



**BE INSPIRED.  
ACCELERATE A  
CURE.**



**Join the MMRF Independent  
Events Community**

# BE INSPIRED. ACCELERATE A CURE.

## Meet A Fellow Host

**Event Type:** Social: Cocktail Party & Auction **Event Name:** Chicago Mingle for Myeloma

**Location:** Chicago, IL

**Timing:** March 2020

**About:** MMRF Young Professionals Group in Chicago hosted their 7<sup>th</sup> annual “Mingle for Myeloma” event to raise critical funds for myeloma research. This event was attended by over 400 people and raised over \$90,000!

The evening included delicious food, a fantastic auction, fun photos and a beautiful program. This annual event is hosted by Claire, Alyssa and Michael- all come from familiars who have been affected by myeloma and who devote so much time and energy into this event year after year. The growth this event has experienced in seven years has been inspiring to past, present and future independent event hosts- and has also inspired a young professionals Mingle event in NYC called Aussie Mingle! In 2019 Aussie Mingle raised over \$30,000 for the MMRF and continues to grow!



# BE INSPIRED. ACCELERATE A CURE.

## Meet A Fellow Host

**Event Type:** Sporting: Walk/Run **Event Name:** Stroll the Shore for a Cure

**Location:** Point Pleasant Beach NJ

**Timing:** September 2020

**About:** Lauren Kuhlwein is hosting the 3<sup>rd</sup> annual Stroll the Shore for a Cure in September. In 2019, Lauren gathered over 200 people together for this walk raising over \$10,000 for the MMRF!



## Meet A Fellow Host

**Event Type:** Sporting: Ping Pong **Event Name:** Ping Pong Mania

**Location:** Pleasantville NY

**Timing:** February 2020

**About:** Drew Bender hosted the second annual PING PONG MANIA event in February in honor of his uncle Brad who passed away from multiple myeloma. Drew and his friends raised over \$3,500 for critical cancer research!



# BE INSPIRED. ACCELERATE A CURE.

## Meet A Fellow Host

**Event Type:** Golf Tournament    **Event Name:** JHD Memorial Golf Tournament

**Location:** West Columbia SC

**Timing:** January 2020

**About:** Andrew Drozdak hosted a golf tournament to raise money in memory of his mother who passed away from multiple myeloma in 2019. He and his tournament raised over \$2,500 for the MMRF!



## Meet A Fellow Host

**Event Type:** Social: Art Auction    **Event Name:** Art for a Cure

**Location:** Lawrenceville NJ

**Timing:** February 2020

**About:** Lisa Tomaszewski hosted an art auction in February to raise funds and awareness for the MMRF. Her auction raised over \$3,000!



# CREATE YOUR EVENT TODAY!



## Food/Drink Inspired Events

- Bake Sale
- Benefit Dinner
- Chili Cook-Off
- Cooking Classes
- Cookout
- Cocktail Party
- Pub Crawl
- Tea Party
- Lemonade Stand
- Cookbook Fundraiser
- Spaghetti Dinner
- Cookie Decorating
- Wine Tasting
- Beer Tasting



## Home Inspired Events

- Garage Sale/Yard Sale
- Lawn Mowing
- Leaf Removal Service
- Snow Shoveling
- Knitting/Sewing/Wreath Making Party
- Parties – Halloween, New Year's, Holidays, Birthday, Pool, and even Pet Parties!

# CREATE YOUR EVENT TODAY!



## At School

- Carnival
- Geography Bowl
- Prom Dress Drive
- Read-A-Thon
- Service Project
- Talent Show: Battle of the Bands, a Sing-a-Thon



## At Work

- Jean's Day
- Hat Day
- Office Decorating Contest
- Office Picnic
- Coffee/Breakfast Buy In
- Extra Lunch Time Buy In

# CREATE YOUR EVENT TODAY!



## Around Town

- Balloon or Lantern Release
- Beard or Hair Cutting Challenge
- Car Wash
- Classic Car Show
- Movie Screening
- Painting Party
- Penny Drive
- Restaurant Donation – X% of every check goes to the MMRF
- Rubber Ducky Race
- Trivia Night



## The Arts

- Concerts
- Fashion Show
- Gallery Show
- Art Auction
- Book Sale
- Poetry Reading
- Talent Show

# CREATE YOUR EVENT TODAY!



## Sporting

- Golf Tournament (or Mini-Golf)
- Bowling
- Yoga
- Dodgeball
- Swimming
- Ergathon (rowing)
- Volleyball Tournament
- Kayaking
- Wiffle Ball
- Softball/Baseball
- Basketball Tournament
- Soccer
- Wrestling
- Ice Hockey
- 5K/10K or Longer
- Tennis
- Cardboard Boat Racing
- Pickle Ball
- Cycling
- Dancing
- Roller Skating Party
- Ping-Pong Tournament
- Paddle Boarding



# THANK YOU!

**Additional Questions?:** Please contact one of our Independent Event team members and we would be happy to help:

## **Amy Crawford**

Associate Director

Independent Events Team

[crawforda@themmrf.org](mailto:crawforda@themmrf.org)

203.652.0221

## **Kiley Taylor**

Senior Manager

Independent Events Team

[taylork@themmrf.org](mailto:taylork@themmrf.org)

203.652.0205

## **Kara DeBaene**

Event Coordinator

Independent Events Team

[debaenek@themmrf.org](mailto:debaenek@themmrf.org)

203.354.7256



MULTIPLE MYELOMA  
Research Foundation