



2022 Kick-A-Thon

Benefiting



LEUKEMIA &
LYMPHOMA
SOCIETY®



National
Multiple Sclerosis
Society

April 30th, 2022

9:30 AM

Hosted at UMAC Briarcliff and virtually on
Zoom

Kick-A-Thon Contact Information:

UMAC Briarcliff
914-945-7100
Briarcliff@umacnation.com

About the Kick-A-Thon

When: April 30th

Where: UMAC Briarcliff and virtually

"Give without memory, receive without forget" Grandmaster Byung Min Kim

UMAC Students will do their part and "Break" through barriers to eliminate Blood Cancers and Multiple Sclerosis for good! It is a win, win, win for all involved- a win for The Leukemia & Lymphoma Society and the National Multiple Sclerosis Society as they will receive much-needed funds to fight blood cancers and MS; a win for the UMAC students so they get to understand how they could make a positive difference and that their hard work will benefit others; and a win for the people fighting these illnesses so they could have better programs to get healthier faster. Along with the training benefits; students will win great prizes as they accomplish their fundraising goals!

About the Leukemia & Lymphoma Society

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health organization dedicated to funding blood cancer research and providing education and patient services. Our mission is to cure leukemia, lymphoma, Hodgkin's disease, and myeloma and improve the quality of life of patients and their families. More than 957,902 Americans are living with blood cancer today. Every four minutes, someone new is diagnosed with blood cancer. Every ten minutes, someone dies from blood cancer.

For more information about LLS, please visit: www.lls.org

About the Multiple Sclerosis Society

The National MS Society addresses the challenges of each person affected by MS. To fulfill this mission, the Society funds cutting-edge research, drives change through advocacy, facilitates professional education, collaborates with MS organizations around the world, and provides programs and services designed to help people with MS and their families move forward with their lives. The Society is dedicated to achieving a world free of MS.

For more information about MS, please visit: <https://www.nationalmssociety.org>

Where Your Money Goes:

A donation of \$25 provides patients and their loved ones with FREE booklets that contain up-to-date information on their disease and help them make informed decisions about their treatment options.

A donation of \$50 makes possible a Family Support group with a trained facilitator where comfort can be found, and experiences can be shared among patients and family members.

A donation of \$100 helps supply laboratory researchers with supplies and materials critical to carrying out their search for cures.

Honored Kicker!

Karl (Grandpa) Anderson



About two years ago Mrs. Berlow received a phone call letting her know that her father, (Grandpa) Karl Anderson, has been diagnosed with Lymphoma. The initial shock was extremely hard to handle, however, we immediately thought of LLS and within minutes, she was on the phone with the director of the local LLS chapter and was told who the leading doctor was he should see. Within hours Mrs. Berlow had a conversation with the doctor's office and an appointment was made. Within a week, (Grandpa Karl) met with the doctor and was told that his lymphoma is treatable, and he is going to be alright. He currently is undergoing treatment regularly for his Lymphoma but most importantly, he is doing well. Grandpa Karl embodies the UMAC spirit whole heartedly because he continues to stay positive regardless of what is thrown his way, a true example of black belt character. Therefore, the 2022 Kick-a-thon.... we kick for Karl!

Thankfully due to the amazing work and research done by The Leukemia and Lymphoma Society, Grandpa Karl is doing well, but the battle is not over. Every 3 minutes, one person in the US is diagnosed with blood cancer and we have become passionate volunteers and advocates for LLS – so that one day, we truly can win the battle, and end the suffering that so many families have to endure.

Let's kick hard for Mr. Anderson!

In Honor Of Nana Edwards



Annie Pearl Lowe Edwards, affectionately known as Nana, battled with MS for over 30 years. No matter how the disease progressed, even after limiting her sight and taking her ability to walk. She always had a smile, a word of wisdom, and blessing for all she met. As a devout Christian and member of Park Street AME Zion Church in Peekskill, NY, she credited her faith in God and her love of her family as her strength. Her departing wish was that people donate to someday find a cure to Multiple Sclerosis, the disease that, although it physically forced this angel to sit down, was unable to stop her unyielding soul and spirit from soaring.

"We" her family and friends intend to honor that wish and raise as much as we can to help to do just that! We are asking for your help. Will you join us by making a donation?

**Let's kick hard in honor of Annie
Edwards!**

Fundraising Tips!

The key to success in fundraising is asking! If you don't ask, people won't know to give!

Use your school's Fundraising Page to have family and friends donate online with ease!

Make sure your donors put the student's name in the comments section when they donate so that they get the credit

www.champions4cures.com

Here are some ideas on how to raise money:

- Have a bake sale
- Organize a Poker or Bingo Night
- Dress Down Day at work or School
- Garage Sales –try one indoors during the winter!
- Offer to do extra chores for donations
- Dog walking for donations
- Walk around your neighborhood and go door to door or put a letter in their mailboxes
- Mail or email a letter to everyone you know or your parents know!
- Shovel snow
- Babysit for Donations
- Host a fun Dance Party
- Hold a Talent Show and charge a small admission fee

Parents, find out if your company matches donations!

Sample Letter

Dear Friends,

I am kicking my training up a notch at the United Martial Arts Center. I am participating in the UMAC Kick-A-Thon where I will Kick to help "Break" through blood cancers and MS! I am doing this to raise funds for The Leukemia and Lymphoma Society and Multiple Sclerosis Society, which funds research and patient aid. I want to kick out cancer/MS for good! Will you help support me with a donation? I am collecting checks and cash for the April 30th Grand Finale. Checks can be made out to "Champions 4 Cures"

Thank you for your support

Matching Gift Companies

This list of matching gift companies is a starting point. Be sure to ask any company you, your team, family members or friends work for to see if they will match employee donations. Don't see your company? Visit www.matchinggifts.com/lls to see if your company matches! Contact MatchingGifts.CT-WHV@lls.org with questions about matching gifts. Check out this video on how matching gifts work <https://vimeo.com/102139006>

- 3M
- Acco Brands
- Ace Charitable Fdn.
- Acxiom Corporation
- ADC Cares
- ADM
- Adobe Systems
- ADP
- Aetna
- AIG
- AK Steel
- Alexion Pharma.
- Alliance Berstein
- Alliance Captial
- Alliance Data
- Alliant Energy
- Allianz Global
- Allied Signal
- Allstate
- Altria
- ALZA
- American Express
- American Tower
- Ameriprise Financial
- Amgen
- Amica
- Analog Devices
- AOL
- AON
- Apple, Inc
- Aramark
- Arch Capital Services
- Archer Daniel Midland
- Ardent Comm.
- Argonaut Group
- Arris
- Arthur J. Gallagher
- Assurant Health
- Atlantic Power
- Autodesk
- Avon Products, Inc.
- Axa Financial
- AYCO
- Babson Capital Mgmt.
- Baird Foundation
- Ball Corporation
- Bank of America/Merrill Lynch
- Bank of Tokyo Mitsubishi
- Barilla America
- Barnes Group
- Baxter International
- Becton Dickinson
- Benjamin Moore
- BF Goodrich Co.
- Biogen
- Black & Decker
- Black Rock
- Blount, Inc.
- Blue Cross Blue Shield
- BMO Capital Markets
- BNY Mellon
- Boeing Company
- Bonneville Int'l
- Boston Consulting
- BP America
- Bristol-Myers Squibb
- Broadridge Financial
- Brookfield Investment
- CA Technologies
- Capital Group
- Cardinal Health
- CDW
- Champion Int'l
- Charles Schwab
- Chevron
- Chicago Tribune
- CIGNA Corporation
- Cisco Systems, Inc.
- Citgo
- Citizen's Financial Grp.
- Citrix
- CME Group
- CNA Financial
- ConAgra Foods
- Con Edison
- Constant Contact
- Costco
- Credit Suisse
- Daiichi Sankyo
- Dannon Company
- Dell
- Deutsche Bank
- DFS Group Limited
- Diageo
- Digitas
- Discover
- DST
- DTE Energy
- Dun and Bradstreet
- Eaton Corporation
- Ecolab
- Economist
- Eileen Fisher
- Eli Lilly and Co.
- Ericsson
- Equifax
- ESPN/Disney
- Expedia
- Exxon Corporation
- F5 Networks
- Factset Research Sys.
- Fannie Mae
- Fitch Ratings
- Fleet
- FM Global
- Follett Corp.
- Ford
- Fortune Brands
- Fox Chase Bank
- FTI Consulting
- Gannett Foundation
- Gap, Inc.
- Gartner
- GATX Corporation
- Genentech
- General Electric (GE)
- General Reinsurance
- GlaxoSmithKline
- GMAC RFC
- Goldman Sachs
- Goodrich Corporation
- Google inc.
- Grainger
- Guardian Life
- Haemonetics
- Hawaiian Electric
- Henry Crown & Co.
- Hewlett-Packard Co.
- Highmark
- Home Depot
- Honeywell
- Houghton Mifflin Co.
- HSBC
- Hunter Douglas
- Illinois Tool Works, Inc.
- Ingredion Inc.
- IntraLinks
- InterContinental Hotel
- ITG Inc.
- ITW
- Jackson Healthcare
- Jefferies
- John Hancock

- John Martin Fdn.
- Johnson & Johnson
- Johnston & Murphy
- Jones Lang LaSalle
- JP Morgan & Chase
- Jostens, Inc.
- Kaplan
- Karl Storz Endoskope
- Keurig (Gn. Mountain)
- Key Bank
- Kimberly Clark
- Kindred Healthcare
- Kirkland & Ellis
- Kraft, Inc.
- Leo Burnett
- Levi Strauss & Co.
- Lexisnexis
- Lincoln Financial
- Lipton
- Lyondell Chemical
- Mallinckrodt Pharma
- Markel Corp
- MarketAxess Corp.
- Marshall Wace N.Am.
- MassMutual
- MasterCard
- Maui Jim
- McDonald's Corp.
- McGraw-Hill, Inc.
- McKesson Foundation
- McMaster-Carr
- Medtronic
- Merck & Co. Inc
- Meredith Corp.
- Merrill Lynch (BOA)
- Microsoft
- Mid-Atlantic Corp.
- MidAmerican Energy
- Mitchell International
- Mitsui Steel
- Mizuho Bank
- Mobil Oil
- Monsanto Company
- Morgan Stanley
- Morrison & Foerster
- Motorola
- Murphy Oil
- NBD Bancorp, Inc.
- Neiman Marcus
- Newedge Financial
- Newsweek, Inc
- New York Life
- Nokia
- Nordson
- Northern Trust
- Norton Company
- Novartis Pharma
- Nuveen Investments
- NYSE
- Odyssey Reinsurance
- Olin Corporation
- Olympus
- Omron
- Oracle Corp.
- Pacific Lighting Corp.
- Pearson Inc.
- People's Bank
- PepsiCo, Inc.
- Pfizer
- Phoenix Companies
- Pimco
- Pioneer Technical
- Pitney Bowes, Inc.
- Plexus
- PNC Bank
- Prudential
- Publicis
- Qualcomm
- Quantum Chemical
- Quest Diagnostics
- Quintiles
- QVC
- Random House
- Regeneron Pharma.
- Retirement Research
- Rexnord Industries
- Riverstone Resources
- RLI Insurance
- Robert Half
- Robert. R. McCormick
- Rogers Corp.
- Royal Bank of Scotland (RBS)
- Rust-Oleum
- Salesforce
- SAP
- SBC
- Schneider Electric
- Scottrade
- Secura Insurance
- Soros Fund Mgmt.
- SPX Corp.
- State Street Corp.
- St. Paul Travelers
- Stanley Black & Decker
- Starbucks
- Starcom MediaVest
- State Farm
- Sun Products Corp.
- Symantec
- Takeda Pharma.
- TCF National Bank
- Tektronix, Inc.
- Texaco
- The Children's Place
- Thermo Fisher
- Thompson Reuters
- Thrivent Financial
- Tiger Management
- Tomkins Corp.
- Tootsie Roll Industries
- Transatlantic Reinsurance
- Travelers Companies
- T.Rowe Price
- Turner Broadcasting
- TYCO
- UBS
- Unicredit Bank
- Union Bank
- Union Pacific Corp.
- Unilever
- United Health Group
- United Technologies
- US Bank
- USG Foundation
- Vanguard Group
- Varian Associates, Inc.
- Verizon
- Virgin Mobile
- Volkswagen
- Voya (ING)
- Walt Disney Company
- Westinghouse Electric
- Williams Companies
- William's Sonoma
- Willis of North America
- Wm. Wrigley Jr. & Co.
- Workday
- World Wide Tech.
- Wyndham Worldwide
- XL Group
- Yahoo
- Zurich

PRIZES!

Grand Master Level \$3500

Apple Watch!



Master Level \$2000

Apple Air-pods



Black Belt Level \$1000

Fitbit Inspire



Red Belt Level \$500

UMAC Beanie and Kicking Shield



Brown Belt Level \$250

UMAC Rain Jacket



Blue Belt Level \$100

Exclusive Kick-a-thon T-shirt

Yellow Belt Level \$50

UMAC Water bottle





Please return this sheet with your sponsors names and checks by April 30th 2022
Checks payable to...

Champions 4 Cures

The UMAC Kick-a-thon Pledge Form

Name: _____

ss: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ E-mail: _____

T-shirt size: XS S M L XL XXL

	Sponsor's Name	Address/Phone #	Total Amount	Paid (✓)
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

TOTAL AMOUNT YOU ARE HANDING IN TODAY: \$