



Happy Holidays from National Students of AMF!

Dear Friends,

On behalf of the entire National Students of AMF Support Network, we would like to send our warm wishes this holiday season to you and yours. As many of you know, the National Students of AMF Support Network is the only organization dedicated to providing support to college students coping with the illness or death of a loved one. We primarily do this by helping to start chapters of Students of AMF on college campuses. For us and our members, unfortunately, this time of year can be incredibly difficult. But for many of us, we have chosen to take this opportunity to reflect upon the incredible gifts that we have been given as well as the gifts that we have been able to give to others.



While it is not always easy to give thanks when dealing with grief and loss, National Students of AMF and our members have so much to be thankful for. Thanks to your support, students from more than 20 universities are working to establish campus chapters of Students of AMF. On each of these campuses, students are supporting one another and honoring their ill or deceased loved ones.

For that reason, we would like to thank all of you for your generosity as we continue to expand and strengthen our programs. Our members feel so fortunate to have such a strong and dedicated community of supporters, and to show their appreciation, they continue to bring to life the mission of the organization through peer-to-peer support and volunteer service for important causes. At this time of year, it is important to reach out to others, and National Students of AMF will continue to do so because of your support.

– David Fajgenbaum
Executive Director, National Students of AMF

Campus Chapters of Students of AMF Featured in School Newspapers

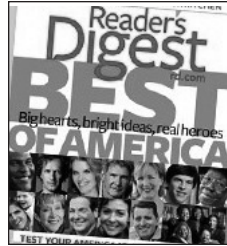
Several campus newspapers have written stories about their school's chapters of Students of AMF. The *Daily Pennsylvanian* wrote a story about Penn Students of AMF. The story included information about the chapter, which includes a peer-led Support Group for students coping with the illness of death of a loved one, a Service Group open to all students interested in participating in service projects to fight back against terminal illness, and an Angels program which pairs up faculty members with students in the Support Group. The *Chronicle* wrote a similar story about Duke Students of AMF. The *Daily Emerald* wrote another similar story about Oregon Students of AMF.

Go to
www.studentsofamf.org
to read these article.

Year in Review

Highlighting National Students of AMF's Achievements & Events During the Past Year

- **National Students of AMF featured in the April 2008 issue of Reader's Digest**



- **National Students of AMF profiled on the April 19, 2008 Today Show**



- **2008 Conference, Boot Camp, and AMF Banquet are huge successes!**

The inaugural **National Conference on College Student Grief** provided a national forum for 45 student leaders and faculty members to discuss 1) the prevalence of college student grief (41% of college students have lost a close friend or family member in the last 2 years); 2) the impact of grief on college students (ex: GPA, mental health, social anxiety, depression); 3) the services and programs available to college students following the illness or loss of a loved one; and 4) what needs to be done in the future.

The **2008 Boot Camp 2 Beat Cancer & Family Fun Walk** included 200 attendees of all ages who 1) participated in a walk or work out led by college and professional athletes; 2) raised money to fight cancer;

and 3) raised money to develop programs to support college students that are coping with cancer.

The **2008 AMF Banquet**, held to honor the life of Anne Marie Fajgenbaum and to celebrate the success of National Students of AMF, helped to raise the majority of the \$50,000 that was raised during the weekend.

- **Videos of National Students of AMF from ABC I I news, national NBC, and the CW on youtube!**

Go to youtube.com and search for National Students of AMF to view them!

- We are partnering with the **National Hospice Foundation (NHF)** to reach out to more people (young and old) who may be in need of support during times of illness or grief. We were first connected when NHF was given a \$100,000 grant from the Reader's Digest Foundation (RDF) in honor of the work of National Students of AMF. More recently, NHF provided consumer education resources to participants attending the first National Conference on College Student Grief. To learn more, visit www.caringinfo.org.

Go to www.StudentsofAMF.org to learn more about our recent and upcoming events!

Profile on Ben Chesson: the Director of Business and Legal Operations

Ben Chesson, a second year law student at Wake Forest University, is also in charge of Business and Legal Operations for National Students of AMF. Ben was awarded the first-ever *Anne Marie Fajgenbaum Service Award* in 2006 for his selflessness and service to the community. As Director of Business and Legal Operations, Ben co-founded National Students of AMF along with David Fajgenbaum, has submitted the annual Form 990 to the IRS, applied for nonprofit mail rates, managed three

other volunteers (J.D. Koesters and Tom DeCesar from the Wake Forest Law School and Christine Simpson from the Wake Forest Business School) on the Business and Legal Operations team, and done much more for the organization.

The Business and Legal Operations Team is one of many volunteer-led teams that help to run National Students of AMF. There is also a Chapter Development Team in Philadelphia, PA led by David Fajgenbaum, a Marketing, Communications, and Relations Team in

Washington, DC led by Brian Newman, a Support Service Team also in Washington, DC led by Samantha Kass, and a Fundraising Team in Raleigh, NC led by Lisa Fajgenbaum. We are always looking for new volunteers to join these teams, so please email David@studentsofamf.org if you are interested in getting involved.

(profile from the December 2008 e-newsletter)

www.StudentsofAMF.org

Current Chapters

National Students of AMF helps students, step-by-step, to start chapters and then grow and develop them!

Campus Chapters of Students of AMF are university-sponsored organizations that help to provide support to college students coping with the illness or death of a loved one through a Support Group, Service Group, and Angels Program. Thanks to your support, National Students of AMF now has a presence on over 40 universities nationwide.

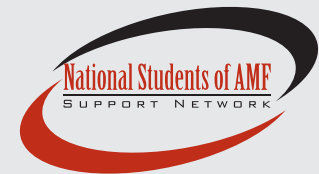
University-sponsored Chapters

- Georgetown University
- University of North Carolina at Chapel Hill
- University of Maryland
- University of California at Berkeley
- East Carolina University
- Meredith College
- Rivier College
- Toccoa Falls College
- University of Washington
- Regis University
- California State University – Sacramento
- Oregon University
- University of Wisconsin – Green Bay
- Duke University
- University of Texas at Austin
- The College of New Jersey

Chapters in Development

- Elon University
- Queens College of Charlotte
- Wingate College
- North Carolina State University
- Peace College
- Western Carolina
- Santa Clara University
- Wake Forest University
- Texas A&M
- University of Illinois
- Jefferson Community College
- University of Evansville
- Coe College
- University of Rhode Island
- University of Wisconsin – Oshkosh
- Fitchburg State University
- Carnegie Mellon
- Case Western Reserve

- West Chester University
- University of Miami
- Fairleigh Dickinson and Drew Universities
- Ohio University
- New Mexico Highlands
- Mount Mary College
- Texas State University
- Massasoit Community College
- Ashland University
- University of Rochester
- New York University
- Owens Community College



A Holiday Gift That Truly Makes A Difference

As the only organization dedicated to supporting college students coping with the illness or death of a loved one, National Students of AMF is aggressively expanding its programs and campus chapters. Consider making a tax-deductible donation today (online at www.StudentsofAMF.org or by mail) to support our non-profit organization's important work. You will automatically be emailed a printable receipt for tax purposes.

Some of the services you are helping to provide through your donation include:

- Developing new and existing chapters of Students of AMF on college campuses.
- Paying for travel and hotel stay for chapter leaders and faculty members for the 2009 National Conference on College Student Grief.
- Working with experts from academe,

mental health, and student health services to improve our peer support programs.

- Maintaining an interactive website at www.StudentsofAMF.org where the organization receives around 2,000 individual visits per month.

Currently, we are reaching thousands of students across the country, and with your help, our programs will continue to grow and expand in 2009!



Coping with the Illness or Death of a Loved One During the Holidays

Whether you are a college student with an ailing or deceased loved one or you are out of college and coping with the illness or loss of a loved one, the holidays can be a very tough time. A question commonly asked at this time of year is, "How can I get through the holidays?" There is really no single answer of what one should or shouldn't do. Do what is comfortable (even though it isn't always that easy).

What to expect:

Be aware that this might be a difficult time for you. Also, the additional stress may affect you emotionally, cognitively, and physically; this is a normal reaction. It is important to be prepared for these feelings.

You will likely feel as though you are the only person that is coping with illness or death during the holidays. While few share their experiences with others, you are not alone. Grief is a universal feeling. We have all gone through grief at various points in our lives and handled it differently. Some

people find it helpful to be with family and friends, emphasizing the familiar. Others may wish to avoid old sights and sounds, perhaps even taking a trip or finding new ways to acknowledge the season.

What you can do:

Grieving affects people physically, emotionally, spiritually, and psychologically. Learn about how grief can affect you and be easy on yourself. Know your own limits and take time for your grief. Find ways to allow yourself time to understand your loss and seek support from those who will understand.

For college students and people of all ages, sharing with others about one's loss can be alienating. Some friends can offer more support than others, especially if they have lost someone themselves. Others may be good friends to "hang out with" and just relax. Each kind of friend is important. Be careful not to isolate yourself. It's alright to take time for yourself but don't cut yourself off from the support of others. Therefore, it may be helpful

to find support through counseling or a support group as a way to express yourself more openly.

The holidays may affect other family members as well. Talk over your plans. Respect their choices and needs, and compromise if necessary.

Avoid additional stress. Decide what you really want to do, and what can be avoided.

Participate in a walk or fundraiser in honor of your ill or deceased loved one with a couple of friends or family members. Fundraisers help me to feel like I'm doing something positive.

Don't hesitate to reach out to your friends at National Students of AMF (david@studentsofamf.org or call David Fajgenbaum at 919-810-0453). We are here if you need someone to talk to.

– David Fajgenbaum,

(created with the assistance of Kirstin Thompson, the President of the University of Wisconsin-Green Bay chapter of Students of AMF)



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**Happy Holidays
from AMF!**