



Arizona Myeloma Network  
20230 N. 68th Ave. Ste 116 #448  
Glendale, AZ 86308

# AzMN News

Vol. 1, No. 1 ■ March 2006

AzMyelomaNetwork@aol.net

The Newsletter for People Interested in Multiple Myeloma



Barbara B. Kavanagh  
Arizona Myeloma Network (AzMN)  
Founder and President

*A Message from AzMN's Founder and President, Barbara B. Kavanagh*

*Greetings:*

*I am pleased to announce effective January 31<sup>st</sup> 2006 our Arizona Myeloma Network (AzMN) has been registered with the State of Arizona as a 501(c)(3) nonprofit corporation. We are now diligently seeking approval of our application request for tax-exempt status from the Federal Government. We will endeavor in this our first AzMN newsletter, to give our readers a flavor of what to look for in our future newsletters.*

*We have developed our new AzMN logo above, which we think best expresses how we feel about all those who have had to deal with Myeloma. The logo is based, in part, on an excerpt from Dr. Lewis Mehl-Madrona's most wonderful book 'Coyote Healing, Miracles in Native Medicine.' We wish to thank Dr. Mehl-Madrona for giving us permission to use the phrase 'Coyote is a survivor, as we all hope to be' from his book as part of our AzMN logo.*

*Fondly,  
Barbara*

## *AzMN's Plans for Moving Forward*

Barbara is now establishing her 501(c)(3) nonprofit corporation with the selection of both an Executive and Advisory Committee to assist her in the formulation of plans for several upcoming events. Barbara will be reaching out throughout the Phoenix valley-wide area for willing and able participants to join her AzMN committees.

In addition, Barbara and her AzMN staff will be utilizing her successful volunteer recruitment, management and teambuilding, and time and stress management skills and expertise to bear on designing an effective volunteer program to support the organization's annual mission and goals. This volunteer program will be a highly structured program, with both staff and financial support to recruit, train, and supervise volunteers to deliver the services of AzMN and, the program will be put into place in the initial stage of AzMN's 2006 efforts.

In November 2005, Barbara developed an *AzMN Brochure* depicting her vision for the AzMN organization's mission, objectives and purpose.

AzMN's primary mission will be to promote education, awareness and advocacy for

improved treatment and quality of life for Myeloma patients, their families and caregivers. Copies of the *AzMN Brochure* can be made available by calling us at 623.388.6837.

## *AzMN's 2004/2005 Successes*

Our very first event was held on May 16<sup>th</sup> 2004. We held a Spring Fling dinner, dancing and auction fundraiser event at the Arrowhead Country Club. Well over 100 people attended.



On November 5<sup>th</sup> 2005, we held our first Southwest Symposium, a Myeloma awareness event, at ASU in Tempe, Arizona. The Symposium was a huge success with over 200 people attending from all over Arizona, including California and Colorado.



ASU Southwest Symposium Audience

We held our First Annual Charity Golf Tournament, Buffet Dinner and Auction fundraiser event at Arrowhead Country Club a week later on November 14<sup>th</sup> 2005.



1st Annual AZMN Charity Golf Tournament  
Barbara Kavanaugh and  
Dr. Keith Stewart of Mayo Clinic

Each of these events was a huge success for our fledgling AzIMN volunteer organization. Proceeds from all of these events were ascribed to the International Myeloma Foundation (IMF) to help fund continuing research to cure Multiple Myeloma, a bone marrow cancer, affecting almost 15,000 new patients each year.

It is with our sincerest appreciation expressed here that we acknowledge that without the tremendous help and participation of our volunteer staff, supporters and members, the notable medical professionals from all over Arizona, not limited to, but including the Mayo Clinic, T-Gen, Banner Good Samaritan, U of A Arizona Cancer Center and our sponsors Celgene Corp., Kyphon, Inc., Millennium Pharmaceuticals Inc., Novartis Pharmaceuticals Corp., and Ortho Biotech Oncology, none of these events would have been possible or successful.



(L to R.) Southwest Symposium Guest Speakers  
Dr. Jeffrey M. Trent, CEO T-Gen  
Dr. Rafael Fonseca, Mayo Clinic  
Dr. Michael Campbell, U of A AZ Cancer Center  
Dr. Keith Stewart, Mayo Clinic

We thank and applaud each and every one of you for your participation, strength, support, and generosity.

We received a wonderful letter from Governor Napolitano, dated October 27<sup>th</sup> 2005, congratulating us for holding the first Southwest Symposium on Myeloma. In the letter, Governor Napolitano applauds "...the hard work and spirit the patients, families, friends, caregivers and healthcare professionals have shown in making this day possible."

The full text of Governor Napolitano's letter appears on the succeeding page herein.

We would also like to express our special thanks to Governor Janet Napolitano for sending her Policy Advisor for Health, Ms. Anne Winter, to our Southwest Symposium. Anne, our Honored Opening Guest Speaker for the Southwest Symposium, joined the Governor's administration in August 2003 as part of the Efficiency Review team to review Arizona's public health care systems. In May 2005 she assumed the role of Policy

Advisor for Health which serves as the liaison for the Department of Health Services and the Arizona Health Care Cost Containment System (AHCCCS) as well as working with Governor Napolitano to develop her health policy initiatives.



(L to R.) Southwest Symposium  
Barbara Kavanaugh, Chairperson  
Anne Winter, Honored Opening Guest Speaker

We intend to build on these 2004 and 2005 successes for the coming year's AzIMN mission and goals to benefit the underserved Myeloma patients, their families and their caregivers.

### *AZMN 2006 Projected Activities*

AzIMN plans to provide ongoing Myeloma volunteer services, liaison with other Myeloma resources, advocacy, mentoring, networking, and information sharing throughout the State of Arizona. Several Myeloma awareness workshops are in the planning process, as we speak, to be held at locations throughout Arizona.

We are also forming a social committee to plan 'fun' activities for Myeloma patients and families, including dinner and picnic-in-the-park events.

Full text of the October 27<sup>th</sup> 2005 letter we received from Governor Janet Napolitano, just prior to our 5<sup>th</sup> November 2005 Southwest Symposium:

Greetings:

*As Governor of the State of Arizona, I have taken a strong position on increasing funding for cancer research and strongly support medical education and the development of advanced treatment facilities in our State. That is why it is my pleasure to extend a warm welcome to all those attending the 1st Southwest Symposium on Myeloma. I applaud the hard work and spirit the patients, families, friends, caregivers and healthcare professionals have shown in making this day possible.*

*The Arizona Myeloma Network is a wonderful organization, led by founder and Chairperson, Barbara Kavanagh. I congratulate Barbara for organizing this small group of caring and concerned people who have joined together to help Arizona's myeloma patients by reaching out to all regardless of political, social, cultural, organizational, or economic barriers, to improve quality of life, and encourage those who are working towards a cure.*

*Many of you here today will have your knowledge on myeloma expanded from participating in the presentations given by the outstanding faculty. Learning about the latest research, clinical trials, treatment approaches and resources are a great comfort for patients and families who are always looking for new hope of a cure.*

*Once again, welcome and best wishes for a successful event!*

*Yours very truly,*

*Janet Napolitano  
Governor*

### Coming Up

We welcome all inquiries though we regret we cannot respond to Myeloma health matters of a personal nature. We also welcome any personal stories or experiences from those of you willing to share them with our readers. We believe such stories and experiences will be welcomed by our readers and help to bring awareness to everyone dealing with this disease.

We intend to include in future editions of the **AZMNewsletter**, a short (175 words or less) article or news-worthy item related to Myeloma from one of our respected medical professionals or from a pharmaceutical or medical company.

If you wish to participate with us in our events and activities as a volunteer, please let us know by sending us an e-mail at [AzMyelomaNetwork@cox.net](mailto:AzMyelomaNetwork@cox.net) or you may reach us via telephone at 623.388.6837.

Our first 2006 event, will be a **Picnic-In-The-Park** Myeloma awareness outreach, on Saturday, May 20<sup>th</sup> at the Havasupai Ranada in North Mountain Park, 10600 N. 7<sup>th</sup> Ave., Phoenix, AZ

from 12:00 noon-4:00pm. See the Flyer on page 4 herein. Please contact Barbara Kavanagh (623.388.6837) or Lyman Smith (480.296.4486) for further details.

Our 2<sup>nd</sup> **Annual Charity Golf Event** and fundraising project is currently planned for October 5<sup>th</sup> 2006, a Thursday, at the *Raven Golf Club at Verrado* in Buckeye, Arizona.

Please send all written inquiries to us at:

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Please look for our next **AZMNewsletter** in **April** 2006.

Copies of our **AZMNewsletter** can also be obtained by writing or emailing us at the above address.

***Coyote is a survivor,  
As we all hope to be***



Advertisements and Articles are accepted by the **AzMNNewsletter**.

For advertisement details and costs, please contact Lyman Smith, at [lyman.smith@cox.net](mailto:lyman.smith@cox.net).

Articles from our readers are welcome and should focus on information directed towards Multiple Myeloma. They should be informative, and contain non-commercial, non-partisan, non-sectarian points of view. Articles are limited to 175 words or less (1 column-1/3 page) and will be published free of charge. No more than two Articles will be published in any single issue. The editors reserve the right to edit and shorten text as necessary; they also reserve the right to refuse article text or advertising in accordance with AzMN by-laws. Articles are due no later than the end of the first week of each month.



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## Arizona Myeloma Network (AzMN) Spring 2006 Multiple Myeloma 'Picnic in the Park' OUTREACH



**Saturday, May 20<sup>th</sup> 12 noon to 4 p.m.**  
**North Mountain Park - Havasupai Ramada**  
**10600 N. 7<sup>th</sup> Street Phoenix, AZ**

Multiple Myeloma is a complex, often misdiagnosed incurable bone marrow cancer that attacks and destroys bone. Nearly 13,000 new cases are diagnosed each year.

**Come to our Picnic!**  
It will not only be a *FUN* day to share with friends and family, but also a fund raiser to help us plan more *FUN* events and educational and awareness programs for multiple myeloma patients and their families. You will have an opportunity to meet many of the area's myeloma patients and others interested in helping to cope and enthusiastically cure Multiple Myeloma.

**Food, Drinks, and Fun!**  
Our volunteers will utilize their grilling skills to prepare some great 'fixins' for you and your family. Picnic salads, side dishes, munchies, desserts, and non-alcoholic beverages will be provided. You may also wish to bring a special favorite dish or food item to share with others.

• Raffles • Speakers • Entertainment • Beer (for sale)

**COST: \$10.00 PER PERSON, CHILDREN UNDER 12 FREE**  
Tickets include admission, food and non-alcoholic beverages  
Donations are accepted

Reservations are required. Please contact:  
Lyman Smith at 480-502-8266 or Barbara Kavanagh at 623-388-6837  
or email us at [AzMyelomaNetwork@cox.net](mailto:AzMyelomaNetwork@cox.net)

**CO-SPONSORS**  
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The Arizona Myeloma Network (AMN) is a State of Arizona, 501(c)(3) registered nonprofit corporation. AMN's primary mission is to provide Education, Awareness and Advocacy for improved treatment and quality of life for Myeloma patients and their families.

## 'Join our Volunteer Team!'

We are looking for interested, enthusiastic volunteers of all ages to help us with our new organization: we need people with accounting skills, planning and organizing skills, teaching skills, grant writing skills, and people who want to meet other nice people and make a real contribution to the lives of myeloma patients and their families.

Immediate need: volunteers to help put on our Picnic-In-The Park on Sat., May 20th...run a grill, provide musical entertainment and just come and help us have FUN!



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