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Spring 2000

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

Our Spring 2000 newsletter is hot off the press, below is an electronic version. The sections to follow are:

- *A note from Doug*
- *What we offer*
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- *Recent happenings/Upcoming events*
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A Note From Doug...

Exciting things are happening as we approach the midway point of 2000. I am proud to announce the following new partnerships that will allow The Ulman Cancer Fund for Young Adults to continue providing the best support, education and resources to young adults, their families and friends who are affected by cancer.

The Ulman Cancer Fund and Gilda's Club New York are joining forces to offer a networking support group for young adult cancer survivors in New York City. Gilda's Club is a free, nonprofit social and emotional support community for people living with cancer and their families and friends. For more information please call us or Gilda's Club New York at 212/647-9700.

The Ulman Cancer Fund and Cancerfacts.com have signed an agreement that will link both sites in an effort to provide those affected by cancer with the tools they need to make informed decisions about cancer treatments. We will become one of the featured support programs on their web-site. Visit cancerfacts.com and check out their cancer profiler.

We are working with Youngprofessionals.com to develop a partnership that will help promote the Fund and could add a new dimension to our survivors network. Stay tuned!

Don't forget to check out ulmanfund.org – there are lots of new happenings you may be interested in.

WHAT WE OFFER

Survivors 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 networked more than 100 people with one another.

Support Groups

We are presently running free, professionally facilitated support groups in Columbia and Baltimore, MD; Providence, RI; and New York, NY. More than 100 people have been or are benefiting from this service. This is the most direct way we help young adults and 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 help young adults and their families with all the issues surrounding a cancer diagnosis. This book will soon be published and distributed nationwide. Check it out – it's also on our web-site.

For more information about any of our programs or services please call the office at 410/964-0202 or 888/393-FUND, visit the web-site at www.ulmanfund.org or send us an email at info@ulmanfund.org.

Guest Article

Support groups for young adults have been meeting regularly for two years in my Columbia, Maryland office. Each person who expresses interest in participating is offered an individual consultation prior to joining the group. On several occasions, extra counseling hours have been subsidized by The Ulman Cancer Fund for clients who revealed such a need.

The model that proves most satisfying and effective for our participants is one of six or eight weekly meetings, with a fixed-membership group, followed by participation as desired in the drop-in group, which meets on the third Monday of each month. The experience of meeting with

the same group of people builds a level of trust and comfort that encourages conversation about deeply held feelings and intimate issues. Many members then faithfully attend the monthly drop-in group.

Participants are usually relieved and often excited to have found a group where people talk about their feelings, sharing such issues as friendship, dating, employment, and reproduction, and have them understood from the distinct vantage point of young adulthood. In these groups we experience tears and laughter as participants share their feelings.

Susan Jacobson, MMH, LCSW-C

WHO WE TOUCH

You came to my school and gave a great talk and I wrote a poem about it because I have had several surgeries on a reoccurring tumor in my mouth and your story was very similar to mine. So, here it is: Our experiences seem so similar but yours is worse. I thought mine was awful till you told of yours. But now I realize I'm not alone. We both are young, and have been through a lot. Tumors have changed our lives, bringing fear and pain. But we didn't let them destroy us, and we won't let them ever destroy us because life is waiting for us, and waiting to be lived to its fullest.

Annie is Reisterstown, Maryland.

You are meeting a true need for a population that is often overlooked.

Eileen Marks

WHAT'S HOT

- **SummerFest 2000** is right around the corner. This year's fundraising dinner will take place on June 13 at the Johns Hopkins Applied Physics Lab. Dinner will again be sponsored by Carrabba's Italian Grill. We will hold a silent and live auction. We've got items ranging from a weekend getaway to a full-size air hockey table. Howard County General Hospital is a generous sponsor of the event. We hope to top last year's successful raising of \$23,000. Proceeds from SummerFest go towards funding our survivors network; support groups; publishing the survivors guidebook; and marketing of The Ulman Cancer Fund.
- We have added a **support group** at Sinai Hospital in Baltimore. This group will meet on the third Tuesday of every month and the professional facilitator is a social worker from Johns Hopkins Hospital.
- Doug and Diana exhibited in Vancouver at the end of April at the Association of Oncology Social Workers convention. More than 2,000 of the nation's oncology social workers attended.

RECENT HAPPENINGS/UPCOMING EVENTS

- **Pampered Chef fundraiser** – Debby and Richard Schointuck were gracious enough to hold a Pampered Chef party. Lots of great kitchen gadgets were tested and bought, and the proceeds were given to The Ulman Cancer Fund.
- **Soccer Festival** – A new format and name this year – The Ulman Cancer Fund Soccer Festival will be an early season tournament featuring the natural rivalry between high schools in Montgomery and Howard Counties. The tournament will be held September 14-16 at Howard High School in Columbia, Maryland. Participating schools include Howard, River Hill, Oakland Mills, John F. Kennedy, Bethesda/Chevy Chase and Springbrook. Tickets will go on sale in early summer.
- **Golf Tournament** – It's official! On September 18th we will be hosting the second annual Ulman Fund Golf Classic at Timbers at Troy in Columbia. The noon shotgun start will precede a catered dinner. Start lining up your team today!
- **May** – The Coalition for Skin Cancer Prevention of Maryland, in conjunction with The Ulman Cancer Fund kicked off Melanoma Monday and Skin Cancer Prevention Month with a visit to Wilde Lake Middle School where our skin cancer curriculum is being taught. Joining us was Lieutenant Governor Kathleen Kennedy Townsend and SunGuard Man.

WHERE'S DOUG BEEN?

Brown Entrepreneurial Forum – speaking with peers about their organizations, trading business cards and learning from some real pros.

Las Vegas Marathon – Doug and six friends ran a marathon in Las Vegas and raised \$1,500 for The Ulman Cancer Fund.

Gilda's Club – Doug spoke with a crowd at this NYC nonprofit, founded after comedienne Gilda Radner died from ovarian cancer, and made some excellent contacts.

San Francisco – Richard Barker, a Brown alumni-businessman in San Francisco, met with Doug in February and was impressed enough to want to host a luncheon this spring for his business associates to meet Doug and learn more about us.

Denver – Lots of negotiations to start a new support group at the University of Colorado hospital. Stay tuned for more details!

Dallas Cup – The Ulman Cancer Fund was a sponsor of this soccer tournament where all participants got luggage tags with our name on them, and we distributed skin cancer prevention information.

Ride for the Roses – Doug, Mark McAuley, Brock Yetso, Emily Trakas, and Dana Waldbaum all rode in the Lance Armstrong Foundation's Ride for the Roses bike-a-thon in April. Lance is on our advisory panel.

HOW YOU CAN HELP

The Ulman Cancer Fund relies heavily on the generosity of its volunteers. We welcome whatever assistance you can provide. We'll work with you to create a flexible volunteer

experience. Please call the office (410/964-0202) or send an email (info@ulmanfund.org) if you can help. Below are just some opportunities for SummerFest and the Soccer Classic.

- Ticket sales
- Set-up and clean-up
- Coordinating auction items
- Registration
- Bulk mailing

OTHER SUPPORT

Matt Stauffer Memorial Scholarship

The Ulman Cancer Fund offers this award of \$1,000 in 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.

Tribute Cards

Our greeting cards can be used for all occasions and are the perfect way to honor or memorialize someone or to commemorate a special event. The cards are sold in packages of five for \$20.00 and are available at the office or from the Marketplace on the web-site.

Shopping

Shopping online? Visit www.ulmanfund.org and click through to FILA and Amazon; their logos are on our homepage. A percentage of your total purchase will be donated back to us.

FACTS AND FIGURES

Monday, May 1 is Melanoma Monday and May is skin cancer prevention month. Take the time to put into practice the following to help prevent skin cancer:

- Stay out of the sun between 10:00 a.m. and 4:00 p.m.
- Stay in the shade whenever possible.
- Wear protective, tightly woven clothing.
- Wear a hat with a 4-inch brim all around.
- Avoid reflective surfaces (water, sand, concrete, etc).
- Use sunscreen, SPF 15 or greater, everyday.
- Reapply sunscreen every two hours, especially if you're swimming or sweating.

Early detection saves lives!

