



www.ulmanfund.org

Reaching Out

Fall 2000

A semi-annual newsletter for friends and supporters of The Ulman Cancer Fund for Young Adults

A Note From Doug...

The last six months have been a whirlwind for The Ulman Cancer Fund for Young Adults. We have doubled the number of support groups we offer around the country. We continue to refine and develop the web based support resources located on our web-site. We have opened a San Francisco office to facilitate the expansion of our programs on the west coast and to increase our visibility on a national level. And through all of this we are still helping thousands of young adults affected by cancer.

More recently, we have developed several important partnerships that will allow us to further our mission and continue to offer innovative support to young adults affected by cancer.

In conjunction with Gilda's Club, Inc., we are currently developing a model program for young adults affected by cancer that will be used across the country and eventually around the world. We hope to launch this program during the first quarter of 2001.

Through a partnership with Nexcura, Inc., we are now able to offer the Cancer Profiler on our web-site (www.ulmanfund.org).

All of this work needs your continued support.

This newsletter kicks off our 2nd annual Year End Campaign! It is my hope that through your generous support, we will be able to raise more than \$100,000. The Ulman Cancer Fund for Young Adults is leading the way nationally providing support education, and resources to young adults, their families and friends who are affected by cancer. Please help us realize our goal so that we may continue to set the standard of support that this often overlooked population receives.

I wish you a wonderful, healthy holiday season and a magnificent new year in 2001.

Best wishes,
Doug

Visit www.ulmanfund.org often to keep up with our news.

What We Offer

Survivor's Network: One of the most important services we offer is the connection of survivors, parents, and other young adults affected by cancer with one another for peer support and information exchange. Register at www.ulmanfund.org survivors network.

Support Groups: We are presently running free, professionally facilitated support groups in Columbia and Baltimore, MD; Providence, RI; New York, NY; Quad Cities, IA; and San Francisco, CA. We are always working to expand into other cities.

Survival Guide: "No Way! It Can't Be", A Young Adult Faces Cancer was written by Doug and Diana Ulman after many struggles and triumphs by the Ulman family. We hope to ease the path of young adults and their families dealing with the issues surrounding a cancer diagnosis. This book will soon be published and distributed nationwide. Check it out – It's on our web-site.

Discussion Forum: Our web-site offers an opportunity for young survivors, as well as friends and family to discuss issues of concern to them in an On-line forum. Just click on "Discussion Forum" to participate.

Prevention Tips: Learn about prevention and self examination for skin cancer, testicular cancer, and breast cancer. Also check your knowledge of skin cancer by taking the interactive quiz at www.ulmanfund.org.

Matt Stauffer Memorial: The Ulman Cancer Fund offers this award of \$1,000 each August to honor the spirit and courage that Matt displayed in his battle with cancer. College students diagnosed with cancer who display financial need must apply by June 1. We are pleased to announce that the 2000 recipient is Catherine Lea Olson, a remarkable young woman from Milwaukie, Oregon.

The Ulman Cancer Fund *mourns the untimely passing* of long standing group members:

John Lyons
Sandy Matz
Ken Waddell

United Way Campaign: You can designate The Ulman Cancer Fund for Young Adults for your United Way Payroll Deductions in Maryland Agency/PGM: 95888112
Thanks for your support!

Shopping Online Helps The Ulman Fund

Shop online at www.ulmanfund.org and support The Ulman Cancer Fund for Young Adults with every purchase. Visit our site to begin your shopping trip. Use one of our partner shopping sites at the bottom of our home page to buy your gifts. Everything from grills to scooters is available. Enjoy your shopping experience and know that you are making a difference at these online malls.

Frequently asked Q & A's about on-line shopping:

How much money does The Ulman Cancer Fund receive from each purchase?

It depends on the retailer and the amount of the purchase. Typically, we receive at least 5% of the purchase amount.

Is the amount that The Ulman Cancer Fund receives tax deductible to me?

Unfortunately IRS regulations do not allow you to take a deduction on what the retailer donates to The Ulman Cancer Fund.

How do you choose your retailers?

The Ulman Cancer Fund chooses retailers that offer a broad range of products that have a proven track record of on time delivery.

Does The Ulman Cancer Fund for Young Adults guarantee the products or services purchased via ulmanfund.org?

No. The Ulman Cancer Fund will NOT guarantee any services or products purchased through our web-site except those "Ulman Cancer Fund" items purchased through our Marketplace. Please read each retailers policies carefully and contact the retailer directly with questions.

Who We Touch

"You are an inspiration to young adults with cancer, and the web-site is a great resource for sharing and inspiration. We are not alone. The similarity between our stories is amazing. I was 28 when diagnosed with a chondrosarcoma in January of 1998. I too excelled at soccer. I captained my high school team and was a member of the Bowling Green State University's team in 1988. Shortly after my surgery, my wife and I were blessed with a beautiful baby girl. Keep up the good work!"

David Spence

"I just read your article in the Coping magazine and was inspired to look at your website. Congratulations on the amazing contribution you are making and the courage to step up and out. You have touched me deeply."

Rachel Kirk

Where's Doug Been?

This fall Doug has traveled extensively on behalf of The Ulman Cancer Fund for Young Adults:

- Participating in the Lance Armstrong Foundation Conference on Cancer Survivorship in Chicago where leaders of national cancer organizations came together to exchange ideas and build partnerships that will benefit survivors all over the world.
- Speaking to a group of young adult cancer survivors at Gilda's Club in Chicago.
- As keynote speaker at the Congressional Youth Leadership Conference in Washington, DC, in mid-November.
- Presenting a lecture at Brown University entitled Social Responsibility.
- Participating with World Team Sports in running The Havana Marathon.

- Writing his story in an article for *Coping Magazine*, July/August Issue.

Recent Happenings

Summerfest 2000 a Big Success! Our third Annual Summerfest, held at The Johns Hopkins Applied Physics Lab in Columbia, was a rip-roaring success, netting more than \$23,500. Music by The Becks set the mood. More than 200 people attended, feasting on a wonderful dinner provided by Carrabba's Italian Grill- with an extra special treat of dove bars to top off the dinner. Silent and live auction items ran the gamut from tickets to the arts or to any city in the United States. Our emcee for the evening, Andy Barth of Channel 2 News, encouraged our auctioneer, Chuck Ecker to spur everyone to bid, bid, bid. Bidding was extremely hot for lunch with Baltimore's Mayor O'Malley and an autographed Lance Armstrong cycling jersey. As an extra bonus, each guest received a copy of the book *Fighting Chance*, a pictorial essay on the journey of three young cancer survivors, by Harry Connolly.

Golf Tournament Doubles # of Participants- The 2nd Annual Ulman Cancer Fund Golf Tournament was a great success. Thirty groups of golfers (120 people) from over 20 different companies played 18 holes at The Woodlands Golf Course in Baltimore on September 11th. An awesome day of sunshine, combined with lunch and dinner, made for a great event. The effort raised just under \$10,000, almost doubled the amount we raised last year. The winning group shot a 59 in scramble format. For information regarding playing in next year's tournament or sponsoring a hole, please e-mail Todd McDonald at halifax74@hotmail.com. Thanks to all of the golfers who participated and to all those who supported the tournament through their donations of prizes, gifts, and volunteer efforts.

San Francisco Benefit- More than 80 people gathered at Livefire Restaurant and Bar in San Francisco on September 25, 2000 for an evening to benefit The Ulman Cancer Fund for Young Adults. Guests enjoyed friendship, cocktails, and light fare along with a small silent auction. The event raised more than \$4,000 and the proceeds have been used to establish a support group in San Francisco. A special thank you to everyone in attendance and to Lance Bellamy and Livefire Restaurant for sponsoring the evening.

Soccer Festival, A Success! – In its first year involving local high school boy's soccer programs, The Ulman Cancer Fund Soccer Festival was a hit. While raising more than \$6,000, the day of soccer was enjoyed by everyone. The six-game format pitted teams from Montgomery County against Howard County. Both teams and coaches enjoyed the early season competitive matches, and the many fans took advantage of great weather to enjoy the games.

Along with meeting our fundraising target, the Festival provided a great deal of exposure for our programs and outstanding coverage in the local press. Reporters from The Washington Post, Howard County Times, and The Baltimore Sun all filed stories. The visiting teams from Montgomery County enjoyed the day so much that each of them has requested to come back next year.

A special thanks to all of the sponsors and volunteers for making the day so special. FILA-Soccer, Grayson Homes, and Metrocall head the list of corporate sponsors, along with CBS,

Columbia Bank, Party,Party,Party, Pizza Hut, Pepsi, and MIX 106. Café Bagel, Bob Evan's, and Uno's Chicago Pizza provided food for the visiting teams. The volunteer efforts of the Howard County High School Cheerleaders, and many others allowed the long day to flow smoothly. Thank you!

Columbia's Cure

MARKING THE PATH TO SURVIVAL-

Columbia's Cure, a 10K run/walk and 25-mile bike ride, is being planned by Brock Yetso of Columbia, Maryland to honor the memory of his mother, Marilyn Yetso, who died from colon cancer on March 17, 2000. This event, in accordance with The Ulman Cancer Fund for Young Adults and Colorectal Cancer Network, a non-profit in Silver Spring, MD, will raise the money and awareness needed to FIGHT COLON CANCER. **Columbia's Cure** kicks off a community wide effort in the global battle to eradicate colon cancer from our lives and help support the survivors and families affected by this disease. With a 10K run/walk around beautiful Centennial Lake and a 25-mile bike ride through downtown Columbia, **Columbia's Cure** course is well suited for participants of all ages and skill levels. More information as well as registration forms can be obtained by visiting www.columbiacure.com.

March is Colon Cancer Awareness Month.

Early Detection Saves Lives- Get Your Screening

Other News

New Support Groups:

- Gilda's Club, Quad Cities, Iowa
- The University of California San Francisco

Check out our support groups at www.ulmanfund.org

Congratulations to National Advisory Panel Member and cancer survivor Lance Armstrong on winning his 2nd Consecutive Tour de France and capturing the Bronze Medal in the Olympic Time Trial in Sydney.

Congratulations also to our administrative manager, Katie Lancelotta, on her marriage to Jarrod Lancelotta and on the upcoming birth of their first child.

Wear Sunscreen (SPF 15 or greater) Year-round

Tribute Cards

The perfect way to honor or memorialize someone or to commemorate a special event. Cards are sold in packages of five for \$20.00 and are available at the office or from the Marketplace on the web-site.

Moving? Please let us know when your address changes. You can help us save more than a dollar in mailing costs and staff time by dropping us a postcard with your name and new address. Or if you prefer, send us an e-mail to info@ulmanfund.org. It will be like making a donation!