

# BEYOND CANCER

EVERY PATIENT. EVERY JOURNEY. EVERY STEP.



# Our Programs Alleviate Unique Challenges of Young Adult Cancer

By 2027, our programs aim to reach 90% of adolescent and young adults impacted by cancer in the D.C., Maryland, and Virginia (DMV) area.

Ulman programs ensure that no one faces cancer alone and patients will have the life-saving, wraparound services that will not only complement but reduce barriers to care and support during treatment.



**Social Isolation**



**Financial Burden**



**Stress & Anxiety**

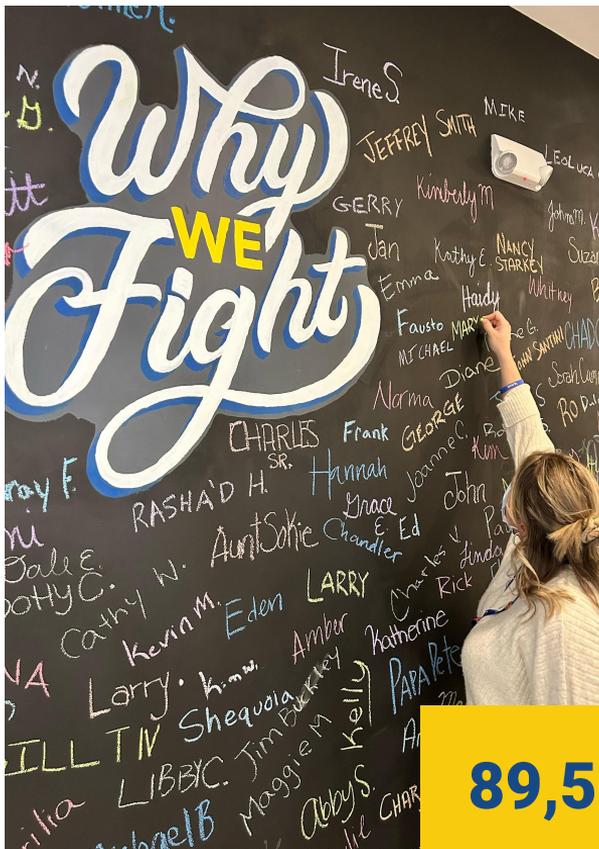


**Compliance to Treatment**



**Access to Care**





## UNPRECEDENTED NEED FOR YOUNG ADULT CANCER SUPPORT

# Cancer is still the leading disease killer among 20 to 39-year-olds...

Despite significant advances in early detection, treatment, and prevention, survival rates for this age group have remained stagnant for the last 30 years. Meanwhile, care, support, and treatment are becoming increasingly complex:

- Rising healthcare costs
- Food insecurity
- Mental health crisis
- Disruptions in social support networks
- Gaps in age-specific care
- Economic challenges

**89,500**

young adults are diagnosed with cancer every year.

## Ulman Foundation in 2024

Ulman Foundation continues to make significant strides in delivering **critical support to young adults with cancer** through our community navigation services and oncology navigation programs in hospitals.

Our dedicated efforts have ensured that more young adult cancer patients receive the access to vital resources and personalized guidance they need.

### SPACE

**13,000** SQFT

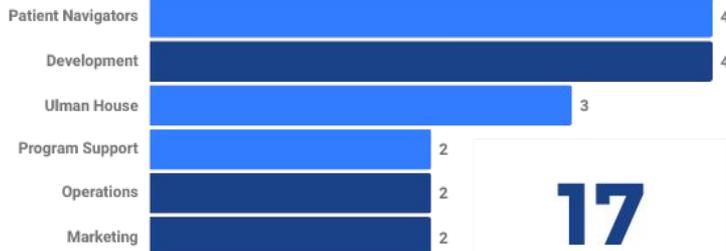
### CLIENTS



■ 1000 AYA Patients  
■ 120 Ulman House Guests

**1120**

### STAFF



**17**

### AYA PROGRAMS

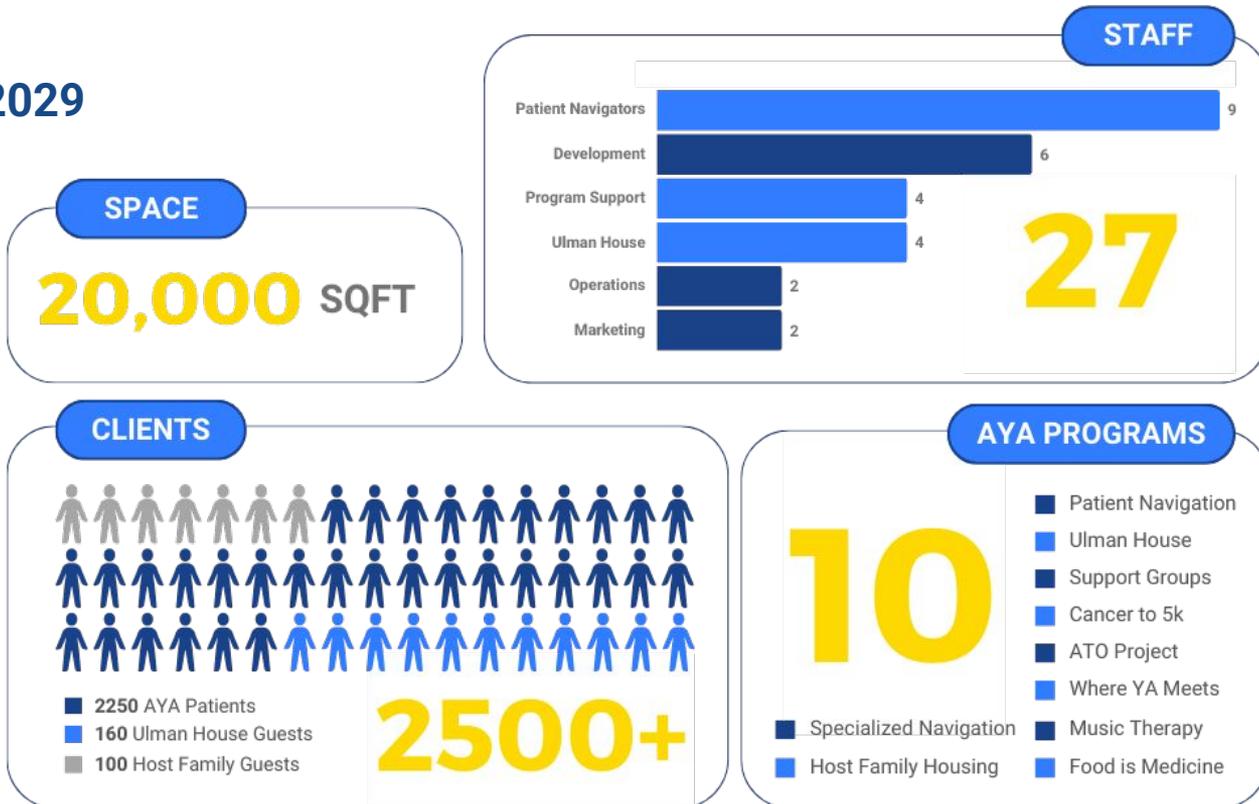
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- Patient Navigation
- Ulman House
- Support Groups
- Cancer to 5k
- ATO Project
- Where YA Meets

## Ulman Foundation in 2029

Looking ahead to 2029, we are poised for transformative growth. By **expanding our service space and staff, we are able to serve more patients and launch new, innovative programs.** In doing so, Ulman Foundation will deepen its impact in the young adult cancer community.

This growth trajectory underscores our commitment to ensuring that no young adult cancer patient faces cancer alone.



## Campaign Goal: \$10 Million

We are launching a fundraising campaign to ensure that the support programs we have developed over the past **27 years** continue to thrive for years to come, and that the services we provide can expand and evolve to meet the growing needs of our young adult cancer community.

Over the next five years we are focusing this campaign and our efforts on:



### Deepening the Expertise and Impact of Our Services

Expand access to personalized, expert-led, cancer support and vital resources, including oncology patient navigators, free family housing, and essential nutrition programs.

### Improving Capital Investments

Enhance the safety, capacity, and financial sustainability of Ulman House, ensuring it remains a free, supportive home for young adults undergoing medical treatment.

### Ensuring a Future of Support

Increase the organization's ability to maintain social support programming through any economic environment or challenge.

1	<p><b>Service &amp; Care Programs Support</b></p> <ul style="list-style-type: none"> <li>- Provide young adult cancer support specialists in local communities</li> <li>- Expand the range of housing options for patients traveling for care</li> <li>- Ensure community members can access healthy meals and food</li> </ul>	<b>\$3.6 Million</b>
2	<p><b>Ulman Capital Investments</b></p> <ul style="list-style-type: none"> <li>- Establish free, safe parking for all Ulman House guests</li> <li>- Fund the ongoing maintenance of Ulman House</li> <li>- Develop the Ulman House Annex for programs and services</li> </ul>	<b>\$3.6 Million</b>
3	<p><b>Financial Sustainability</b></p> <ul style="list-style-type: none"> <li>- Grow our endowment fund to ensure programs can continue in all economic environments</li> <li>- Eliminate Ulman House debt and associated financing costs</li> </ul>	<b>\$2.8 Million</b>
<b>Total for Campaign Initiatives</b>		<b>\$10 Million</b>

# Deepen the Expertise and Impact of Our Services

Ulman Foundation will expand our patient navigation services by incorporating specialized expertise in mental health, nutrition, and financial wellness. This expansion will allow us to offer comprehensive, tailored support that addresses the unique challenges our cancer patients face, ensuring they receive holistic care for better outcomes.

## Improving Outcomes through Integrated Services

Holistic care addresses the emotional, nutritional, and financial hurdles patients face in addition to the physical and psychosocial effects of cancer. Research shows that holistic support leads to better engagement with healthcare, 30% higher treatment adherence, and ultimately increased survival rates.

*Gielissen, M. F., et al. (2010). "Psychosocial interventions for cancer patients."*

## Behavioral Health Navigation

- Offer crisis intervention and coping support
- Enhance support groups and programming

## Nutrition Navigation

- Provide personalized nutrition counseling
- Integrate nutrition into care plans
- Address food insecurity
- Educate and empower our community

## Financial Navigation

- Reduce financial stress
- Increase access to financial resources
- Address financial barriers

## Community Navigation

- Improve access to timely care where patients reside
- Provide personalized emotional and practical support
- Enhance treatment compliance and care

## Capital Improvement

The Ulman Foundation will establish a dedicated fund to ensure the ongoing improvement and expansion of Ulman House. This fund will support upgrades to the space, allowing us to **accommodate more young adult guests and families**, while also providing consistent funding for essential maintenance.

### Building Capacity in Our Community

Ulman House has been a beacon of hope and support for hundreds of patients and their families, but the demand continues to rise. As resource scarcity grows within the community we serve, the need to improve offerings and expand capacity for more guests and services at Ulman House has become increasingly urgent.

### Ensuring Security and Safety

- Protect patients and their families from the stress and risk of car break-ins
- Ease the burden of finding safe, reliable parking during treatments
- Allow patients and their families to focus on healing, without worrying about vehicle or personal safety

### Funding Improvements

- Increase operating capacity of Ulman House
- Provide ongoing financial support for essential maintenance and operational costs
- Improve ADA accommodations to improve experience and accessibility

## Free and Safe Parking

Parking is a critical component of Ulman Foundation's capital campaign plan, as it directly supports the **safety, accessibility and comfort** of our patients, families, and community members. This essential infrastructure will enhance the overall experience at our facilities, making them more welcoming and supportive for all.



# Parking Opportunities

Ulman Foundation is exploring **opportunities to purchase both developed and undeveloped properties** to address parking needs. These available properties are within a safe walking proximity to Ulman House, ensuring convenient access for our patients, families, and community members.

2102 E. Madison St - Building & Lot for Sale



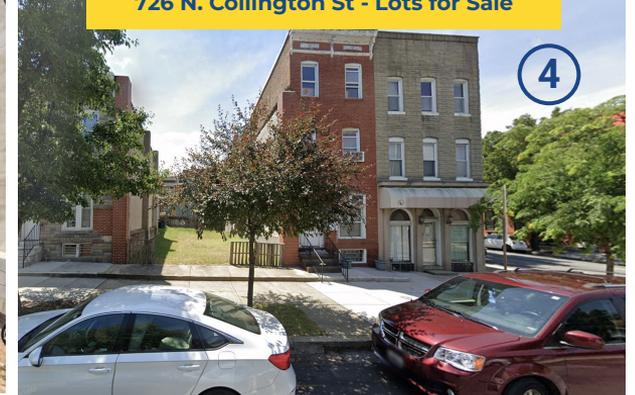
2008 - 2010 E. Madison St - Lots for Sale



700- 704 N. Duncan St - Lots for Sale



726 N. Collington St - Lots for Sale



## Ulman House Enhancements

The capital investment funding will drive transformative enhancements to Ulman House, including the addition of two new guest suites to serve more families, improved ADA accommodations for greater accessibility, and the creation of a rooftop green space to promote wellness and connection. These upgrades will significantly expand Ulman Foundation's ability to provide a nurturing, inclusive sanctuary for all who seek care and comfort during their cancer journey.

Guest Suites



Green Space



Community Space



## Capital Expansion

Ulman Foundation will transform our **Ulman House Annex** into a wellness center, integrating mental health, nutrition, and community services. This will expand our patient and community navigation programs into a comprehensive, holistic offering that addresses the full spectrum of challenges faced by cancer patients and their families.



### Integrated Navigation

- Dedicated space for mental, physical, and social health services, support groups, and counseling for patients and caregivers - all under one roof

### Nutrition Navigation Center

- On-site nutrition programs to support cancer patients' dietary needs and tackle food insecurity

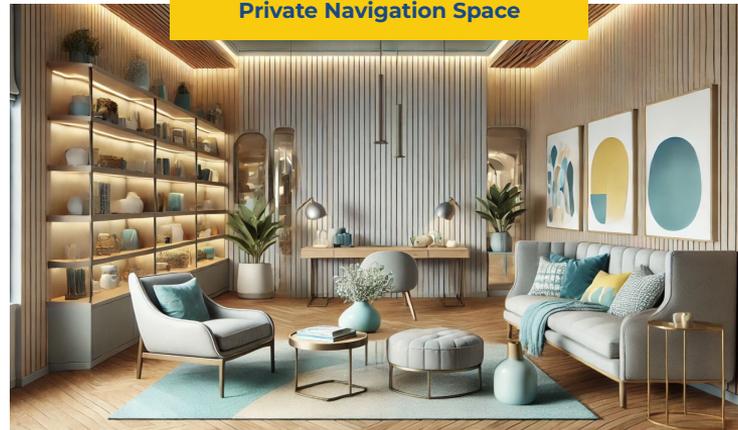
### Extended Reach and Connection

- Increased capacity to serve more individuals, both within the cancer community and the broader neighborhood

## Capital Expansion

The **Ulman House Annex** will include a large food pantry and commercial kitchen to support nutrition and food programs, private office space for specialized navigation services, and a community space to engage and activate groups. These additions will allow the Ulman Foundation to serve more young adult oncology guests at Ulman House, expand our services, and strengthen our presence in the community.

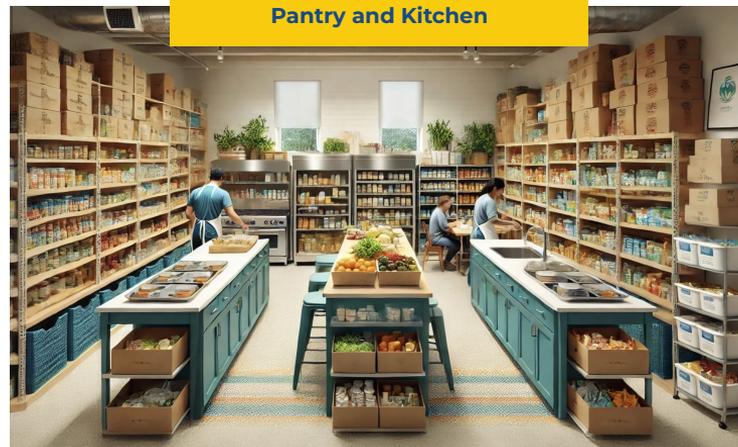
Private Navigation Space



Group and Community Space



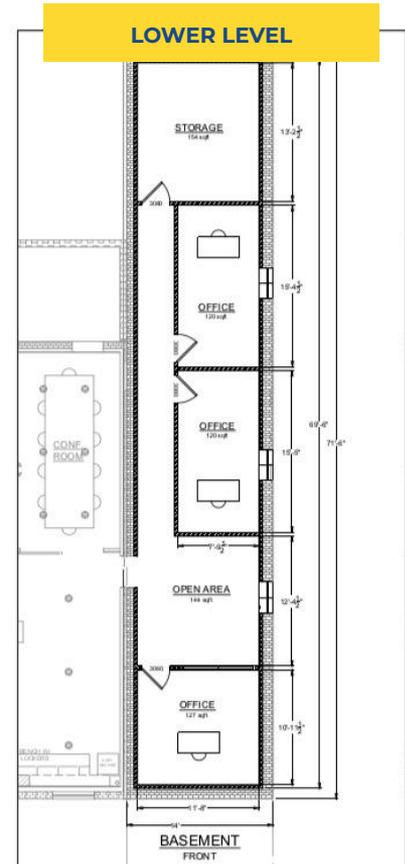
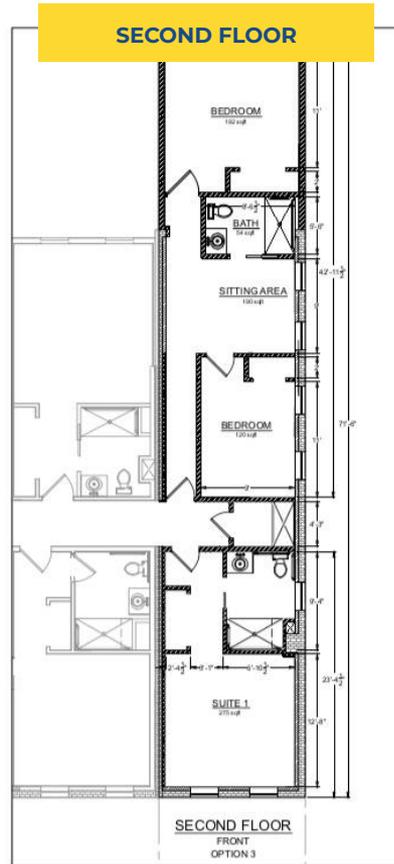
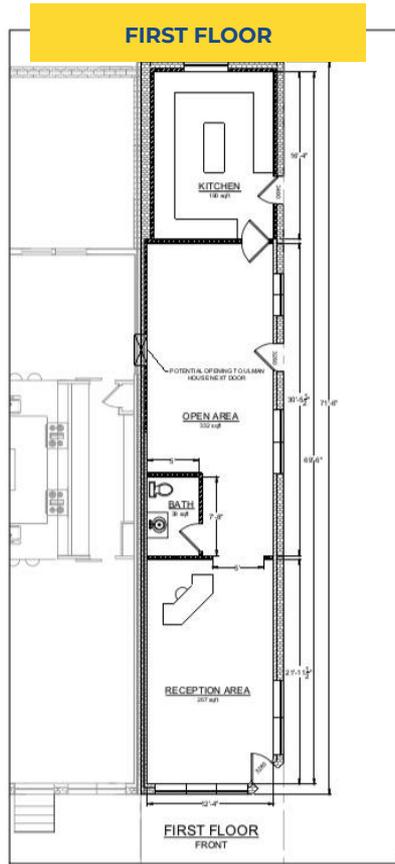
Pantry and Kitchen



ELEVATION



THE VISION- CAPITAL INVESTMENTS



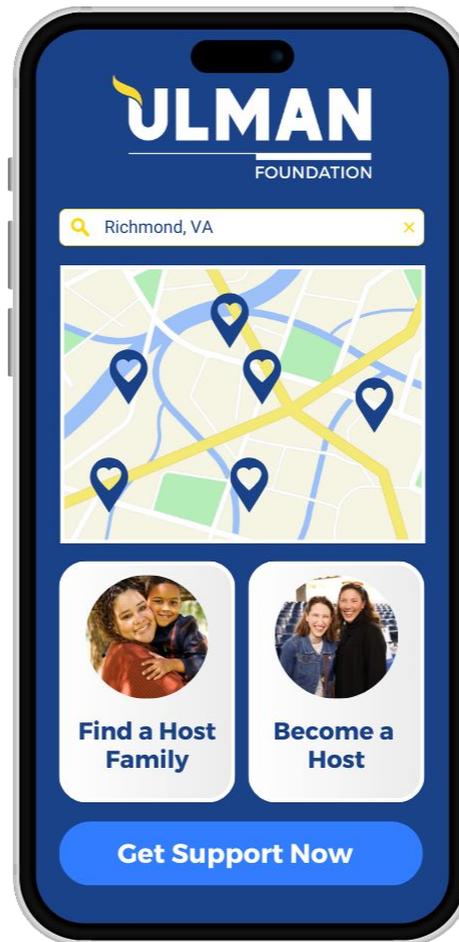
## Expand Support Through Community Hosts

Ulman Foundation will launch a host family housing model that leverages our strong community network to provide temporary housing for adolescent and young adult cancer patients and their families. This network of host homes will expand the life-changing support of Ulman House, allowing us to serve more patients—especially during times of overflow or for those needing short-term stays near partner hospitals.

### Meeting the Growing Demand for Patient Housing

As of September 2024, Ulman House is **operating at full capacity, with a growing waitlist** of patients in need of temporary housing. As we continue to build vital partnerships with the National Institutes of Health (NIH) and other referral sources, the demand for additional housing options is increasing rapidly.

PRIORITY #4



Extend our geographic reach

Meet critical demand for housing

Strengthen community engagement

Introduce on-call support

# A Sustainable Future

Ulman Foundation will secure its financial future and expand its impact by investing \$2 million in its endowment, and by relieving the mortgage and financing debt on Ulman House. This measure ensures sustainable funding for our programs and reduces long-term financial obligation and risk, so we can focus on providing vital support to young adults and their families affected by cancer.

## A Commitment to Longevity and Stability

Nonprofits with stable endowments report a 20-30% increase in their ability to weather financial instability, maintain staffing levels, and continue delivering services during periods of reduced fundraising or economic crises.

*National Council of Nonprofits*

## Endowment Growth

- Create long-term financial security by increasing the organization's existing endowment by 200%, leveraging historical performance to improve sustainability, and establishing a strong foundation for maintaining and enhancing critical programs and support.

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## Mortgage Elimination

- Reallocation of \$100,000 in annual operating funds to critical programs and services, enhancing the ability to quickly and effectively address urgent needs and unforeseen challenges, while increasing focus on delivering immediate, high-quality care.

## ANTICIPATED IMPACT



### 125% Increase in Patients Served

With 5 new patient navigators, Ulman Foundation can grow support by 1250 patients per year.



### New Volunteer Opportunities

Adding 4+ new programs will offer unique ways for volunteers to contribute, from meal preparation and delivery to providing housing support and facilitating wellness activities.



### 300% Growth in Endowment

Scaling the endowment to \$2,675,000 by 2027 could grow it to approximately \$6 million by 2045, based on the fund's historical growth rates.



### \$100,000 Per Year Reallocated

Reallocating \$80,000 annually from the mortgage to patient navigation would boost funding for the program by 200%.



### Growth in Specialized Care

Adding 3 specialized patient navigators would directly improve care and support for 750 patients, addressing unmet needs in critical areas.



### 2,100 Local Young Adults

Ulman can expand its impact through social enterprise by offering reduced-cost mental health services and the "Food is Wellness" program to neighborhood young adults.



### 487 Guests Per Year

With the increase from 9 to 11 suites, Ulman House would be able to accommodate approximately 22% more guests per year.



### \$73,000 in Parking Savings

By providing free parking, Ulman House can save patients and their families approximately \$73,608 per year when operating at full capacity.



## It is impossible to overstate what living at Ulman House has meant to us over the past two months

as my daughter underwent a bone marrow transplant at Johns Hopkins. The facility itself is modern, fresh, and cheerful. Many food items are available, and everyone looks forward to groups coming in to cook and dine with us. The staff provides a balance of fun and empathy. [...] **Perhaps the greatest value is the community that develops among the families who are all going through difficult and uncharted waters together. We are so grateful to be forever a part of the Ulman family.**

- Donita Hill, 2023 Ulman House Guest

**Your investment makes this possible.**

"Despite ugly situations, there are beautiful people."

The Ulman Foundation helped me realize I wasn't alone."

**DUANE**  
ULMAN HOUSE GUEST



"The Ulman Foundation provided me with counseling, resources, community, and connected me with fellow survivors."

**SHEQUOIA**  
SURVIVOR



"Sometimes half the battle with cancer is just being in our heads, the willingness to endure another day of whatever the hell that might be."

But I know that for young adults, we're no longer the forgotten generation with Ulman."

**WILL Y.**  
ULMAN HOUSE GUEST



# CANCER CHANGES LIVES. SO DO WE.

Even with the cautious optimism of our doctor, we're still sitting there with a grim face.

But with Ulman, there's no way for you to feel alone.

**FAUSTO B.**  
SURVIVOR



"It's just been amazing talking to people who understand."

I always want to have this sense of community and camaraderie."

**JEN C.**  
CANCER TO SK PARTICIPANT



I attended my first cancer support group through Ulman while in the middle of my chemo treatments. I walked into and was greeted with other bald heads and smiling faces. That was the first time I was surrounded by a group of people who truly knew how I felt.

There's nothing as comforting as that.

**AMELIA**  
SURVIVOR



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