



# Reaching Out

**Fall 2001**

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

## **A Note From Brock...**

Wow! What an exciting year it has been for The Ulman Cancer Fund for Young Adults. Thanks to your continued support, we've been able to successfully serve the needs of young adults, their family and friends, who are affected by cancer.

This year has been nothing short of outstanding. In 2001, we've received great feedback from our website based support services, our nation-wide support and networking groups, and our Matt Stauffer Memorial College Scholarship.

Experiencing growth in all these areas and many more, we are pleased to announce that our services continue to reach cancer survivors nation-wide.

We have received more than double the number of applications for our college scholarships. We introduced a new support group for young adults with a loved one affected by cancer. We saw an overwhelming community response and support for Columbia's Cure, our large awareness and fundraising event.

In addition, thanks to the initiatives and generosity of many new and old supporters, we saw fundraising efforts in cities across the country including Denver, San Diego, Columbia, and Baltimore.

As we embark on the year 2002, The Ulman Cancer Fund for Young Adults is proud to announce it's completion of five years of service in the cancer community. Our growth in these five years has been tremendous and the breadth of our reach has exceeded our greatest expectations. We depend heavily on the support of our members, and we say, "thank you" for helping us help others.

Finally, this newsletter launches our 3<sup>rd</sup> Annual Year-End Campaign! There are a variety of ways you can contribute to this effort. More information on how you can help can be found on page two. Your support is crucial in helping us realize our mission.

I wish you a safe, happy, and healthy holiday season and a wonderful New Year!

Best Wishes,

Brock

## **WHAT WE OFFER**

### **Survivor's Network**

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

### **Support Groups**

We are presently running free, professionally facilitated support groups in Columbia, MD; New York, NY; Quad Cities, IA; 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 website.

### **Discussion Forum**

Our website 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](http://www.ulmanfund.org).

### **Matt Stauffer Memorial Scholarship**

The Ulman Cancer Fund offers three awards annually of \$1,000 each 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 April 1, 2002.

### **Marilyn Yetso Memorial Scholarship**

The Ulman Cancer Fund for Young Adults and the Yetso Family have established The Marilyn Yetso Memorial Scholarship to support the financial needs of college students who are dealing with the loss of a parent to cancer and who display a financial need. This award of \$1,000 will seek to honor the spirit, energy, and determination that Marilyn displayed in her life, her love for her family and friends, and in her courageous battle with colon cancer. At the time of her death in March, 2000, Marilyn was a loving wife, a dedicated mother of five, and an unconditional friend to many. Application deadline is April 1, 2002.

### **Cancer Profiler**

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

Diana Ulman has been appointed to The Governor's Council on Cancer Control for the State of Maryland, and has been asked to chair the council's committee dealing with patient issues. The Council on Cancer Control advises the governor on issues relating to cancer, oversees the Cigarette Restitution Fund of the State of Maryland and oversees the Cancer Registry which keeps track of cancer statistics of the state's citizens.

## **3<sup>RD</sup> ANNUAL YEAR-END CAMPAIGN**

This newsletter caps off yet another exciting year for The Ulman Cancer Fund for Young Adults and announces our 3<sup>rd</sup> Annual Year-End Campaign. With your support, we are leading the way nationally to providing support programs, education and resources for young adults, their families and friends, who are affected by cancer. Please help us continue to accomplish our goals and realize our mission. Below are ways you can help:

- Please use the attached envelope to support our cause. Your contribution can be the perfect way to honor or memorialize someone or to commemorate a special event.
- Tribute greeting cards are sold in packages of five for \$20.00 and are available by contacting our office or on the website.
- Donate by ordering On-line - Visit our web-site at [www.ulmanfund.org](http://www.ulmanfund.org) and make your donation using any major credit cards.

- United Way Campaign - You can designate The Ulman Cancer Fund for Young Adults for your United Way Payroll Deductions in Maryland  
Agency/PGM: 95888112  
Deductions in other states can be designated by write-in.
- Shop on-line...A few clicks by you raises money for The Ulman Cancer Fund - visit our website at [www.ulmanfund.org](http://www.ulmanfund.org) and click on one of our partner sites and we benefit. Purchase a variety of lifestyle products and services at a discounted price, and we receive a percentage of your purchase.

### **The 2001 Matt Stauffer Memorial Scholarship Winners!**

Three \$1,000 college scholarships were awarded to the following outstanding young cancer survivors.

**Lisa May** from Wiley, Colorado is a young woman who was diagnosed with a malignant brain tumor at the age of 13 and underwent a year and a half of chemotherapy. Throughout her struggles, which included dealing with her mother's cancer as well as her own, Lisa's main goal has been to complete her education. Lisa is planning to become a public accountant and will be attending her local community college. Lisa is very involved in her 4-H Club and was president in 2000. She has won awards as outstanding junior and senior member of the year.

**Nichole Musgrave** is a 26 year old from Myrtle Beach, South Carolina. She is a two-time cancer survivor having had ewings sarcoma at age 11 and then being diagnosed with an osteosarcoma in her right leg. She has had a total knee replacement and developed complications after that surgery and went through another in order to save her leg from amputation. In spite of all of this, she graduated magna cum laude with an AA degree in baking and pastry arts and is going back to school to receive her BS in culinary arts.

**Christopher Turley** is an 18 year old from Oxford, Alabama. He was diagnosed with a malignant tumor on his rib when he was 15. While undergoing surgery to remove the tumor there was an injury to his spinal cord leaving him a paraplegic. He was told he would never walk again. He defied his doctor's, and his wheelchair has been in his closet since January, 1999. Christopher wants to be an x-ray technician so that he can help other children with cancer.

We believe all three of these young people's lives honor the spirit and courage displayed by Matt Stauffer during his battle with cancer. Congratulations to all of them.

### **Off to Camp We Go...**

Last July, we granted travel scholarships to two local young adult cancer survivors to attend Camp Mak-A-Dream in Missoula, Montana. Every July and January Camp Mak-A-Dream hosts a professionally facilitated young adult conference. The week-long experience focuses on several areas of young adult cancer survivorship and provides a venue for young adults to share similar experiences, relax, and enjoy life. Below is a letter from Erik Sherstad as he shares his experiences with us and his gratitude for our support.

Dear Ulman Fund,

*I would like to take this opportunity to thank all of you for the wonderful camp experience that will be cherished forever. To meet people that have been through the same kind of things that I have is the best thing in the world. Camp Mak-A-Dream is a dream come true. The camp activities offered were fun as well as challenging. They included rope courses, rafting on Clark Fork and trying my best to balance in a kayak. This experience allowed me to share and bond with other young adults with cancer which has been a very meaningful part of my life. There needs to be more things like Camp Mak-A-Dream in this world for young adults.*

*Thank you,  
Erik Sherstad*

## **RECENT HAPPENINGS**

### **The 3<sup>rd</sup> Annual Golf Classic**

On August 28, 2001 we hosted our 3<sup>rd</sup> Annual Golf Classic. Ulman Cancer Fund supporters gathered at The Woodlands Golf Course to enjoy a day of golf, fundraising, and cancer awareness. Surpassing last year's figures, the event raised in excess of \$10,000 and over 150 golfers participated. Congratulations to the winning foursome - Greg Mayer, Rob Ferrer, Jon Adams, and Chris Riley. Thank you to all of our hole sponsors and dedicated volunteers. A very special thank you to our Silver Sponsor's - Carrabba's Italian Grill, Fila USA, Fawn Industries, Nantucket Nectars, and Complete Boiler Systems.

### **Through Charlie's Eyes**

In September of 2000, Columbia resident Charlie Hlass lost a courageous battle with Acute Myeloid Leukemia. In remembering Charlie, his mother Joyce Hlass and sister, Jennifer, have made it their passion to enhance the quality of life for young adult patients battling cancer. Through the creation of a unique partnership with The Ulman Cancer Fund For Young Adults, Joyce organized *Through Charlie's Eyes Kicking Cancer Soccer Tournament and 5K Run/Walk* on September 15 & 16. The Through Charlie's Eyes' event was an overwhelmingly successful. Because of this success, this amazingly courageous young man's memory will be kept alive by turning his thoughts about ways to enhance the quality of life for young adults battling cancer into a reality. Over 500 supporters came out to help raise more than \$30,000 to support young adults affected by cancer. Thank you to Joyce and all the volunteers, participants and sponsors that helped make this event such a success. A small group of people can make changes in this world, one step at a time.

### **Every mile counts...The Baltimore Marathon is a success!**

With temperatures in the 50's and a beautiful forecast in place, over 6,000 runners gathered at PSINet Stadium in Downtown Baltimore, MD on October 20 to run the Inaugural Baltimore Marathon. With great pride and generosity, over 20 of these runners were representing The Ulman Cancer Fund Charity Runner's Baltimore Marathon Team. Seven charity runners successfully completed the hilly 26.2 mile marathon course and an additional 15 supporters ran

the Fila 5K. The Ulman Cancer Fund Charity Runner Team raised in excess of \$1,000. Thank you and congratulations to all supporting participants. We hope to see you next year!

### **Not Just a Laughing Matter**

On November 13, 2001 supporters gathered at the Soiled Dove in Denver, Colorado, for a night of dinner, drinks, comedy, and fundraising. **Applause For a Cause**, presented by Caroline Lopez and Butterfly Productions, hosted a wonderful night of comedy and a silent auction that benefited The Ulman Cancer Fund for Young Adults. The Event was an undeniable success; in excess of \$4,000 was raised and over 200 people gathered to support the cause. A special thank you goes out to Caroline Lopez for her enthusiasm and efforts towards supporting our cause.

## **MORE HAPPENINGS**

### **The Coalition for Skin Cancer Prevention in Maryland Branches Out**

The Ulman Cancer Fund for Young Adults proudly continues to support the Coalition for Skin Cancer Prevention in Maryland as it branches out into additional channels.

It has been successfully disseminating its message via schools, recreation areas and media since 1998. The Coalition developed a middle school sun safety curriculum, *SunGuard Your Skin*, which has been taught in Maryland schools for three years. The Ulman Cancer Fund has developed a 9<sup>th</sup> grade adaption of this curriculum and is piloting it in Howard County, MD high schools. With a new year grant from the Maryland Department of Health and Mental Hygiene, the Coalition has adopted the 5-channel approach of the American Cancer Society's Sun Safe Community Project. Channels recommended by the American Cancer Society include schools, recreation areas, media, child care centers, and primary care practices. For more information on the Coalition and its activities, please visit [www.sunguardman.org](http://www.sunguardman.org) or [rherbst@medchi.org](mailto:rherbst@medchi.org).

### **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. To date we have matched up over 100 people! We use a variety of criteria to match people including age, diagnosis, interests, etc. After a person registers with us we match him/her up with someone else in the network. It is then up to them to be in touch with each other – usually via e-mail. The network is facilitated by Fay Baker, LCSW-C, a licensed professional social worker. Many of the participants tell us how important it is to be able to talk with other people in their age group who understand what they are going through. Here's what some folks have said about the network:

*"I just wanted to let you know that I appreciate all that you do... I correspond pretty regularly with a girl back east and she has been an inspiration. Thanks for putting us in touch!"*

*"I think it is so important for young people to be able to share their feelings and experiences associated with cancer with other young people."*

*"...we all share an incredible bond that is like no other."*

If you know of anyone who would benefit from the Survivor's Network encourage them to register at [www.ulmanfund.org](http://www.ulmanfund.org). or for more information email [survivors@ulmanfund.org](mailto:survivors@ulmanfund.org).

### **Complete Boiler Systems Golf Outing**

A special thank you to Board Member, Mark McAuley and everyone at Complete Boiler Systems for donating all proceeds from their annual customer appreciation golf outing this past September. The outing hosted over 150 golfers and raised in excess of \$2000 for the Fund.

### **The Voice of Survivorship**

The Ulman Cancer Fund For Young Adults announces the launch of a truly inspirational project. This Spring, we will be adding a new section to our website entitled, The Voice of Survivorship. This project of hope, sharing, determination and outright courage, will allow cancer survivors from everywhere to share their stories of cancer survivorship. By enabling these brave young adults to share their stories of how they courageously battled cancer, we will aim to provide a venue for other young adults, their families and friends, who are affected by cancer to visit and learn how cancer can and will be beaten, day in and day out by ordinary heroes. Come be someone else's hero...Let others know that cancer can be beat...Share your story to help provide hope to others. To submit your story or if you have questions, please contact Brock Yetso at [brock@ulmanfund.org](mailto:brock@ulmanfund.org)

WE CAN BEAT THIS DISEASE IN NUMBERS...JOIN US!  
*THE VOICE OF SURVIVORS*

### **An Opportunity to help others...**

The Degge Group, Ltd., a small drug safety and research consulting firm based in Arlington, VA, is submitting a proposal to the National Cancer Institute at the National Institute of Health to develop a website to help young adults (18-35), who are survivors of childhood cancer. This website will be based on research by professionally facilitated focus groups and on-line questionnaires. We proudly support this endeavor and encourage any cancer survivors interested in participating to please contact us at 410-964-0202 or [info@ulmanfund.org](mailto:info@ulmanfund.org).

### **Helping Combat Colorectal Cancer**

The Ulman Cancer Fund for Young Adults has committed a portion of resources raised from last year's Columbia Cure to support colon cancer prevention and awareness projects with The Colorectal Cancer Network ([www.colorectal-cancer.net](http://www.colorectal-cancer.net)). We proudly support The Colorectal Cancer Network's 90 in 9 Campaign which aims to successfully have 90% of men and women properly screened within a 9 year period. Additionally, we plan to help fund a Maryland-based Colorectal Cancer Network Chapter which will work to increase awareness, screening, legislation, and support services for issues related to colorectal cancer.

## **Escape From Alcatraz Triathlon**

On June 10, 2001, Ulman Cancer Fund supporter Matt Campbell successfully completed the Escape From Alcatraz Triathlon. Matt bravely completed this 1.5 Mile swim, 18 Mile bike ride, and 8 Mile run course in roughly 2 hours and 47 minutes and in doing so also raised over \$2,200 for The Ulman Cancer Fund. Congratulations and thank you to Matt. On behalf of Matt and the Fund, thank you to all of his dedicated supporters.

## **A Night Benefiting The Ulman Cancer Fund**

On June 20, 2001, dedicated Ulman Cancer Fund supporters Jake Perlman, Andy Dixon, Jessie Tiernan, and Katie Williams hosted a fundraising event at Brendan's Market Street Pub in Denver, CO. The cocktail party and silent auction was an astounding success and raised over \$6,000. Thanks to Jake, Andy, Jessie, and Katie and all those who attended and supported our cause.

## **WHERE'S DOUG BEEN?**

Doug Ulman, Founder and President of The Ulman Cancer Fund for Young Adults, and now Director of Survivorship with the Lance Armstrong Foundation (LAF) continues to maintain a busy schedule. In addition to his work with the LAF, Doug continues to represent the Ulman Cancer Fund nationwide.

- Identifies survivorship programs to support or implement for the LAF.
- Appointed by the Director of the National Cancer Institute to the Directors' Consumer Liaison Group which serves as an advisory body to the National Cancer Institute.
- Played in The 3<sup>rd</sup> Annual Ulman Cancer Fund Golf Classic.
- Ran the San Diego Marathon with an Ulman Cancer Fund Marathon Team that raised in excess of \$10,000.
- Served as keynote speaker at the Congressional Youth Leadership Conference in Washington, DC in mid-November.
- Honored by General Mills, Inc. as one of their five "Wheaties Energy Crunch Everyday Champions". Doug will be featured on the Energy Crunch cereal box scheduled to debut in grocery stores next year. In addition, the award includes a grant for the non-profit organization of the recipient's choice. Congratulations to Doug and make sure you "Eat your Wheaties!"

## **CHECK IT OUT!**

Great NEW organizations supporting young adults affected by cancer. Planet Cancer, [www.planetcancer.org](http://www.planetcancer.org), a world of support for young adults with cancer.

Fertile Hope, [www.fertilehope.org](http://www.fertilehope.org) or 888-994-HOPE, helping cancer patients faced with infertility through programs of awareness, education, financial assistance, research and support.

Also check out other sites at [www.ulmanfund.org](http://www.ulmanfund.org) under related links.

**Your Donations really do make a difference.**

- \$50 funds providing the networking services to link six young adults with their peers.
- \$125 funds a one hour professionally-facilitated support group for up to 10 young adults affected by cancer.
- \$125 funds a one hour, online chat with a licensed social worker.
- \$500 funds one education/prevention session, complete with printed educational material, for up to 300 young adults.
- \$1,000 funds an entire six-week support group cycle for up to ten young adults affected by cancer.
- \$8,000 funds a support group in a new city for one year.

## **COLUMBIA'S CURE**

### **MARKING THE PATH TO SURVIVAL**

Last March, National Colon Cancer Awareness Month, The Ulman Cancer Fund hosted *Columbia's Cure*, a 5K run/walk & 15 Mile bike ride, and Health Fair. Thanks to your support, the results were nothing short of spectacular. We raised in excess of \$40,000 and enjoyed over 1,1000 participants.

JOIN US again on **March 24, 2002** for the *2<sup>nd</sup> Annual Columbia's Cure*. With a 5K run/walk around beautiful Centennial Lake, a 25 Mile bike ride through downtown Columbia, a Kid's 1 Mile Fun Run, and a Health, Nutrition & Fitness Expo, *Columbia's Cure* is well suited for all ages and abilities. We invite you to join us as the community enjoys a day of education and exercise. Help us raise the money and awareness necessary to fight colon cancer and promote general health awareness. For more information on sponsorship or volunteer opportunities call 410-964-0202 or visit [www.columbiacure.com](http://www.columbiacure.com).

**MARCH IS NATIONAL COLON CANCER AWARENESS MONTH  
EARLY DETECTION SAVES LIVES  
GET YOUR SCREENING**

Become a T-shirt Sponsor - Cost \$400  
Support a great cause and see your company logo on over 1000 event T-shirts!!!

## **IN APPRECIATION**

**Thanks to our sponsors and 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, Kelly & Associates Insurance Group, Fawn Industries, Complete Boiler Systems, The Columbia Connexion, Produce Galore, Bond Distributors, Hodes, Ulman, Pessin & Katz, Safeway, PMI, Windsor Electric, Carrabba's Italian Grill, Austin Grill, and Parcel Plus. We apologize to any sponsors we may have inadvertently omitted.

## **OTHER NEWS**

Congratulations to National Advisory Panel Member and cancer survivor Lance Armstrong on winning his 3<sup>rd</sup> consecutive Tour De France and on the birth of his twin daughters.

Congratulations also to Board Members, Ken and Jaki Ulman on the birth of their new baby daughter, Madeline Rose Ulman.

New Faces - we welcome aboard Kris Jaggard. Kris will be overseeing all accounting services for the Fund.