



REACHING OUT

Spring 2002

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

ULMAN CANCER FUND VOLUNTEER, FAY BAKER, WIN'S MARYLAND GOVERNOR'S AWARD FOR SERVICE AND VOLUNTEERISM

Maryland's Lt. Governor Kathleen Kennedy Townsend awards Fay Baker the Governor's Award for Service & Volunteerism in the area of Health Care. Fay is a long-time supporter and volunteer at The Ulman Cancer Fund for Young Adults, and is Director of the Fund's College Scholarship Program, Web Based Survivor's Network, and Discussion Forum. Congratulations Fay!

WHAT WE OFFER

Survivors/Loved Ones 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, MD; New York, NY; NEW-Westchester, NY; Detroit, MI; and San Francisco, CA. Also in Columbia, MD, we are offering a new support group for those who have or had a loved one with cancer. For more information, call 410-964-0202.

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. The information will help 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, colorectal cancer, and breast cancer. Also check your knowledge of skin cancer by taking the interactive quiz at www.ulmanfund.org.

College Scholarships - The Ulman Cancer Fund offers the Matt Stauffer Memorial Scholarship to young adult cancer survivors who display a financial need and seek to attend College. The Marilyn Yetso Memorial Scholarship supports the financial needs of young adults who have or had a parent affected by cancer. Both scholarships are awarded annually. Applications can be downloaded from our website or obtained by calling our office. Application deadline is April 1, 2003.

A Note From Brock . . .

The last six months have been very exciting for The Ulman Cancer Fund for Young Adults. We have enjoyed a tremendous amount of growth in many areas. Thanks to your support, this success has enabled us to continue fulfilling our mission.

It is with great pleasure I welcome aboard six new dedicated Board Members. Their experience, support, and commitment is crucial to our growth. I am also proud to announce the opening of a New Support Group location at Gilda's Club in Westchester, NY. This unique 20's & 30's Networking Group is the 4th of it's kind. We look forward to continuing this partnership with Gilda's Club, as well as other nationally recognized organizations. Locally, we will be opening two new support groups in Baltimore, MD and Washington D.C. in the coming year.

More recently, we are in the process of publishing our Survivors Guide Book, "No Way! It Can't Be" written by Doug and Diana Ulman. It will be available to cancer survivors and families nation-wide. Also of mention, Ulman Cancer Fund volunteer, Fay Baker, was recognized as one of Maryland's outstanding volunteers by the Governor's Office on Service & Volunteerism. Fay is the Director of our College Scholarship Program which enabled us to awarded over \$8,000 this past year.

Lastly, in March we capped off our 2nd Annual Columbia's Cure Run & Ride Health Awareness Event. In August we host our 4th Annual Golf Classic at Walden Golf Club in Crofton, MD. Your support of both of these fundraisers is much appreciated and essential to The Ulman Fund's development.

Further details of these stories and much more can be found within our 3rd Annual Summer Newsletter. I thank you in advance for your unwavering support. With your help we will continue to positively affect the lives of young adults affected by cancer and their families and friends.

Best Wishes!

Brock

Cancer Profiler - The Cancer Profiler at Cancerfacts.com (operated by NexCura, Inc.) and located on our website at www.ulmanfund.org, is an interactive tool that guides patients in making educated decisions, with their physicians, about treatments. Visit our website to learn more.

WHO WE TOUCH

In Memory of CATHERINE OLSON, 2000 Matt Stauffer Memorial Scholarship Winner,

"She felt her world had just come to an end when she relapsed with cancer again. She knew she would be in a fight for her life and college was not going to be a part of her future for sometime to come, if ever. But, she dared to dream again, when a Social Worker, from the hospital, told her about the Matt Stauffer Scholarship. This Scholarship gave her hope in the face of great adversity. Even as her health was failing, she continued with classes into the winter of 2001, refusing to withdraw, not wanting to let go of her dream or give up hope...until her death on February 26, 2001. Thanks to all those who so generously set up this foundation, to give students like Catherine, a chance to achieve their dreams."

-Cindy Olson, Mother

Scholarship Winners

THE 2002 MARILYN YETSO MEMORIAL SCHOLARSHIP WINNER

Awarded to a young adult that has or has lost a parent to cancer and displays both a financial need and the spirit, energy, and determination that Marilyn Yetso demonstrated during her life and her battle with cancer.

Andrew Gnagey from Ellicott City, Maryland is a graduating senior at Centennial High School. Fifteen years of age at the time, Andrew and his family lost their father to a brain tumor on July 17, 1999. Despite his loss, Andrew has demonstrated his ability to overcome adversity. Andrew will be attending St. Mary's College in St. Mary's, MD in the Fall.

THE 2002 MATT STAUFFER MEMORIAL SCHOLARSHIP WINNERS

With an unprecedented increase in applications this year from all over the country, we were challenged to select just eight winners among an astounding 104 very worthy and qualified applicants. This scholarship recognizes young adults that both display a financial need and represent the spirit and courage that Matt displayed during his life and battle with cancer.

Amanda Valenzuela, from Broken Arrow, OK was diagnosed with Osteogenic Sarcoma at age 16. She plans to attend Oklahoma State University.

Meghan DeBruycker, from Willmar, MN was diagnosed with osteosarcoma of the left femur at age 20. She plans to attend St. Cloud State University.

Joseph Harrold, from Gaston, IN was diagnosed with a Pineoblastoma tumor in the brain at age 17. He plans to attend Community College of Indiana through the Connect Program from Ball State University.

Larrie Thomas, from Temple, PA, was diagnosed with Colon cancer at age 19. She is attending Alvernia College.

John Wu, from Parsippany, NJ was diagnosed with Acute Lymphocytic Leukemia at ages 4, 9, and 17. He plans to attend Rutgers University.

Adriane Riddle, from San Bernardino, CA was diagnosed with Lung Cancer, stage 4 at age 18. She will be attending Cal State San Marcos.

Catherine Beglan, from Bronx, NY, was diagnosed with Ewing`s Sarcoma at age 11. She plans to attend Fairfield College.

Congratulations to all 8 Scholarship Winners! Visit our website to read the Winners Essays. Thank you to all the 2002 applicants and the many volunteers involved in reviewing the applications.

CHECK IT OUT...MUST READ BOOKS!

Here and Now, by Heidi Schultz Adams & Elena Dorfman interviews 38 cancer survivors, one being Doug Ulman. Schultz is President and Founder of PlanetCancer.org.

Moments...Not Years, written by Michael Samuelson is a true record of life in progress. Samuelson, a cancer survivor and healthcare consumer advocate, offers an inspirational and enjoyable read.

Order these books by going to our website, www.ulmanfund.org, and clicking on amazon.com, and we benefit.

Where are they now?

YEARS PAST SCHOLARSHIP WINNERS CONTINUE TO IMPRESS & PERSEVERE

Lisa May, a 2001 Matt Stauffer Memorial Winner, is currently attending Lamar Community College in Lamar, Colorado. She is majoring in Nursing and will be getting her LPN in May 2004. She says, "I am enjoying college a lot...I have also been busy taking care of my mother, who is terminally ill with cancer. Life continues to be another big challenge."

Kelly Green, a May 2001 Graduate with Honors from Beloit College with a BA in Anthropology and Art History, was our solo 2000 Matt Stauffer recipient. Kelly is currently attending the School of Public Health at Boston University and has been working as a substitute teacher in Beloit, WI during her breaks from school. Kelly shares, "I am really enjoying life and looking forward to school! Thanks for checking in on me!"

Recent Happenings

HOWARD COUNTY, MD HIGH SCHOOLS MAKE A DIFFERENCE - Over the past 12 months, several MD high schools have made significant contributions to the Ulman Cancer Fund through dedicated fundraising and volunteer efforts.

Mt. Hebron High School (MHHS) - This past Spring, the MHHS Student Government Association hosted a Beach Bash which raised over \$2,000 for The Ulman Cancer Fund. On June 1, the MHHS Cross Country Team organized the 1st Annual Mile-A-Thon which raised over \$2,000 for The Uman Cancer Fund.

Wilde Lake High School (WLHS) - Over the past 6 months, the WLHS Student Government Association(SGA) has raised over \$3,000 in memory of their late classmates Aaron Worley and Brittany Salmons who lost their lives to cancer. The WLHS SGA has decided to put their funds towards a high school cancer curriculum that we will create and pilote in the Howard County School System. This curriculum will touch on prevention, detection, diagnosis, treatment and the many psychosocial issues young adults face when affected by cancer.

Howard High School (HHS) - In March 2002, the HHS Leadership Class raised over \$2,000 towards The 2nd Annual Coin Drive 4 Colon Cancer.

Centennial High School (CHS) - Over the past three years, the CHS Student Government Association has donated over \$3,000 worth of funds from their "Battle Of The Classes" event and other various fundraising efforts.

Long Reach High School(LRHS) - In March 2002, over 125 LRHS students volunteered their time and energy at the 2nd Annual Columbia's Cure. LRHS has also donated over \$500.

THANK YOU TO ALL THE STUDENTS FOR THEIR DEDICATION AND ENERGY BE SAFE IN THE SUN!

Wear Sunscreen Everyday, SPF 15 or more

Wear Wide Brimmed Hats

Wear Long Sleeves

Wear Sun Glasses

Avoid Mid-day Sun

Columbia's Cure Is Another Success! - On March 24, 2002, The Ulman Cancer Fund for Young Adults capped off its 2nd Annual Columbia's Cure Run & Ride. This year's event was yet another overwhelming success. Over 1,000 participants came out for the day of education and exercise with a 5K Run/Walk, 25K Bike Ride, and Health, Fitness, & Nutrition EXPO. In memory of the late Marilyn Yetso who died in March of 2000 of Stage IV Colon Cancer, the Yetso family and the entire community rallied to raise money and awareness to help battle Colon Cancer and promote Health Awareness.

With the support of over 150 volunteers, 30 corporate sponsors, and 20 EXPO exhibitors, this year's event raised in excess of \$30,000 and saved countless lives.

Please join us again next year and help us reach our fundraising goal of \$100,000. Ways to get involved include volunteering, joining our charity runners/bikers program, sponsorship, and much more. Visit www.columbiacure.com for more information.

Participants prepare to start at the 2nd Annual Columbia's Cure Run & Ride at Centennial Park in Ellicott City, MD.

A Day At The Races - Working with volunteers from UMBC sororities and fraternities Phi Sigma Sigma, Sigma Alpha Epsilon, Sigma Phi Epsilon, and Pi Kappa Phi, the Ulman Cancer Fund handed out sunscreen at the opening gates and throughout the infield on Preakness Day, May 18, 2002. Lining the grounds of Pimlico Race Track in Baltimore, MD, volunteers distributed over 10,000 sunscreen packets and passed on tips on how to enjoy a safe day in the sun while avoiding skin cancer.

...More Happenings

Haagen Dazs Coin Drive 4 Colon Cancer - In conjunction with Columbia's Cure, The Ulman Cancer Fund ran the 2nd Annual Coin Drive 4 Colon Cancer through all Howard County High Schools. Sponsored by Haagen Dazs Ice Cream, this year's Coin Drive topped last year's \$3,000 mark by raising over \$7,000. Congratulations to Howard High School and Brian Bousy's Leadership Class that raised over \$2,000 to win the Coin Drive. A special thanks to all high school students, teachers, and administrators who participated in this effort.

Governor's Council on Cancer Control - The Ulman Cancer Fund For Young Adults Executive Director, Brock Yetso and Chair of the Board, Diana Ulman are CO-chairing the Patients Issues Committee of the Maryland Comprehensive Cancer Control Plan, which is being funded by a grant from the Centers for Disease Control. Board Member, Eden Stotsky-Blum is participating on the Committee for Colorectal Cancer. Please e-mail info@ulmanfund.org concerns that you would like to see discussed by these

committee as it addresses the needs of cancer survivors and their families dealing with diagnosis, treatment, follow-up and beyond.

University of Maryland Medical Center Project - Joyce Agness approached the Ulman Cancer Fund(UCF) over a year ago with the hopes of raising money to build an exercise room and lounge at University of Maryland Medical Center (UMMC) in memory of her late son Charlie Hlass, who died from Leukemia in September of 2000. Working closely with the UCF, Joyce and friends have developed the Through Charlie's Eyes(TCE) fund that raises money with the UCF to enhance the quality of life of young adult cancer patients. To date, the UCF and TCE have raised in excess of \$35,000 and just recently donated over 400 VHS movies to the Bone Marrow Transplant Unit of UMMC. Read more on page 8 about the 2nd Annual TCE 5K Run/Walk and Kicking Cancer Soccer Tournament coming in September.

Eat Your Wheaties

On December 12, 2001, Wheaties Energy Crunch announced the six winners out of over 10,000 applicants of their inaugural "Search for Everyday Champions". Ulman Cancer Fund Founder & President, Doug Ulman, captured one of these spots and is featured on the Wheaties Energy Crunch cereal box in your local grocery store. Congratulations Doug!

SPREADING THE WORD - ULMAN CANCER FUND OUTREACH

- Comcast Television Local Edition- February 2002
- Fox Television "To The Point" with Terry Owens- March 2002
- WBAL Fox Morning News- March 2002
- Columbia's Cure Health, Fitness, & Nutrition Expo- March 24 in Columbia, MD
- Lance Armstrong Foundation Health & Fitness Expo- April 12 in Austin, TX
- Columbia Association Health Fair- April 27 in Columbia, MD
- Oncology Nurses Society Conference- Washington, D.C.
- Association of Oncology Social Workers Conference- May 4 in Atlanta, GA
- Association of Community Services in Howard County Service Fair- June 13 in Columbia, MD
- Howard County & Silver Spring Relay for Life- June 2002

- Cancer Survivorship & Quality of Life Act of 2002 Press Conference- June 19 in Washington, D.C.

Volunteer Opportunites - HOW DO I GET INVOLVED?

****POSITION AVAILABLE*****

Community Support & Outreach Volunteer Coordinator - Funded by Volunteer Maryland, a program of AmeriCorps(the "domestic PeaceCorps"), we are seeking a full-time volunteer to help develop and market our services and programs throughout the state of Maryland. The service year offers extensive training, a \$12,000 living allowance, a \$4,725 post-service education award, and medical insurance. This program is a partnership between the Ulman Cancer Fund for Young Adults and Volunteer Maryland.

Call (410)964-0202 for an application.

Applications must be received by July 26, 2002

The service year begins August 12, 2002

Volunteer Opportunities available in many areas including data entry, filing, fundraising, event planning, grant writing/research, tech support, and much more. Call now to sign up.

Summer & Fall Internship Opportunities also available for high school and college students. Call now to schedule an interview.

COMING SOON! - "No Way! It Can't Be", A Guide Book for Young Adults Facing Cancer written by Doug and Diana Ulman is going to publication. Call (410)964-0202 to order a FREE copy. This Survival Guide is currently on our website.

The Voice of Survivorship on www.ulmanfund.org. Share and read inspiring stories of young adults surviving cancer.

New Support Group Locations in Baltimore, MD and Washington, D.C.

MARKETPLACE

Shop On-Line and we benefit. Visit us at www.ulmanfund.org and click on one of our partner sites to purchase a variety of life style products and services. We receive a percentage of every purchase you make! Also, we now sell Ulman Cancer Fund goods on our website. Check it out!

Donate On-line – Visit our website at www.ulmanfund.org and make your donation using any major credit card.

DID YOU KNOW?

Cancer and Fertility: What Every Young Adult Should Know

by Lindsay Nohr, two-time cancer survivor and founder of Fertile Hope,
www.fertilehope.org

There is a lot to consider before, during and after cancer treatments and fertility should be on your list. Chemotherapy, radiation and surgery are known causes of permanent infertility and premature ovarian failure for cancer patients.

Many reproductive decisions must be made in the short time frame between diagnosis and treatment. Nothing is guaranteed, fertility or infertility, but you will not know for sure how your treatments effected you until after treatment, when it is often too late to do anything.

Options, answers and hope exist and start with quality information. Fertile Hope would like to help you be informed about your risks, educated about your options and empowered to make decisions throughout the journey.

Here is some information to get you started...

Gathering Information

Questions to ask your medical team:

- Will my treatment have any short or long-term side effects on my reproductive system?
- Is infertility a possible side effect?
- Are there alternative ways to treat my cancer that will result in less damage to my reproductive system?
- What are my fertility preservation options before, during and after treatment?
- Would using any of these options possibly make my cancer treatment less effective?
- After treatment, how will I know if I am infertile?
- After treatment, will I enter into menopause prematurely?

- If I become menopausal after this treatment, is the change more likely to be temporary or permanent?
- If I become infertile after treatment, what are my options for becoming a parent?
- How long after treatment should I wait before trying to conceive?
- Can you refer me to a fertility preservation specialist?

Fertility Options

Fertility preserving treatments to consider:

Guys

- Sperm Banking
- Testicular Tissue Freezing

Girls

- Embryo freezing
- Egg freezing
- Ovarian tissue freezing
- Ovarian transposition
- Radical trachelectomy
- Gonadotropin-releasing hormones (GnRH):

Pregnancy after Cancer

Current research findings about the safety of pregnancy and children after cancer:

Radiation to the uterus can increase the risk of miscarriage or premature births.

The stress of pregnancy can sometimes worsen undetected damage from cancer treatment to a woman's heart or lungs.

Pregnancy after cancer does not reduce chances of the patients survival (i.e. trigger a recurrence), even after breast cancer.

Women who have had chemo have been able to conceive and deliver with standard in vitro fertilization techniques.

Rates of birth defects in children born after one parent's cancer treatment appear similar to that of the general population.

No unusual cancer risk has been identified in the offspring of cancer survivors (except in families identified with true genetic cancer syndromes)

Growing eggs exposed to chemo or radiation may suffer genetic damage, but this damage appears to be repaired within six months.

For more information visit www.fertilehope.org.

THANK YOU! - SPONSORS & VOLUNTEERS

The work we do on a daily basis would not be possible without many extremely generous people. Thank you: The Rouse Company; Fila USA; Cafe Bagel; Bi4ce; Kelly & Associates Insurance Group; Fawn Industries; Complete Boiler Systems; The Columbia Connexion; Bond Distributers; Hodes, Ulman, Pessin & Katz; Safeway; PMI; Windsor Electric; Howard County General Hospital; Howard County High Schools; and Parcel Plus. We apologize to any sponsors we may have inadvertently omitted.

UPCOMING EVENTS

AUGUST 12, 2002

4th Annual Golf Classic at Walden Golf Club in

Crofton, MD.

9:00 AM Shotgun Start

\$150/individuals, \$600/foursome

\$300 Hole Sponsor

Registration fee includes continental breakfast, lunch, drinks, 18 holes of golf, cash prizes, and much more.

Spaces run out...Sign up Fast!

AUGUST 17, 2002

Join us at Mother's Federal Hill Grille in Baltimore City from 4 PM-7 PM for a night of drinks, food, live music, and fun!

\$25 includes open bar, and appetizers. Purchase tickets by calling the office, visiting our website, or at the door.

SEPTEMBER 13-14, & 20, 2002

2nd Annual Through Charlie's Eyes Kicking Cancer Soccer Tournament on Sept. 13-14th, and 5K Run/Walk on Sept. 20.

Proceeds from this event will go towards building an exercise room and lounge for cancer patients in memory of Charlie Hlass at the University of Maryland Medical Center. Visit www.ulmanfund.org to register.

OCTOBER 19, 2002

We're Running the Baltimore Marathon again. Now's the time to start training. Join our Charity Runner's Team. Not up for 26.2 miles? Run the Fila 5K or Team Relay. Visit www.ulmanfund.org for details.

OTHER NEWS

NEW FACES

We welcome aboard six new Board Members. Fay Baker, Maura Binder, Todd Binder, Christina Cucinotta, Jamie Fontaine, and Arthur McGreevy. Thank you all for your commitment of time and energy to the organization.

CONGRATULATIONS!

Ken Ulman, Ulman Cancer Fund Vice-President, on his appointment by the Governor and confirmation by the State Senate to the State Procurement Advisory Council. Jonas Jacobson, Board Member, and Gabrielle Jacobson on the birth of their new baby daughter, Eleanor "Ellie" Jacobson.