

COPING WITH THE STRESSES OF CAREGIVING WHEN YOUR LOVED ONE HAS MULTIPLE MYELOMA

A CancerCare Connect® Education Workshop

This activity is supported by an educational grant from Janssen Biotech, Inc., administered by Janssen Scientific Affairs, LLC. CancerCare's application for continuing education credits for this program is supported by the Diana Napoli Fund.

SPEAKERS

Matthew J. Butler, MD, Assistant Professor of Medicine, Division of Hematology/Oncology, Department of Medicine, Mays MD Anderson Cancer Center, UT Health San Antonio

Guadalupe R. Palos, DrPH, MSW, RN, Former Clinical Protocol Administration Manager, Office of Cancer Survivorship, The University of Texas MD Anderson Cancer Center, Author and Researcher in Health Care Disparities, Caregiving & Survivorship

Diana L. Bearden, MS, RD, CSO, LD, CNSC, Oncology Dietitian, Michael E. DeBakey VA Medical Center

Carolyn Messner, DSW, BCD, FAPOS, FAOSW, Senior Director of Education and Training, CancerCare®

Register
Today!



DATE

Our workshops are open to national and international clients and pre-registration is via our website www.cancercare.org/connect

THURSDAY, APRIL 3, 2025 FROM 1:30 p.m. - 2:30 p.m. ET

TOPICS:

- Overview of the Treatment of Multiple Myeloma
- Deciding to Become a Caregiver
- Your Important Role in Decision Making
- Challenges in Communicating with the Health Care Team
- Your Role in Adherence: Weekends, Holidays & Vacations
- Coping with Each Day, on Special Occasions, Anniversaries & Birthdays
- Managing Family, Friends, & Traditions
- Long-Distance Caregiving
- The Benefits of Telehealth/Telemedicine Appointments, Including Technology, Prepared List of Questions & Discussion of OpenNotes
- Self-Care Tips for Managing Lifestyle, Nutrition, Hydration, & Stress
- Relaxation Exercises for Caregivers
- Questions for Our Panel of Experts

For more information or to register, please contact our Hopeline at 800-813-HOPE (4673) or register online at www.cancercare.org/connect

Facebook: facebook.com/cancercare | **Instagram:** @CancerCareUS | **Twitter:** @CancerCare

What is a CancerCare Connect® Education Workshop?

CancerCare Connect® Education Workshops are a cost-free way to learn about cancer-related issues from the convenience of your home or office. Leading experts in oncology provide the most up-to-date information on the telephone and online.

How do I participate?

You can listen to this workshop on the telephone or via live streaming through the Internet. Participation is free.

How do I register?

There are two ways to register:

- Call **800-813-HOPE (4673)**
- Register online at www.cancercare.org/connect

After you have registered, you will receive additional information.

Missed a CancerCare Connect® Education Workshop?

You can listen to previous workshops on the CancerCare website. Just log on to www.cancercare.org/podcasts.

Continuing Education Credits (Live Only)

Social Workers: This program has been submitted to The University of Texas MD Anderson Cancer Center, an approved provider through the Texas State Board of Social Work Examiners, provider #CS4607, for 1.0 Contact Hour.

Cancer Care, Inc. is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #SW-0088. This workshop is approved for 1.0 Contact Hour.

Registered Dietitians: This program has been submitted to the Commission on Dietetic Registration for one Continuing Professional Education Unit (CPEU).

To request continuing education paperwork, please email your name, profession, and address to connect@cancercare.org after the program. All paperwork for continuing education credit must be requested, completed, and submitted within two weeks of the live program.

About Us

Founded in 1944, CancerCare is the leading national organization providing free support services and information to help people manage the emotional, practical and financial challenges of cancer. Our comprehensive services include resource navigation, counseling and support groups over the phone, online and in-person, educational workshops, publications and financial and co-payment assistance. All CancerCare services are provided by master's-prepared oncology social workers and world-leading cancer experts.

To learn more, visit www.cancercare.org or call **800-813-HOPE (4673)**.

CancerCare is pleased to collaborate with these organizations:

Advanced Practitioner Society for Hematology and Oncology (APSHO)

www.apsho.org

American Cancer Society

www.cancer.org; 1-800-227-2345

American Psychosocial Oncology Society

www.apos-society.org

American Society of Clinical Oncology

www.asco.org

Association for Molecular Pathology (AMP)

outreach.amp.org; 1-301-634-7939

Association of Clinicians for the Underserved

www.clinicians.org; 1-844-422-8247

Association of Oncology Social Work

www.aosw.org; 1-847-686-2233

Black Women's Health Imperative

www.bwhi.org; 1-202-548-4000

Blood & Marrow Transplant Information Network

www.bmtinfonet.org; 1-888-597-7674

Bone Marrow & Cancer Foundation

www.bonemarrow.org; 1-800-365-1336

Cancer Legal Resource Center (CLRC)

www.thedrlc.org/cancer/; (866) THE-CLRC (843-2572)

Cancer Patient Education Network

www.cancerpatienteducation.org

Cancer Support Community

www.cancersupportcommunity.org; 1-888-793-9355

Caregiver Action Network

www.caregiveraction.org

DKMS

www.dkms.org; 1-212-209-6700

Intercultural Cancer Council

www.interculturalcancerCouncil.org

Joe's House – A Lodging Guide for Cancer Patients

www.joeshouse.org; 1-877-563-7468

Latinas Contra Cancer

www.latinascontracancer.org; 1-408-280-0811

The LGBT Cancer Project

www.lgbtcancer.org

LIVESTRONG Foundation

www.livestrong.org; 1-855-220-7777

Lymphoma Research Foundation

www.lymphoma.org; 1-800-500-9976

Multinational Association of Supportive Care in Cancer

www.mascc.org

National Association of Social Workers

www.socialworkers.org; 1-202-408-8600

National Center for Frontier Communities

www.frontierus.org; 1-575-534-0101

National Bone Marrow Transplant Link

www.nbmtlink.org; 1-800-LINK-BMT (1-800-546-5268)

National Coalition for Cancer Survivorship

www.canceradvocacy.org; 1-877-NCCS-YES (1-877-622-7937)

National Comprehensive Cancer Network® (NCCN®) –

NCCN Guidelines for Patients®

www.nccn.org/patients

NeedyMeds

www.needymeds.org; 1-800-503-6897

NMDP™ Patient Support Center

www.nmdp.org/one-on-one; 1-888-999-6743

Prevent Cancer Foundation®

www.preventcancer.org; 1-800-227-2732

Redes en Acción: The National Latino Cancer

Research Network at UT Health San Antonio

www.redesenaccion.com; 1-210-562-6500

Research Advocacy Network

www.researchadvocacy.org; 1-877-276-2187

Scott Hamilton CARES Foundation

www.scottcares.org

Triage Cancer

www.triagecancer.org; 1-424-258-4628

Vital Options International

www.vitaloptions.org