

Create a *JustOne* email campaign!

Write an email sharing your personal **JustOne** story and how the Cutaneous Lymphoma Foundation has made a difference for you. Send it to people you know. In your email ask your friends to help you support the work of the Foundation. A gift of \$15, \$25, \$50 or more helps make sure others around the world can benefit from the free programs and services available through the Foundation. Share your email message on your Facebook page and with us. We will share it with our followers. We've provided some examples of email messages that you can edit to help share your **JustOne** story.

Informal, Personal Email

Dear Friends and Family,

This year I attended a free educational event hosted by the Cutaneous Lymphoma Foundation. At the conference, I learned from experts in the field about important information that empowers me as an individual living with this rare disease. Learning about treatments, current research and ways to cope day-to-day with this disease is critically important to me.

Cutaneous lymphomas are a distinct subset of non-Hodgkin's lymphoma. They are cancers of the white blood cells that primarily involve the skin. Symptoms and treatment side effects can make it hard to work or enjoy social time and hobbies. Some days I struggle. There are many challenges to overcome when living with a rare, very visible and complex disease.

I am grateful to the Cutaneous Lymphoma Foundation for providing this inspirational and informative program. I learned so much that will help me cope with this diagnosis, and I met others who are facing similar challenges. It helped me to not feel so alone.

Please consider joining me and making a donation to support the Foundation so they can continue the mission to support every person affected by cutaneous lymphoma. I was lost before I found the Cutaneous Lymphoma Foundation. Your gift makes sure the Cutaneous Lymphoma Foundation is there for the next person who feels lost and alone.

Thank you,

Signature

You can [donate online](#) or by check to:

Cutaneous Lymphoma Foundation

PO Box 374

Birmingham, MI 48012

Make checks payable to the "Cutaneous Lymphoma Foundation"

The Cutaneous Lymphoma Foundation is a 501(c)(3) designated charity organization.

Informal, Personal Email 2

Dear Friends and Family,

As many of you know, our *(insert name and relationship)* has this rare disease called cutaneous lymphoma. This diagnosis has been difficult to wrap our heads around, but we are figuring it out with the help of the Cutaneous Lymphoma Foundation.

Cutaneous lymphomas are a distinct subset of non-Hodgkin's lymphoma. They are cancers of the white blood cells that primarily involve the skin. Symptoms and treatment side effects can make it hard to work or enjoy social time and hobbies. There is no known cure.

Insert personal paragraph here.

Examples:

(Name) has to apply a special cream on his/her skin four times per day, which stings and makes him/her very uncomfortable every time.

(Name) has to use wet wraps every night to help with the itching.

(Name) has been teased or looked at differently by his/her friends for having different looking skin.

The good news is that there is hope. I/we are part of an international community supported by the Cutaneous Lymphoma Foundation. This organization provides programs, support, and guidance, as well as support for research focused on cutaneous lymphoma. Through this group of people, we have been able to attend patient educational events, join a local networking group and empower ourselves to be our own best patient advocates. We could not have learned all of this on our own.

Please help us support the wonderful work the Cutaneous Lymphoma Foundation does by giving a gift of \$15, \$25, \$50 or more. You can give [online](#) or by check if you prefer. Kindly make your check payable to the "Cutaneous Lymphoma Foundation" and mail to the address below:

Cutaneous Lymphoma Foundation
PO Box 374
Birmingham, MI 48012

Your donation will help the Foundation continue to conquer this rare disease.

(Name) is so (use descriptive words such as bright, happy, light-hearted, etc., include a sentence about something they are looking forward to.) We are blessed to have (name) in our lives and look forward to a bright future.

With our deepest thanks,

Signature

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Contact Brainstorming Sheet

Not sure who to send your email to? Think about who you know, and use this worksheet to help you spread the **JustOne** message.

List 5 family members

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 friends

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 people you know through your business life

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 businesses that you frequent

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 neighbors

- 1.
- 2.
- 3.
- 4.
- 5.