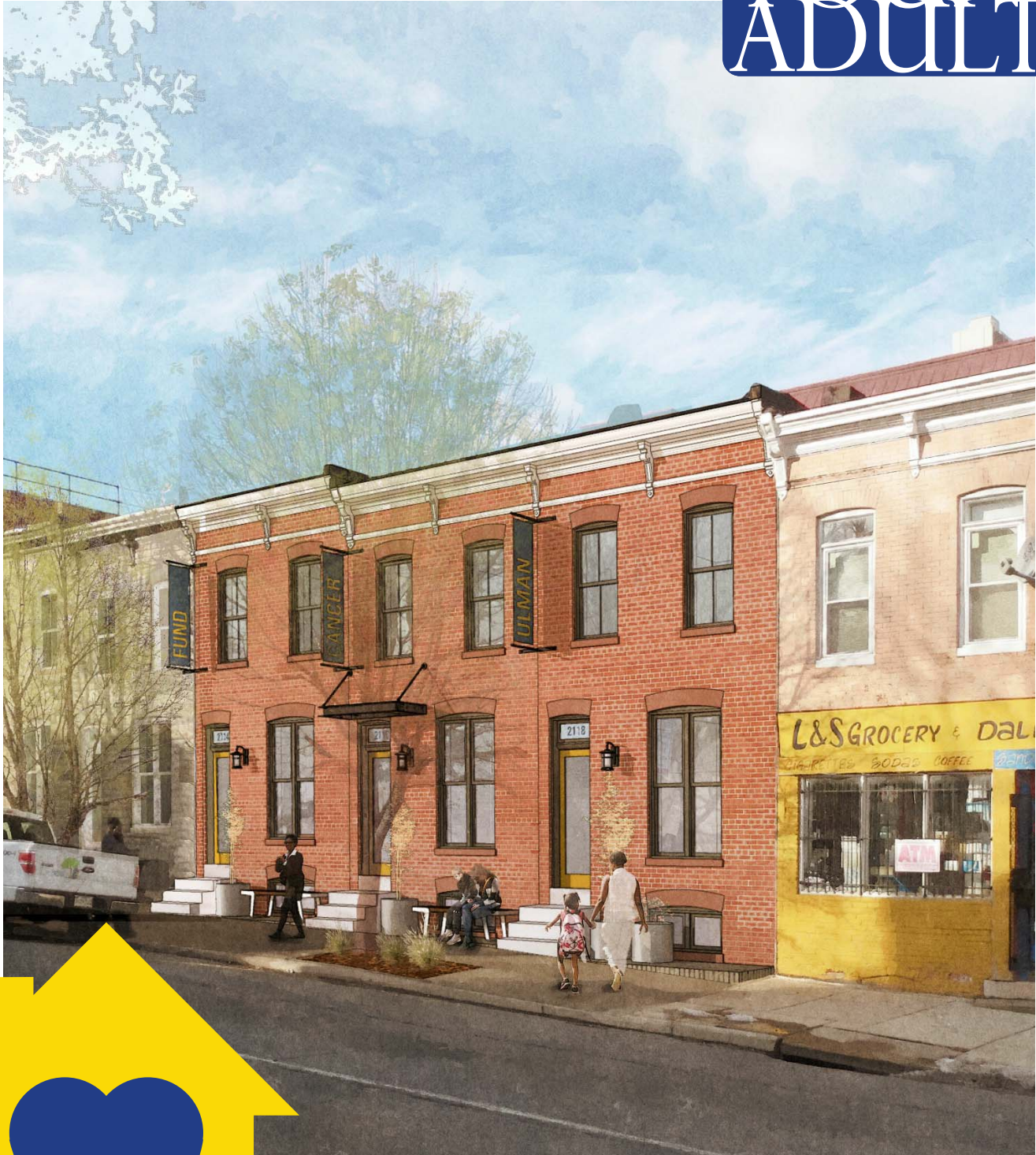
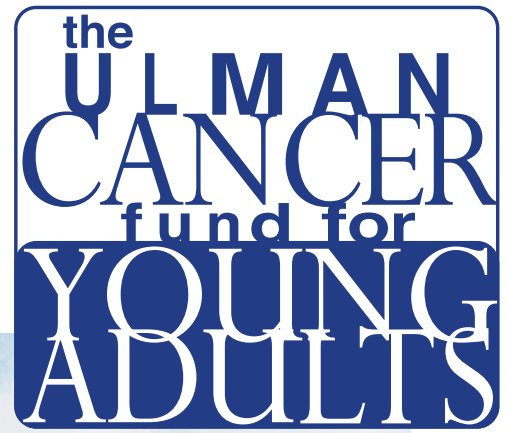


# The UCF Home

*Creating A Place Young Adults Can Call Home*





The Capital Campaign will help fund three priority areas for UCF over the next 5 years:

The UCF Home

● \$1.25 Million

Capital Costs

3 Years of  
Operations

Endowment

● \$1 Million

On- Going Programming

● \$750,000

Navigation and Support  
Programs



**For a number of years, we have been hearing from our Baltimore-based patient navigators and partner institutions that there is a void in affordable housing options for young adults while they are undergoing treatment.**

We have always believed that providing support to patients to help them address practical challenges during treatment whether financial, insurance, or fertility issues to name a few – is critical to ensuring better treatment and survivorship outcomes. If a patient is consumed by stress over how s/he is going to pay for treatment, get to treatment, or find housing during treatment, that stress will impact the patient's ability to focus on treatment and perhaps even remain compliant with all of the treatment protocols. Moreover, young adults, more than other cancer patient populations, experience feelings of isolation, so creating an affordable, comfortable, and supportive housing community will, quite literally, help us change lives by creating a community of support for young adults, and their loved ones, as they fight cancer and embrace survivorship.

**Creating a house for young adult cancer patients will simultaneously serve our goal of activating members of the community to support the young adult cancer fight.**

We have an active volunteer corps who participate in a variety of service activities, such as Helping Others Fight group projects, but they are always eager and willing to do more. We envision the house providing an opportunity - 365 days a year - to engage our dedicated volunteer corps and other community partners to prepare and serve meals for, and provide other support to, our very deserving young adult population.

UCF has been working tirelessly for more than 15 years to ensure that all young adults and families impacted by cancer have the resources necessary to thrive. Our presence is strongest in Baltimore, where we have our headquarters and three patient navigators, and we remain dedicated to serving the Baltimore community.

**UCF desires to leave a lasting legacy in Baltimore, and building a house for young adult patients would accomplish that important goal.**

UCF is requesting support to assist with this new project – the construction of a comfortable, multi-dimensional, supportive housing community for young adults with cancer and their caregivers. Several key components will make the house feel warm, comfortable, private, and supportive. Family suites, equipped with separate bedrooms and bathrooms, will give patients and caregivers the privacy they desire. Simultaneously, the house will include communal living and dining spaces. This combination creates a community with a home-like feel that hotels cannot offer. The communal living spaces will host various programs and activities that will encourage interactions and connections among patients and caregivers, which is key to combating feelings of isolation, which is common among young adults with cancer.



Today, cancer is the leading disease killer among individuals who are 20 to 39 years old. And despite advances in prevention, early detection, and treatment, there has been no improvement in survival rates for this age group within the last 30 years.

**Annually, more than 70,000 young adults are diagnosed with cancer.**

In addition to the stressors that an individual of any age faces, young adults are simultaneously challenged by the developmental, emotional, and social transitions that typically occur during this life stage. They often confront the loss of a sense of independence and concerns over changes in physical appearance, relationships, and fertility. Patients in this age group also face challenges around education, employment, and insurance. Unfortunately, there are few resources dedicated to supporting the specific needs of young adults battling cancer.

Because of advanced healthcare technology and improvements in treatments and outcomes, more and more cancer patients are seeking the best possible care at medical centers outside of their communities. Some may travel to consult with a specialist, to seek a second opinion, or to undergo a treatment that is not widely available.

**The construction of a young adult cancer hospitality house will create numerous positive outcomes for the young adult population.**

Further challenging young adults is the fact that many cancer interventions require patients to be treated daily (or multiple times per week) in an outpatient unit or clinic for periods of several weeks to several months. Leukemias and lymphomas are two of the most commonly diagnosed cancers in young adults and usually require chemotherapy, radiation therapy, and bone marrow transplant, or some combination of these therapies. Radiation therapy lasts anywhere between two and eight weeks, depending on the type and stage of cancer, and is usually performed five days per week. Similarly, a patient undergoing a bone marrow transplant should live within 30 minutes of the medical facility where s/he is being treated for a period of 3 months.

Currently, both the Ronald McDonald House and the Believe in Tomorrow Children's Foundation's Hospital Housing provide lodging only to patients under 21 or 18 years of age. And while Baltimore's Hope Lodge requires that guests be 18 or older, often the patient population is significantly older. Because young adults with cancer already feel isolated and different from their peers, it is critical that they are connected with and surrounded by others who are like them. Other housing options do exist for patients in the Baltimore area, though many charge between \$60 and \$90 per night. The average Baltimore area hotel will cost patients approximately \$125 per night and provide no interaction or support specific to a cancer diagnosis. Most young adults do not have the financial resources to pay for extended lodging.

In addition to the objective financial strain of paying for lodging, young adults often feel isolated and inherently different from older cancer patients. And unlike young children whose parent is often the caregiver or older adults whose spouse or child is often the caregiver, young adults may need to rely on a rotating schedule of caregivers. In many hospitality houses, such as Hope Lodge, one older adult spouse is often the caregiver and it may be difficult to arrange for new or different caregivers to step in, as young adults often need.



### Improved Compliance & Outcomes.

Unfortunately, limited financial resources can often be the leading factor in making healthcare treatment decisions - an obstacle that would be largely mitigated by the provision of housing. Physical distance in between patients and their treatment facilities can also cause patients to be non-compliant with their treatments. The proximity of the hospitality house to Baltimore's cancer centers would directly and positively impact patients' ability to remain compliant with treatment. This, in turn, will create more positive treatment outcomes for young adult patients.



### Reduced Stress Levels.

Hospitality lodging would also significantly reduce stress levels for patients, caregivers, and family members. Rather than spending time and energy to research, reserve, and pay for housing or traveling for treatment, patients and loved ones can focus on treatment, mental health, emotional wellbeing, and healing. This housing community will provide a "home away from home" for patients, affording them comfort, privacy, convenience, and support, which will result in improved psycho-social functioning and better treatment outcomes and overall quality of life. The fitness/activity room will provide a space where young adults can use exercise as therapeutic intervention.



### Social & Peer Support.

Another goal and predicted outcome of the housing community is the provision of social and peer support. For one, UCF will be able to host regular support groups at the house. In addition, the initiative's specific young adult age range and the design of the house will encourage interactions, discussions, and connections. Studies have shown that peer support is often more beneficial than support from friends and family for young adults fighting cancer. Finally, in-house programs tailored to a young adult population will increase patients' social support and overall satisfaction with their stay during treatment. Programs and resources might include: weekly viewings of favorite television shows and movies, social event outings (bowling, attending Orioles games, etc.), book clubs, video game tournaments, yoga and cooking workshops, as well as board game and card nights. The house will also provide an opportunity for local groups and volunteers to bring their services to a very deserving population. Community groups can sign up to provide meals for patients and caregivers staying at the house, an additional cost-savings for guests.

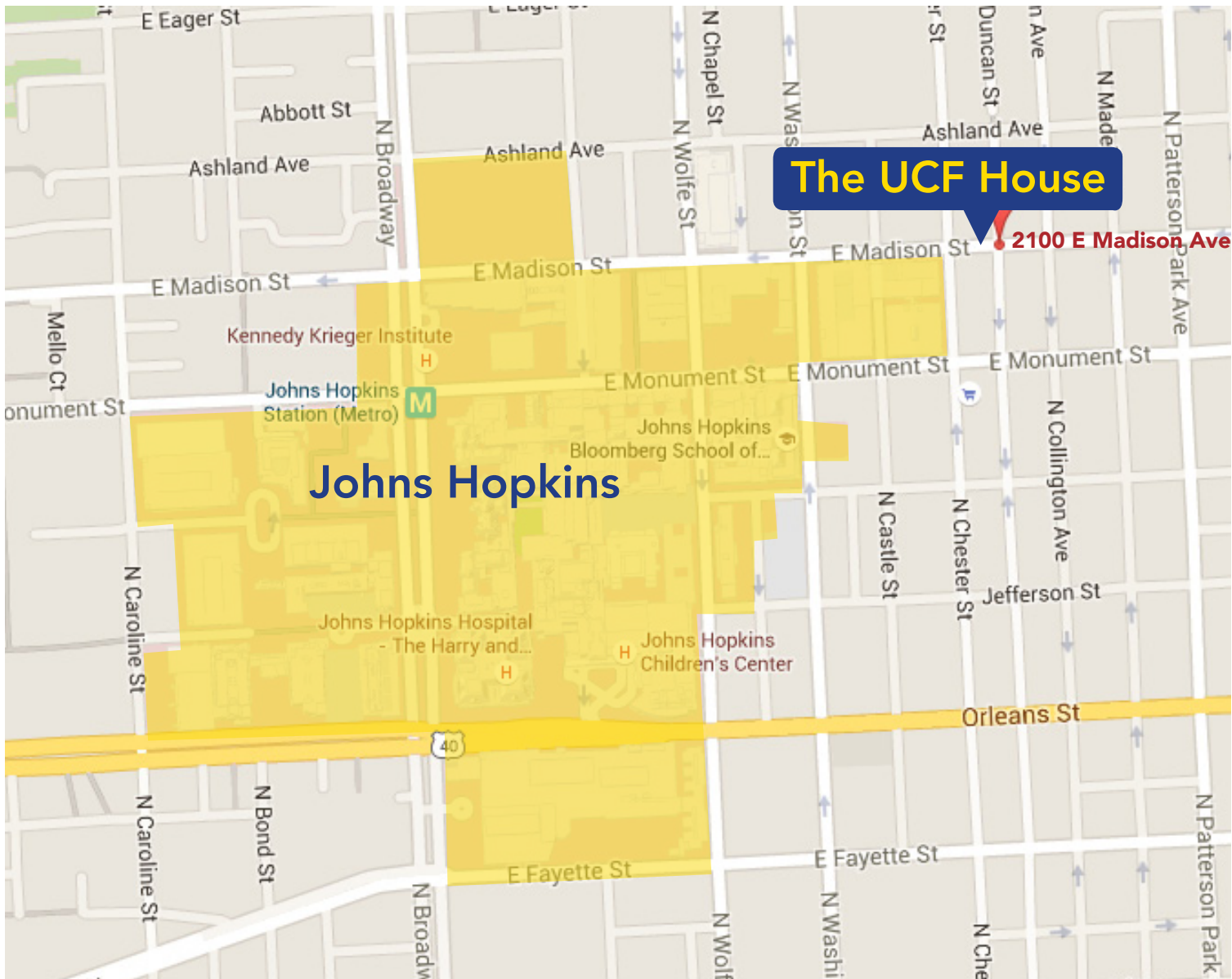


### Measurement.

UCF plans to track several statistics to capture data about the population we are serving, the needs we are addressing, and the programs that could be implemented to meet any unmet needs. These statistics will include occupancy rates and lengths of stays as well as demographic information for patients and caregivers, such as age, race, type of cancer, hometown, treatment facility, and relationship (between patients and caregivers). Guests would be asked to complete entrance/exit surveys to track changes in psycho-social functioning, gauge overall satisfaction with the housing community, and gather more information regarding young adult cancer issues. We would also gather qualitative data from discussions with patients and caregivers, staff, volunteers, and community groups. Program evaluation will be ongoing as the needs of young adults battling cancer are unique, varied, and dynamic.



The map below shows the proximity of the UCF House to the Johns Hopkins Medical Campus and Hospital.





East Baltimore Development, Inc. (EBDI) is a 501 [c] [3] established by community, government, institutional and philanthropic partners to revitalize, re-energize and rebuild the East Baltimore neighborhood by:

- Leveraging proximity to the Johns Hopkins medical complex into a stronger economic driver for the neighborhood – increasing investment and employment in medical and life sciences industries but also capturing a greater community contribution from students, employees, faculty and visitors.
- Making the demolition, construction and development activities undertaken as part of this initiative produce significant economic benefit to residents and businesses of East Baltimore while growing the life sciences industry of Baltimore.
- Strengthening and revitalizing greater Middle East Baltimore with institutions and amenities that will encourage former residents to return and new residents to settle in this community.
- Replacing aging, obsolete, lead-filled houses with new units of mixed income rental and sale that meet the needs of today's families.
- And in doing these things, ensuring that those families directly affected by the redevelopment be treated more fairly, more supportively and more respectfully than has yet been the case in projects of this nature across the country.

### Description of the Housing Project

UCF has secured three row homes from EBDI just northeast of the Johns Hopkins Hospital. UCF is excited to be part of this neighborhood's transformation. We hope to begin renovations in early 2016.

UCF seeks to raise \$3million to:

- renovate the row homes and open the house;
- fund at least five years of operation of the housing community;
- strengthen UCF's endowment; and
- continue to grow UCF's other key programs, Patient Navigation and Cancer to 5K.



**Conceptual  
Drawing**

- Common
- Administration
- Single
- Double
- Suite
- Circulation
- Vertical Circulation
- Service



**FIRST FLOOR PLAN**

1/8" = 1'-0"





# Conceptual Drawing

- Common
- Administration
- Single
- Double
- Suite
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- Vertical Circulation
- Service



## SECOND FLOOR PLAN

1/8" = 1'-0"



the  
**ULMAN**  
CANCER  
fund for  
**YOUNG  
ADULTS**

**The History of  
The Ulman Cancer Fund for Young Adults**

At the age of 19, Doug Ulman was preparing for his sophomore year at Brown University. He was a healthy, active college student, a Division I soccer player, a young man with friends and a family ... and his whole life ahead of him. During a routine jog one day, Doug began having problems breathing. After an ER visit, a consultation with a family physician, and a CT scan, Doug had surgery to remove a tumor from a rib in his back, which was later determined to be malignant, and he was diagnosed with chondrosarcoma. Within a year of that diagnosis, Doug was diagnosed with malignant melanoma twice.

**Cancer changed the course of Doug's life...**

When he returned to school following his diagnosis, Doug faced a number of unanticipated hurdles. He struggled to find information and support programs that addressed the issues he was dealing with: questions of nutrition, physical activity, relationships and dating, the emotional upheaval of facing his own mortality, and a return to his studies, among other concerns. Frustrated by the lack of resources to speak to and support the unique needs of young adults affected by cancer, Doug and his family created The Ulman Cancer Fund for Young Adults (UCF).

**A leader in the young adult cancer space, UCF has been working tirelessly at both the community level and with our national partners to raise awareness of the young adult cancer issue and ensure that all young adults and families impacted by cancer have a voice and the resources necessary to thrive.**



**Doug Ulman**  
*Founder/Board Member*



**Brock Yetso**  
*UCF President & CEO*

**\$15,000,000+**

Over \$15 million raised since 1997 to support the young adult cancer fight

**89%**

89 cents of every dollar donated goes toward our mission

**10,000+ PEOPLE ACTIVATED**

Activating 10,000 plus people annually in the young adult cancer fight

## Mission and Overview of Support Programs

The mission of UCF is to change lives by creating a community for support for young adults, and their loved ones, impacted by cancer. We continue to be driven by the goal of ensuring that no young adult has to face cancer alone. To further our mission and accomplish this goal, we offer a variety of programs and services in and around the Baltimore/ Washington area and beyond, including:



**JOHNS HOPKINS**  
M E D I C I N E

THE JOHNS HOPKINS  
HOSPITAL

### Patient Navigation

Currently offered remotely through UCF's offices and on-site at cancer centers at Johns Hopkins Sidney Kimmel Comprehensive Cancer Center, University of Maryland Greenebaum Cancer Center, GBMC Sandra and Malcolm Berman Cancer Institute, Walter Reed National Military Medical Center John P. Murtha Cancer Center, and Children's National Medical Center, the mission of the navigation program is to improve young adults' ability to manage their cancer experiences and long-term survival.



### Cancer to 5K

A free, 12-week training program designed to introduce or reintroduce cancer survivors to physical activity by providing them with the engagement, guidance, and support necessary to complete a 5K road race. Over 200 survivors have completed the program, crossing the finish line of a 5K and taking back their lives from cancer one mile at a time



### Helping Others Fight

A volunteer corps dedicated to assisting patients and families affected by cancer with small and large tasks – such as meal preparation/delivery, yard work/home repair projects – to help take something off their plate and let them focus on fighting cancer. Groups also “adopt” families during the holidays and assemble and deliver Chemo Care Bags to patients throughout the year.



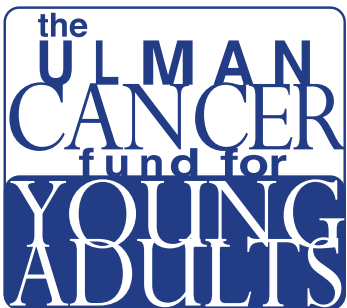
### College Scholarship Program

Assists young adult survivors and young adults impacted by the cancer diagnosis of a parent or sibling in pursuing higher education. UCF currently awards more than thirty scholarships each year, and has awarded more than \$650,000 to date. Scholarship winners are required to organize and run a bone marrow registry drive on their campus or in their community.

[www.ulmancancerfund.org](http://www.ulmancancerfund.org)

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Cancer Changes Lives...SO DO WE!

Creating A Place Young Adults  
Can Call Home