



# AzMN News

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The Newsletter for People Interested in Multiple Myeloma

## The President's Message....

It has been a busy and hot summer, but we enjoyed the cooler weather and warm response to our 2nd Ft. Defiance Cancer Awareness Conference July 18<sup>th</sup> sponsored by the John Wayne Cancer Foundation. Their generous support made it possible for us to add an extra half-day healthcare professional seminar on Friday, July 17<sup>th</sup>.

Most important, 'we came back!' We brought our 'women helping women' Breast Cancer Education Training Program, sponsored by the Susan G. Komen for the Cure, Phoenix, and the AZ Cancer Control Program.

This year, Ms. Navajo Nation 'welcomed' us as did Mr. T.C. Tso from President Shirley's office, and Harrison Jim Sr., a Traditional Navajo Healer, who shared his knowledge and ways that we could work together to help those with cancer.

We are so grateful to our 'Community Partners' and Sponsors who are listed in our 'thank you's and who continue to support our 'free' educational programs.

Coming up next is our Glendale TDAP™ workshop Saturday, September 26<sup>th</sup>, at Glendale Community College. (See flyer this page.)

We have a full calendar of interesting events for you to participate in and support for 2009.

If you can't attend one of our events, please make a donation. We need your help more than ever in these 'tough times.'  
--Barbara Kavanagh

Donations may be made online at  
[www.arizonamyelomanetwork.org/donation.html](http://www.arizonamyelomanetwork.org/donation.html)

## CALENDAR OF EVENTS

**September 16** – Black Bear Diner  
[Spaghetti Dinner Fundraiser](#): 11:00 a.m. – 10:00 p.m. – All metro locations.

**September 20** – Diamondbacks Charity Corner. [See web site for more info.](#)

**September 26** – [Glendale Tissue Donor Awareness Program](#) –

8:30a.m.– 12:00 noon – Glendale Community College

**October 18** – [Race for Hope](#) – 7:00 a.m. – Westgate Shopping Center

**November 7** – [5<sup>th</sup> Annual Golf Tournament](#), McCormick Ranch Golf Club, Scottsdale (See back of newsletter for more information.)

AzMN is a new member of the Glendale Chamber of Commerce!

## 2<sup>nd</sup> Annual AzMN/Ft. Defiance Cancer Awareness Conference



Patricia Goubeaux (AzMN), Mechelle Morgan-Flowers (IHS), John Wayne, Mary Dokes (Komen Foundation), and Barbara Kavanagh (AzMN)



Mr. T.C. Tso with John Wayne



Ms. Navajo Nation & Bikers

### THANK YOU SPONSORS & VOLUNTEERS!

#### PLATINUM SPONSOR

John Wayne Cancer Foundation

#### GOLD SPONSOR

Millennium, A Takeda Oncology Company

#### SILVER SPONSOR

Delta Dental of Arizona Foundation

Leslie Dixon, Los Angeles

#### BRONZE SPONSOR

Arizona Cancer Center

#### COPPER SPONSOR

Arizona Physicians IPA

#### SPONSORS

Advisory Council on Indian Health Care

Translational Genomics Research Institute

Ft. Defiance Indian Hospital

#### Thank you also for our cancer information tables:

AzDHS/Cancer Control Program of Arizona

Cancer Awareness Biker Fun Ride

Delta Dental of Arizona Foundation

Susan G. Komen For the Cure, Phoenix Affiliate

AzMN/Diné Breast Cancer Awareness Prevention Training Program

Leukemia & Lymphoma Society, Desert Mountain States

North Country Health Care Radiation Exposure Screening and

Education Program (RESEP)

Phoenix Mercury Basketball Team

Rosalyn Carter Institute

Southwest Navajo Tobacco

Try Team Pink

[SEE WEB SITE](#) AND [YOUTUBE](#) FOR MORE INFORMATION

## The Glendale Tissue Donor Awareness Project (TDAP)

Presented by

Arizona Myeloma Network

SEPTEMBER 26, 2009

If you have cancer and you would like to make a real difference in improving treatment for yourself and future generations, this workshop is for you.

## "What You Need to Know About Donating Tissue For Cancer Research"

You may be asked to donate some of your tissue that is not needed for your medical care. Before you make your decision it may be helpful for you to learn more about tissue and why it is so important. The use of tissue or specimens in research is vital for medical science to advance.

**Saturday, September 26, 2009**

8:30-9:30 a.m. Registration and Continental Breakfast  
9:30-11:30 a.m. Program: Presentation of the 'Tissue Issue'  
11:30-12:00 Networking and visiting Cancer and Healthcare Information Booths



**Glendale Community College**  
Student Union Building  
6000W. Olive Ave, Glendale, AZ



[Register Now!](#) The Glendale TDAP workshop is Free and Open to All.

Sponsored in part by a  
Lincoln Gives Community Grant

John C. Lincoln Hospitals

# Race for Hope for All Cancers

benefitting Arizona Myeloma Network

5K Run/Walk & 1 Mile Fun Run/Walk

October 18, 2009

- ✓ **When:** October 18, 2009 ~ 5K Run/Walk Starts @ 8:00 A.M. ~ The 1 Mile Fun Run/Walk Starts @ 8:05 A.M. (Registration starts at 7:00 a.m.)
- ✓ **Where:** Westgate City Center ~ 6520 N. 91st Ave ~ Glendale, AZ ~ 91st Ave & Glendale next to Jobing.com Arena  
Start/Finish at the Fountain Park in Westgate
- ✓ **Awards:** 5K Run/Walk ~ Top 3 Male & Female in 10 year age groups ~ 1 Mile Top Overall Male & Female

**All entrants will receive an event t-shirt, and great post race refreshments & Music!**

Register at [www.arizonarunningevents.com](http://www.arizonarunningevents.com) or get info at [AzMN web site](http://AzMN web site).



Amy Shapiro, PR/Events Intern, Westgate Sports & Entertainment Group; Jack Kavanagh, AzMN; and Marisa Coen, Director of Marketing and Events, Westgate Sports & Entertainment Group.



**Thunder Roads Magazine Arizona** is publishing an article about our Navajo Biker Ride at our Ft. Defiance Conference. They are planning a 'Bikers for The Race for Hope' event to support AzMN's free cancer programs at Westgate Shopping Center October 18.

Contact Bob Patton or Barb Trabachino, 623-521-8260. More information on their website - [www.thunderroadsarizona.com](http://www.thunderroadsarizona.com).

## Spreading the Word About AzMN!

Barbara Kavanagh met with the Peoria North Rotary Club recently to talk about Arizona Myeloma Network's free educational and advocacy programs for myeloma patients and also AzMN's special cancer programs for the Navajo Nation at Ft. Defiance.



Barbara is shown with Janet Gregg, newly elected President.

She thanked the club for their outstanding volunteer work for the less fortunate in the community and invited their support for the upcoming Cancer Awareness Program in Glendale, September 26<sup>th</sup> and the Race for Hope, Sunday, October 18<sup>th</sup>.

# 5th Annual Arizona Myeloma Network Charity Golf Tournament

November 7, 2009



Honorary Chairman  
Ray Romano

Register Now!

Sponsored by  
**United Association of Pipefitters and Plumbers**



Multiple Myeloma is a complex and often misdiagnosed bone marrow cancer that afflicts more than 1600 new people in the U.S. every month. There is no cure, but current research is greatly extending patients' life spans.  
The mission of the Arizona Myeloma Network, (AzMN), is to promote education, awareness and advocacy for the improved treatment and quality of life for Myeloma patients, their families, and caregivers. AzMN also provides public cancer education programs throughout Arizona with special consideration for the underserved. They are currently delivering a major cancer education program on the Navajo Reservation.

**Foursome: \$600, Individual: \$100, Program Ad: \$150, Hole Sponsor: \$150**  
Other Sponsorships Available! See web site: [www.azmyelomanetwork.org](http://www.azmyelomanetwork.org)

Awards, Raffle Prizes, Silent Auction  
1<sup>st</sup> and 2<sup>nd</sup> Teams  
Longest Drive  
Women's 1<sup>st</sup>  
Closest to the Pins  
Hole in Ones  
And many more prizes

Saturday Morning  
November 7, 2009

Registration: 7:00  
Shotgun Start: 8:00  
Barbecue Lunch: 12:30

**McCormick Ranch Golf Club**  
7505 E. McCormick Parkway  
Scottsdale, AZ 85252  
480-948-0260

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Arizona Myeloma Network is a 501(c)(3) non-profit organization.



## Phoenix Mercury Partner with AzMN and Komen for the Cure for Breast Cancer Awareness

The Phoenix Mercury provided a table at the Ft. Defiance Cancer Awareness Program in support of the Susan B. Komen for the Cure grant. AzMN introduced the new program to the attendees to help them help themselves in learning that there is 'hope'.

Jack and Barbara Kavanagh meet with Carrie Kmetzo at the US Airways Arena recently.

## All Metro Black Bear Diner Locations

Phoenix	Glendale	Gilbert	Goodyear
2410 W Bell Rd 85023 602 298-2671	6039 W Bell Rd 85306 602 843-1921	1809 E Baseline Rd 85233 480 926-2046	1780 Dysart Rd 85338 623 932-2968

# BEARS THAT CARE!



## Spaghetti & Meatball Dinner

Special - \$9.99

Wednesday, September 16

11:00 a.m. to 10:00 p.m.

75% of proceeds go to

**Arizona Myeloma Network**

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