



**CANCER INSTITUTE**

Wayne State University

**KARMANOS CANCER FOUNDATION**

The Dr. Vee Legacy of Hope Society

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Detroit, MI 48201

# LEGACY OF HOPE.

FALL 2023



A CHARITABLE AND GIFT PLANNING GUIDE FOR THE BARBARA ANN KARMANOS CANCER INSTITUTE

## KNOWING EARLY WARNING SIGNS, GETTING SECOND OPINION SAVED TWO-TIME CANCER SURVIVOR



At first glance, you might not think Michael Dudley is someone who ever faced a disease like cancer.

After all, he is a former collegiate track athlete who competes in triathlons. He swims, bikes and runs regularly. He watches his diet closely, and he doesn't drink or smoke.

**Yet, Dudley has beaten cancer not once but twice.** First, when he faced colon cancer in 2017, and in 2021 when he underwent successful treatment for prostate cancer at the Karmanos Cancer Center.

Dudley advised that the key to defeating the disease is being attentive to early warning signs and aware of your family health history.

"Your health is your wealth," says Dudley, 67, a Southfield resident who is a business consultant for the McDonald's Corporation and an ordained minister. "Without health, you are going to have a substandard quality of life. That's why regular physicals and specialized health screenings, like prostate exams and colonoscopies, are so important."

In 2021, Dudley noticed he began urinating more often than usual. Frequent urination is among the early signs of prostate cancer, but it could also indicate an enlarged prostate. The first step when screening for the disease is a prostate-specific antigen (PSA) test. Blood is drawn and analyzed for antigens that can indicate the presence of cancer.

In Dudley's case, his PSA levels were normal. But for extra peace of mind, he sought the cancer experts at Karmanos. He consulted with Isaac Powell, M.D., urologic oncologist, member of the Genitourinary Oncology Multidisciplinary Team and the Population Studies and Disparities Research Program at Karmanos, and professor of Oncology and Urology at Wayne State University School of Medicine.

Dr. Powell performed a rectal exam, then ordered an MRI scan and a biopsy. The results revealed that Dudley had an early but very aggressive, form of prostate cancer.

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Michael Dudley and Isaac Powell, M.D., urologic oncologist at Karmanos

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“My mindset after being diagnosed a second time was simply to overcome a new trial,” he recalled. “Of course, there were moments of fear and reflection. I went through a range of emotions. But I relied on my faith and family. I was going to battle through the naysayers, through my family history, through that second diagnosis. I was determined to rise above.” Dr. Powell believes Dudley’s quick and decisive action to get a second opinion despite his normal PSA results was critical.

“Michael’s PSA numbers were normal, but given his personal and family history of cancer, it made sense to seek another opinion. He had an aggressive lesion which did not present much PSA. We felt Michael’s cancer was confined to the prostate, and we know in the long run that patients who have had their prostate removed surgically have good outcomes. Michael opted for surgery,” Dr. Powell says.

After the removal of his prostate, Dudley was cancer-free again. He slowly resumed exercising and continued his healthy diet. He continues to see Dr. Powell for checkups every six months.

“I am better than good,” Dudley says. “I have got a great future ahead of me with a heavy dose of the good life. **I know there aren’t many African American men who want to share their cancer story. I tell people the diagnosis did not define me – it redefined me.** I’ll have an opportunity to share my story with lots of people, and if sharing can help save just one person’s life, it will be very worthwhile. Cancer is a diagnosis – not a death sentence. I am living proof.”

For more information about prostate cancer, visit [karmanos.org/prostatefacts](http://karmanos.org/prostatefacts). **To donate to prostate cancer research at Karmanos, visit [karmanos.org/kciprostate](http://karmanos.org/kciprostate).**

## Optimist Club Supports Patients With Annual Donation

For many years, Karmanos Cancer Institute received toys, gift wrap and holiday cheer for its patients collected by the Michigan District Optimists, allowing hospitalized patients to select toys, games and books for their loved ones right from their hospital beds.

With the COVID-19 pandemic, the Optimists knew gift distribution to those with compromised immune systems wasn’t going to be possible and made the pivot to a cash contribution.

Dressed in festive attire, Fatima Plater, vice president of Metro Riverfront Optimist Club, and Mary Feazell, secretary-treasurer of Healthy Kids Optimist, represented Healthy Kids Optimist Club, Loving Community Optimist Club and Metro Riverfront Optimist Club, along with Emery’s Creative Jewelers of Farmington Hills, who is their long-time toy drive partner, presented a check of \$1,200 to a Karmanos patient assistance fund every year since 2020.

The Optimist Clubs are affiliates of Optimist International, the fourth largest service organization. “It is always a joy to visit with Fatima and Mary,” said Denise Lowe, a philanthropy officer at the Karmanos Cancer Foundation.



(From left to right) Denise Lowe, Karmanos Philanthropy Officer; Truvella Murray, LMSW Integrated Care Management-Manager Case Management & Social Work; Laura Zubeck, Director of Patient/Community Education & Volunteer Services (retired); Mary Feazell, Secretary-Treasurer of Healthy Kids Optimist and Fatima N. Plater, Vice President of Metro Riverfront Optimist Club.

“The Optimists’ good cheer and kind-heartedness are contagious and truly represent Optimist International’s mission. We are fortunate to have them as good friends who think of our patients like family members.”

If you are a member of a service or community organization or a corporate group looking to donate, please consider the Karmanos Cancer Institute as a charity partner. For more information, contact 248.226.2163 or [giving@karmanos.org](mailto:giving@karmanos.org).





## WHAT IS YOUR ‘WHY’?

“Why” is a word that drives us.

It does more than ask a question — it defines a connection, a relationship. Why do we love the people we love? Why do certain sights, sounds and smells stir our souls? Why are we moved to help others when they are embroiled in a battle for their life?

The answer always comes with a story. It is the best part about “why.”

The relationship you have with Karmanos Cancer Institute is driven by your unique “why.” There may be a deeply personal reason you care so much about our patients and their families, a story that compels you to help us lead the fight against cancer.

That story also reinforces your values. Empathy and compassion are not important to you by accident. They have a source — an inspiration — and they connect you to Karmanos Cancer Institute on a personal level: “I value what you value. Your mission is my mission, too. I want to see this work carry on for generations.”

This is what makes your relationship with us so special. You share our values and invest in the longevity of our mission. Your “why” and our “why” are the same. Your story and our story are connected.

With a legacy gift to Karmanos Cancer Institute, you can carry on our shared values beyond your lifetime. Together, we can provide our patients with every possible resource to give them their best chance.

### **Preserve Your Values**

A legacy gift is such a meaningful way to share your love, and it is simpler than you might think. A few words in your will, a short form, a phone call — all are ways you can make a profound difference. We would love to help! Contact Denise Lowe at [lowed@karmanos.org](mailto:lowed@karmanos.org) or 248.226.2163.

# YOUR LEGACY MATTERS. HERE'S WHY.

It is possible you have heard the notion that “leaving a legacy” is important to institutions like Karmanos Cancer Institute. But what makes legacy giving so different from writing a check or donating online?

## LEGACY GIFTS...

### 1. Focus on the future.

The support we receive from annual gifts each year is critical. But a legacy gift is like a support system we can count on to help us continue to give hope to cancer patients and fund breakthrough cancer research that can improve cancer treatments for generations to come.

**Ask yourself:** If you could live forever, would you continue to help our patients and their families? If the answer is yes, a legacy gift can immortalize your support.

### 2. Don't affect your current finances.

You can take care of your top priorities — yourself and your loved ones — now while providing for Karmanos Cancer Institute in the future.

### Two of the most popular gift types:

- **A gift in your will:** A few sentences is all it takes to include us in your will.
- **A beneficiary designation gift:** Name Karmanos Cancer Institute as a beneficiary of your retirement plan, IRA, donor advised fund or life insurance policy.

### 3. Help you recognize Karmanos Cancer Institute's role in your life.

Through your legacy gift, you have a special chance to reflect the compassionate and caring person you are today far into the future. And, if you tell us about this gift now, we can ensure it is used exactly as you intend.

**We would be honored to discuss how your passion, commitment and support** helps to deliver a higher level of cancer care that gives our patients their best chance of survival, and how this can become your legacy. Please contact us today.

## Share Your Story

We all have values and beliefs that guide our lives. Share these with your loved ones by creating a legacy letter. Our FREE guide, **7 Questions to Help Build Your Legacy**, can help you get started. Request yours using the enclosed reply card.



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Our mission: To lead in transformative cancer care, research and education through courage, commitment and compassion.

# I WANT TO STRENGTHEN MY PLAN!

Please complete and return in the enclosed envelope today. Thank you!

- I would like to discuss how I can make an impact for patients and families at Karmanos with a gift in my estate plan. By adding as little as one sentence to the document, you can make an enduring statement about your dedication.
- I'd like to learn about the following gift types (select all that apply):
  - Will/living trust
  - Stock
  - Retirement plan assets
  - Beneficiary designations
  - Other: \_\_\_\_\_
- I've chosen to extend my compassion to those facing cancer by including Karmanos in my estate plan, but haven't notified you.
- Please send me the complimentary resource, *7 Questions to Help Build Your Legacy*.



Contact Denise Lowe at 248.226.2163 or [lowed@karmanos.org](mailto:lowed@karmanos.org) if you have questions about Karmanos and your gift planning.

Name—Please print.

Address

City, State

ZIP

Telephone

Email

In an effort to protect your privacy, please call the development department at 248.226.2163 if you wish to have your name removed from future mailings from the Karmanos Cancer Institute. We do not sell your information to other parties. Please allow up to three months for us to update our records accordingly.





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# Next Steps

Once you've answered the questions outlined in this guide, take the time to have a meaningful discussion with your loved ones about the principles that are most important to you. You can then begin to weave those values and beliefs into your legacy letter. This can be a touching way to pass down life lessons long after your lifetime and build your legacy.

## Start the Conversation

You can preserve your legacy letter in many ways:

- **A simple written letter.** This is the easiest way to create a permanent record of your values that will not become outdated with changing technology.
- **Online tools.** In addition to your letter, you can add photos to highlight specific points you address. You can also create a website or post on social media.
- **Film a video testimonial.** A recording can provide an added dimension and bring your story to life in your own voice.

Everyone has a story to tell. Be sure that your loved ones know yours. Remember to share your connection to Karmanos Cancer Institute in your letter and feel free to contact us if you would like to include a gift to us in your estate plan.



## Questions? We Can Help.

Denise Lowe  
Philanthropy Officer – Annual Giving  
248.226.2163  
lowed@karmanos.org

## *7 Questions to Help Build Your Legacy*

# Create an Enduring Connection WITH A LEGACY LETTER

Throughout life, you create goals and values based on your own experiences. With the help of a legacy letter, you can talk about your wishes in more detail and forge a personal connection with future generations. It's also useful in explaining why Karmanos Cancer Institute is important to you.

Centuries ago, families used storytelling to pass down values, beliefs and ethics. Today, storytelling is an effective way to preserve your philanthropic goals by providing insight and wisdom to friends and family after you pass away.

Although wills and trusts are legal documents used to outline your intentions for the people and causes you cherish most, they don't express why you were inspired to make certain decisions. A legacy letter, also known as an ethical will, can fill that gap. This document can help supplement your estate plan and is the perfect tool to discuss your connection to our organization.

Your letter should feature the principles that guide your life. It may provide critical details that outline family traditions and clarify how you want your legacy to be followed.

## A Special Gift

Your legacy letter is a special gift to others. It's an opportunity for you to provide deeper insight into your life and offer personal lessons.

In preparing your own story, think about your major influences and motivation — experiences that shaped your values. The following questions can help you get started.

**1** What values are most important to you?  
How do you follow these in your daily life?

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**2** What major events affected your view of life?

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Your reflections are life lessons to share with future generations. They may provide you with new perspectives on life and will likely be eye-opening to your children, grandchildren and other individuals who have played a significant role in your life.

**3** Who has been the biggest influence on your life? How have you influenced others during your lifetime?

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**4** What are you most grateful for personally and professionally?

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**5** What are the most important lessons you have learned from your loved ones, friends or colleagues?

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**6** What are your hopes and dreams for the future?

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**7** What advice do you want to leave your loved ones?

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