

# Annual Report 2013



**Bo Oliver**  
19 year old Ewing's  
Sarcoma Survivor

We change lives by creating a community of support for young adults, and their ones, as they fight cancer and embrace survivorship



*Because of You...*  
I found a community  
of support that  
embraced me as a  
young adult cancer  
SURVIVOR

## **James Baden**

Brain Cancer Survivor  
& 4K for Cancer Alum

Shortly after having surgery to remove a brain tumor and enduring over six months of chemotherapy and radiation, recent college graduate James Baden joined UCF's 4K for Cancer program and rode his bike 4,000 miles across the country. He wanted to be part of a community that would allow him to give back to people who were not as fortunate as him and understood first hand the importance of a positive attitude and strong support system.

# COMMUNITY OF SUPPORT

Through its various programs, the Ulman Cancer Fund for Young Adults creates communities of support across the country.



The 4K for Cancer program, which offers cross-country cycling and running journeys to young adults between the ages of 18 and 25, creates communities of support for the riders/runners who participate, as well as for the more than 200 communities they visit.

**127 Young Adult Runners and Riders** participated

**67 Universities** represented

**200 Communities** visited

**10 College Scholarships** awarded



**In 2013, UCF's National College Program Scholarship awarded 24 scholarships to young adults in 14 different states.**

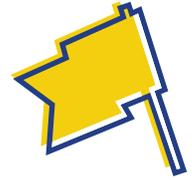
### Andrew Etheridge

*Grade 3 Anaplastic Astrocytoma Survivor & Scholarship Recipient*  
Cancer has taught me the need for community, partnership, and cooperation. I will use my cancer and my education to reach my full potential, not just for personal gain but also for the benefit of others who have given much to me.



The power of community is the cornerstone of UCF's Cancer to 5K program, which introduces or reintroduces cancer survivors to physical activity by providing the training, encouragement and support necessary to complete a 5K race. An entirely volunteer-run program, Cancer to 5K becomes a mobile support group that has the added benefit of emphasizing an active lifestyle and helping survivors take back their lives from cancer...one mile at a time.

**In 2013, UCF added a fourth group workout location and doubled the number of graduates from the previous year.**



Team Fight offers another way for people to come together to create a positive community and get active in the young adult cancer fight.

**In 2013, over 300 people, including, 38 cancer survivors, participated in 8 Team Fight events and many other individual races. Collectively, they raised close to \$250,000 from more than 4,000 individual donors.**





*Because of You...*  
My UCF Patient  
Navigator was right  
beside me every step  
of the way through  
treatment

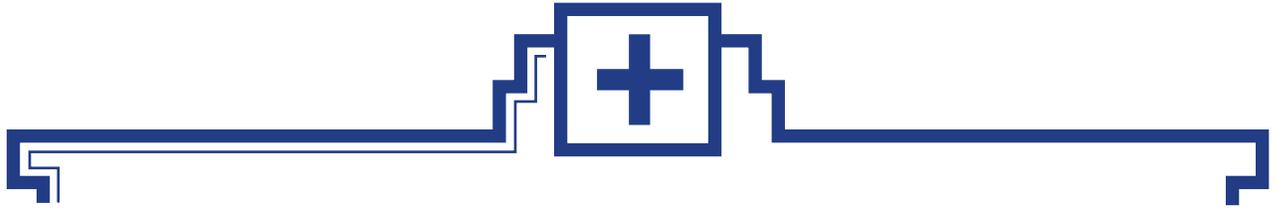
## **Margarita Tanushev**

*In Loving Memory*

"My wife, Margarita, was diagnosed with Ewing's Sarcoma in August 2012. That was the day we met Elizabeth Saylor, UCF's Patient Navigator at the University of Maryland Greenebaum Cancer Center. From the start, Elizabeth shared stories of young adults who were dealing with similar issues and we didn't feel alone anymore. She introduced us to UCF and a variety of other sources for help and support. Elizabeth spoke for us when we were unable to speak ourselves because of the emotional pain we were experiencing. For almost two years we have been in and out of the hospital every week. She is always there to check on us." -**Kalin Tanushev**

## FIGHTING CANCER

From the time of diagnosis, through treatment, and beyond, the Ulman Cancer Fund helps young adults and their loved ones fight cancer through various direct support programs and resources.



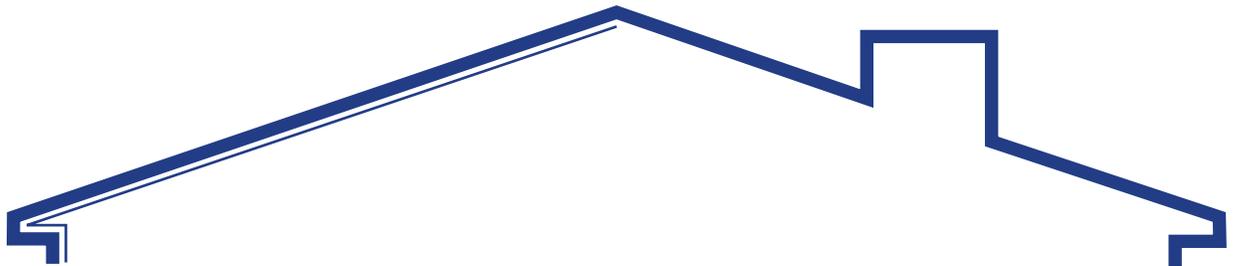
In 2013, The Ulman Cancer Fund expanded its Young Adults Patient Navigation Program with two new partnerships.

### Walter Reed John P. Murtha Cancer Center

UCF's Patient Navigator at Walter Reed, Meghan Fitzgibbons, is responsible for creating a community of support for the men and women serving our country who are facing cancer. **The program is designed to meet the unique needs of young adult military patients and enhance the ability of those patients to more effectively engage in decisions about their care and life after cancer treatment.** She also connects every young adult with UCF programs and services and other services available to them within both the military and civilian communities.

### Children's National Medical Center

UCF's Patient Navigation program at Children's is funded by the Shearer Family in memory of their daughter, Jacqueline, who was treated at Children's during her cancer fight. **Allison Isaacson, UCF's Patient Navigator, helped reopen the Teen Room, which provides a central location for teens and young adults to come together, connect, and socialize, and she hosts regular events that are age-appropriate for young adults.** The Teen Room is now open five days per week for at least six hours per day.



### Jacinta Mivule

*Colorectal Cancer Survivor*

Thank you so much for our Christmas gifts! We actually thought that Santa's sled broke down at our house, thank you for letting us know that we are not alone. Truth is, cancer at 37 years of age is becoming the new normal, but it is no longer a death sentence. Thank you for your dedication to bring hopeful moments to families like mine.



In 2013, UCF volunteers collected, wrapped, and delivered more than 200 gifts to 33 different families, including more than 100 individuals.

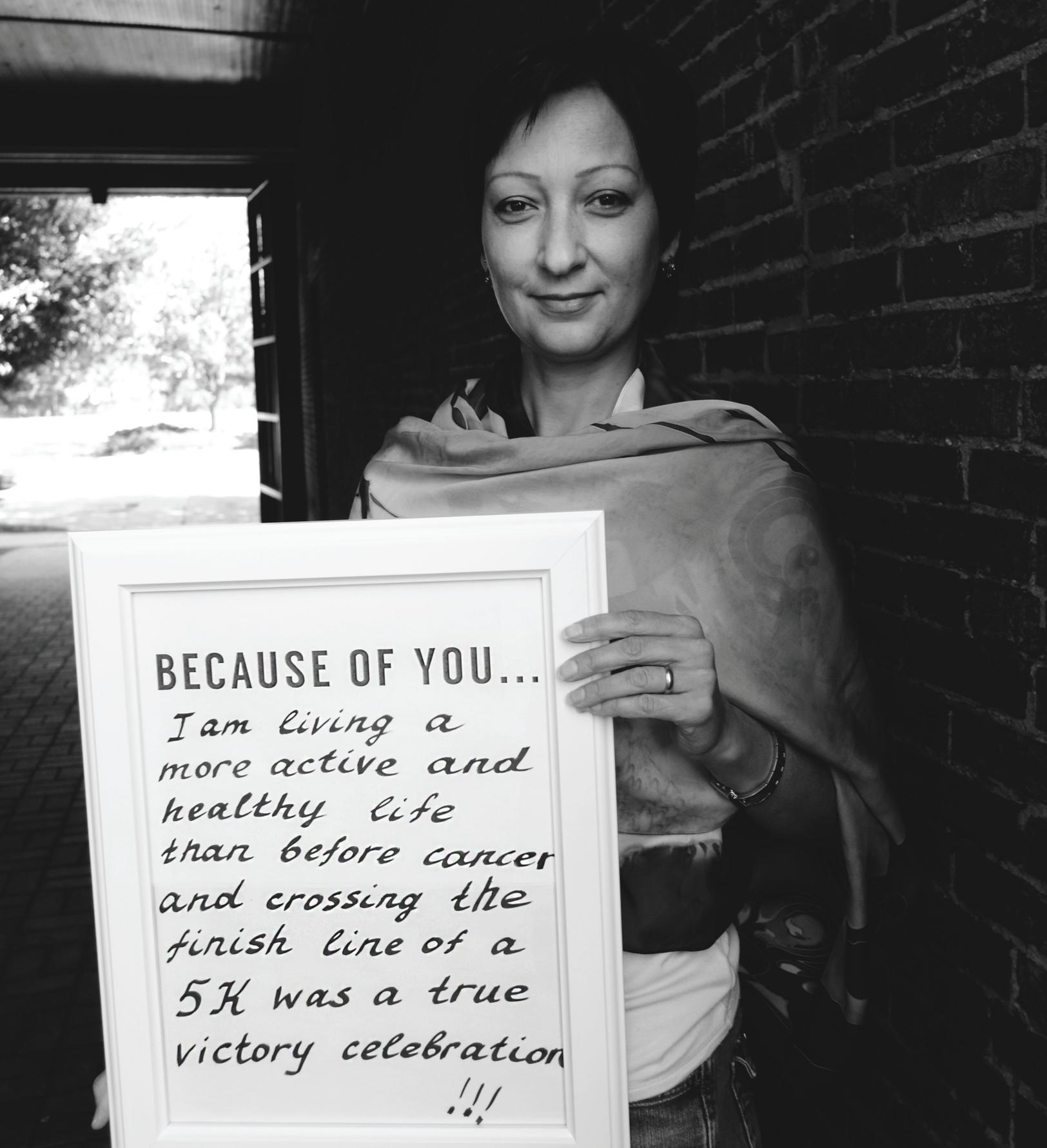
**Helping Others Fight** volunteers directly support local patients and their families by taking on household projects that fall by the wayside after a cancer diagnosis. By providing free services such as yard work, housekeeping, and minor home repairs, volunteers help provide a much needed sense of normalcy for patients and their families.



### Kathy Oliver

*Mother of Bo Oliver, Ewing's Sarcoma Survivor*

We are so grateful to the Ulman Cancer Fund and Helping Others Fight for all that they did to help us during our cancer journey. What they did allowed us to change our focus from struggling with day-to-day burdens to our son's battle with cancer.



**BECAUSE OF YOU...**

*I am living a  
more active and  
healthy life  
than before cancer  
and crossing the  
finish line of a  
5K was a true  
victory celebration  
!!!*

## **Maria Shkeda**

Breast Cancer Survivor & Cancer  
to 5K Graduate

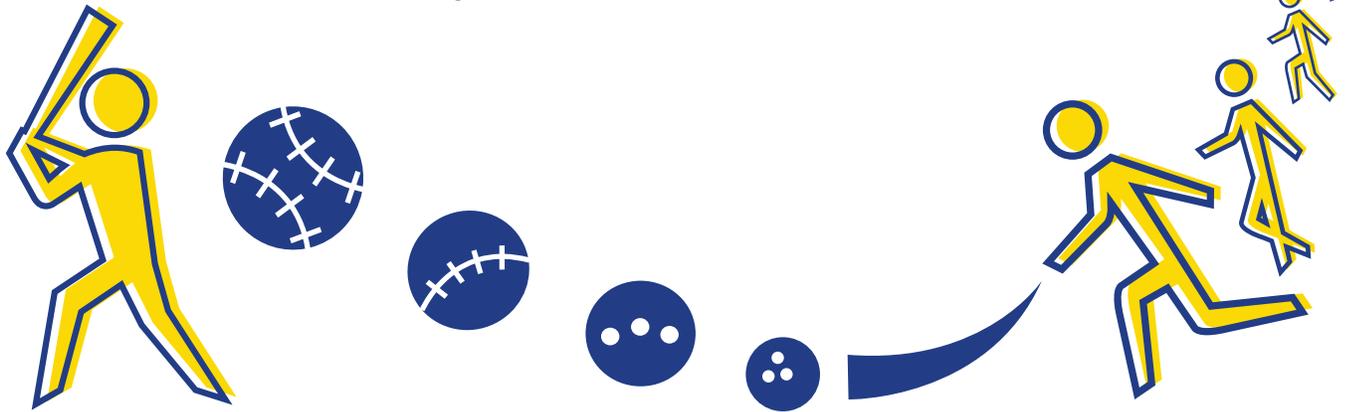
Maria Shkeda was diagnosed with Stage 3B Triple Negative Breast Cancer at age 33. A few years after she finished treatment, Maria's husband learned about UCF's Cancer to 5K Program and encouraged her to join. Step by step, side by side, responsible and professional coaches and sherpas led Maria and the other participants to the final race. Maria says she's very thankful to this program and all the volunteers for giving survivors such an important and valuable experience of unity and friendship.

## EMBRACING SURVIVORSHIP

With a diverse offering of programs and activities for young adults and their loved ones, the Ulman Cancer Fund helps people live with, through, and beyond cancer.



In 2013, UCF's Cancer to 5K program graduated 40 new survivors, doubling its impact from the previous year. **100% of cancer survivors who participated reported that the program improved their physical fitness and survivorship experience, with well over two-thirds reporting a "significant" improvement.** Based on their participation in Cancer to 5K, over 90% of survivors planned on continuing their involvement with UCF.



One of the primary concerns for young adults facing a cancer diagnosis is social isolation from family, friends, and peers. **Starting in 2013, UCF began an initiative with the goal of offering quarterly activities for young adult survivors to foster peer support and connect them with each other outside of a traditional support group or clinical setting.**

In September, our young professionals group helped us host a dozen survivors and caregivers for a night at an **Orioles game**. And in November, along with one of our community partners, Cool Kids Campaign, we hosted a **Bowling Night** for survivors and caregivers. The connections that we have seen grow between the young adult survivors has been extraordinary.

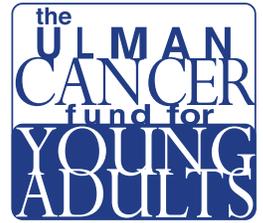


In 2013, UCF awarded **24 scholarships**, 16 of which were given to young adult survivors to help them pursue their dreams of higher education.

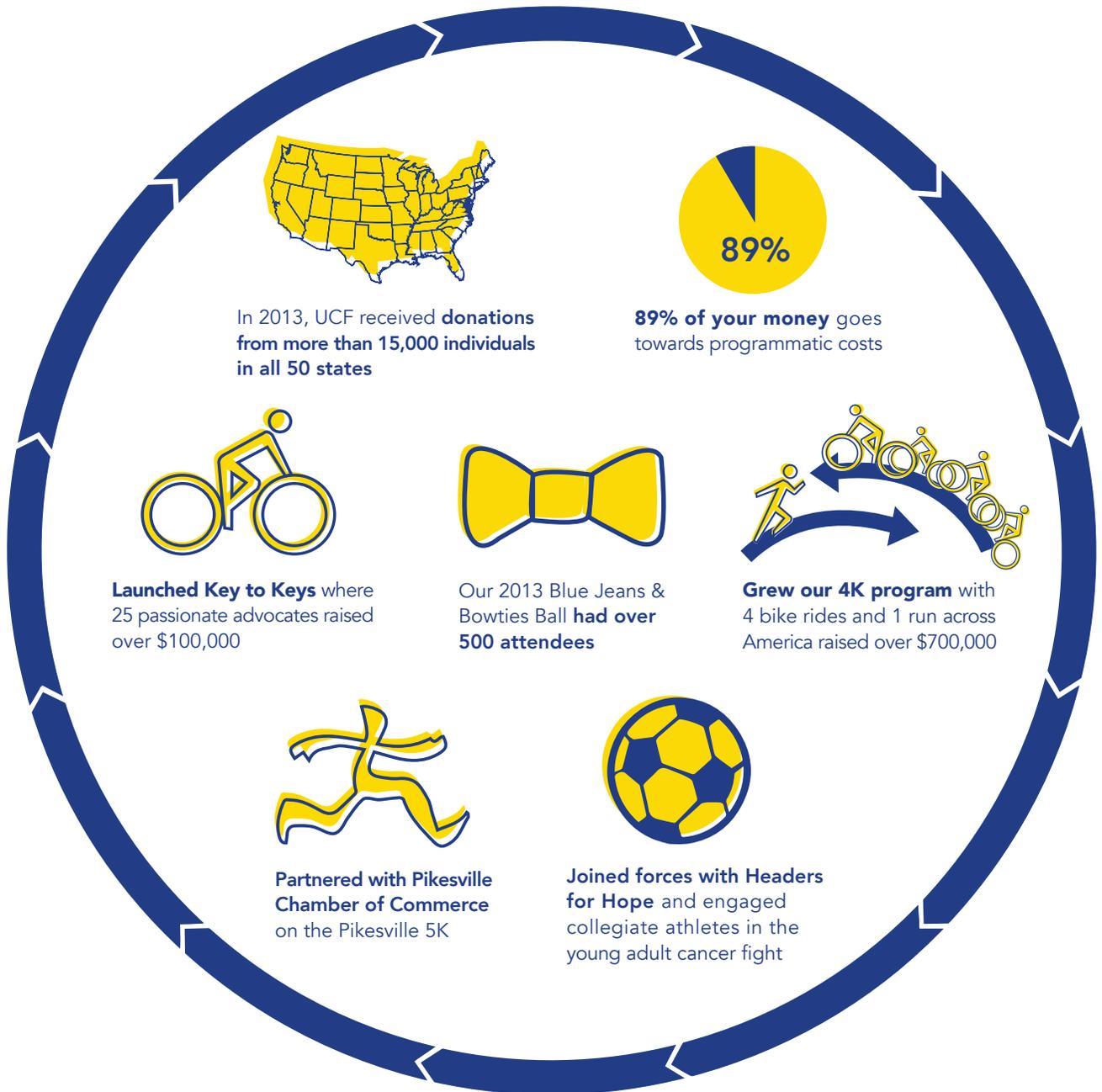


UCF Experiences - like Key to Keys - provide a platform for survivors and others impacted by cancer to give support, get support, and change lives.

# Because of you... We Are Not Alone!



The Ulman Cancer Fund for Young Adults relies on the generosity of many to be able to deliver on its mission. Thanks to you, 2013 was another amazing year where we continued to grow our community of support.



With your continued support, we will work to ensure that no young adult has to face cancer alone. Cancer changes lives...SO CAN YOU!