarah Kelzenberg, myeloma patient, and her neighbors and friends, plus Brenda Gregory, the Phoenix Myeloma Support Group leader, joined by her husband, daughter-in law, and two grandsons. We all had a great time, met wonderful and brave people, and raised over \$2000 for research.

**Save the date!**

Thanks to the Arizona D-backs  
for their support!



**4th Annual  
Arizona Myeloma Network  
Charity Golf Tournament**

Friday, November 7, 2008

Tournament Celebrity  
Host – Bruce Jacobs  
KFYI 550 AM Talk Show Host



Jack Kavanagh with  
Ray Romano, Honorary Chairman

Orange Tree Golf Resort  
10601 N. 56<sup>th</sup> Street  
Scottsdale, AZ 85254  
12:00 noon Registration  
1:00 p.m. Shotgun Start

Proceeds will fund continuing AzMN Outreach Events and Educational Programs for multiple myeloma patients, their families and caregivers. Multiple myeloma is a complex and often misdiagnosed bone marrow plasma cell cancer that attacks and destroys the bone.

Check the web site, [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org), for more information and registration or call 623-388-6837.

**2007 AzMN Golf Tournament  
Sponsors and Golfers**



Top, Greg Morey of the Black Bear Diner with Black Bear mascots, Barbara Kavanagh, Bruce Jacobs, Celebrity Host, and Jack Kavanagh.  
Bottom, Shamrock Foods Team.



Kay Kays, Dr. Rafael Fonseca, Kay Zeitz, Barbara Kavanagh, and K. Lewkowitz

**Patient Advocates for  
Research, Mayo Clinic  
Arizona Cancer Center**  
by Barbara Kavanagh

Dr. Rafael Fonseca, Myeloma Researcher and Director of the Mayo Clinic Cancer Center, and Dr. Richard Gray, Mayo Clinic Oncologist, led the discussion at the first Patient Advocates for Research meeting held at Mayo on Friday, December 14th, 2007. The overall goal of this group is to give patients the resources and options to make an informed choice in the treatment of their disease and maintain their quality of life.

I was one of the dozen or so patient advocates attending the meeting, along with Brenda Gregory, Myeloma Support Group Leader, Art Gorman, myeloma patient. Kay Kays, our TDAP™ Co-Director also attended, as well as the Co-Chair of the Bosom Buddies, and staff from Mountain Park Health. Dr. Fonseca plans to have a follow up meeting in the spring to discuss issues raised by the participants.

**BREAKING NEWS!**  
THANK YOU to Stardust Foundation and Binding Site who have just given AzMN sponsorships for the 2<sup>nd</sup> Living with Myeloma Conference on March 29! If you or someone you know would like to be a sponsor or make a donation, contact Barbara Kavanagh at 623-388-6837 or at [azmyelomanetwork@cox.net](mailto:azmyelomanetwork@cox.net).

**Silpada Jewelry AzMN  
Fundraiser**

Lynn Caldwell, Silpada Designs Representative, co-hosted a delightful Sunday afternoon 'Tea', on January 27th, at Barbara Kavanagh's home and helped to raise over \$400 for AzMN's upcoming Myeloma Conference. Friends and neighbors enjoyed selecting Solid Sterling jewelry for themselves and for gifts. The Valentine theme made it easy to enjoy shopping and saving 'partners/husbands' the agony of picking the 'right' gift!



Barbara Kavanagh and Lynn Caldwell

Special thanks to Lynn and to Gwen Woods' team, catering company, Dollop and Pinch, provided the elegant refreshments. If you would like to host a Silpada Party, earn free gifts, and raise money for myeloma, you can find Lynn on her website: [www.mysilpada.com/lynn.caldwell](http://www.mysilpada.com/lynn.caldwell). You can also look at the Online Catalog and do your own shopping.

We hope that you will come up with your own 'fun/fund raising' events. Just let us know and we will gladly help you plan an event or activity in your own home or community.



Guests Gwen Woods and Heidi Morrow join Barbara Kavanagh at the Silpada party.