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City of Hope

City of Hope is transforming the future of health. Every day we turn science into practical benefit. We turn hope into reality. We accomplish this through exquisite care, innovative research and vital education focused on eliminating cancer and diabetes. © 2012 City of Hope
LEADERSHIP MESSAGE

At City of Hope, our mission is clear: to serve humanity by transforming the future of health. In this age of multitasking and fragmented attention spans, City of Hope focuses on innovative research and treatments that outsmart deadly diseases — one patient at a time. In doing so, we transform the lives of many other people — loved ones, family members and patients across the world who benefit from our scientific breakthroughs.

You can read about the results of our singular focus in many of the stories in this issue of City News. When Toni Stephenson’s lymphoma was cured, the Stephensons were inspired to create the Toni Stephenson Lymphoma Center at City of Hope, funding research to discover effective treatments and cures for future generations. By teaching 9-year-old Edgar Anthony De La Cueva how to cope with his feelings about his father’s leukemia diagnosis, we help inspire moments of bravery, hope and healing.

We see the results in the eyes, smiles and hearts of the patients and families who put their trust in us every day. Together, one patient at a time, we transform the world.

Robert W. Stone
President and Chief Executive Officer
City of Hope

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HOPE IS UNIVERSAL

STAR STUDDED EVENT SURPRISES WITH LEGENDS OF THE INDUSTRY
BY VALERIE HOWARD

This year’s Music, Film and Entertainment Industry Spirit of Life® Gala drew the who’s who of music. Power players gathered to honor Lucian Grainge, CBE, chairman and chief executive officer of Universal Music Group.

The star-studded event, which featured a special musical performance by Sam Smith, raised more than $6 million for City of Hope research, treatment and education programs.

Stars, including Nick Cannon, Aloe Blacc, Selena Gomez, Berry Gordy, Jon Bon Jovi, Sharon and Kelly Osbourne, Smokey Robinson, Russell Simmons, Will.i.am, and others, came to show their support in the fight against cancer, diabetes and HIV/AIDS.

Another special guest was a Universal Music Group employee and current City of Hope patient who came to share his inspiring story of courage, and to thank the donors for their vital role in the quest for a cure.

The gala was held in a custom venue built in the Santa Monica Civic Center parking lot.
Giving Tuesday was created for special places like City of Hope — and the people who make them what they are. Here, May Anonuevo, R.N., Melissa Skalski, R.N. B.S.N., O.C.N., and Marissa Kinderman, R.N., E.H.A., get in the giving spirit. Giving Tuesday, was celebrated on Dec. 1. It’s a day when people all over the world show generosity by giving to their favorite cause. At City of Hope, Giving Tuesday launched a special online campaign in support of research to fight cancer, diabetes and other life-threatening conditions. That way, the spirit of Giving Tuesday — and its impact — will last all year long.

INSTALLING HOPE

BY TAMI DENNIS

Hope is a feeling, but it can also be tangible. In the best cases, it’s both — as with this installation in front of City of Hope Helford Clinical Research Hospital. Commissioned by Universal Music Group, this unique three-dimensional HOPE structure consists of personal messages from individuals and companies who contributed more than $6 million to support City of Hope’s mission. The structure was first displayed at the Music, Film and Entertainment Industry Spirit of Life® Gala honoring Lucian Grainge, CBE, chairman and CEO of Universal Music Group, and will now be a featured installation at City of Hope.
THE ROSE PARADE
SENDING A MESSAGE OF MIRACLES, ONE FLOWER AT A TIME

For the 44th year, City of Hope participated in the annual Tournament of Roses Parade. This year, five patients, along with neurosurgeon and scientist Rahul Jandial, M.D., Ph.D., R.N., and nurse researcher Betty Ferrell, Ph.D., celebrated the new year atop City of Hope’s float. Themed “The Miracle of Science with Soul,” the float represented the present and the future for City of Hope and its patients.

WALKING THE WALK
BY DANIELLE SAPIA

A world without women’s cancers — that was the goal of thousands of participants in our recent Walk for Hope, presented by Staples. The 5K/2K fundraising walk raises funds for research into breast and other women’s cancers and is the cornerstone of the national Walk for Hope series. The signature event is unique in that it’s held in the same location where breakthrough research is conducted and where lifesaving treatment is delivered. A highlight of the event is the opportunity to wave, cheer and salute cancer patients watching from City of Hope Helford Clinical Research Hospital. The 19th annual event was hosted by actress and author Alison Sweeney, a longtime supporter and Fitness Ambassador for City of Hope.

City of Hope scientists discovered that blueberry extract slows down the growth and proliferation of triple negative breast cancer cells, and also inhibits the cancer cells’ ability to migrate to other organs and metastasize.

“Triple-negative” breast cancers — which make up 10 to 15 percent of all breast cancer diagnoses — are particularly hard to treat because the cancerous cells lack the three receptors that are targeted by commonly available therapies (estrogen, progesterone and HER2).
RAVI SALGIA, M.D., PH.D.

Ravi Salgia, M.D., Ph.D., is professor and chair in the Department of Medical Oncology & Therapeutics Research. He holds the title of the Arthur & Rosalie Kaplan Chair in Medical Oncology. He is board-certified in both internal medicine and medical oncology. Dr. Salgia is internationally known and respected for his basic and clinical research in the area of lung cancer, and is considered a major authority in this important area.

Dr. Salgia has consistently received major grants from the National Institutes of Health (NIH) and has been awarded several invention patents related to his work. He is the recipient of multiple honors and awards, including the Pi Mu Epsilon Andree Award for “Volume of an n-Dimensional Unit Sphere” and serving as a chartered member of the NIH/National Cancer Institute’s (NCI) Tumor Progression and Metastasis Study Section. Dr. Salgia was also elected as the translational science representative on the Thoracic Malignancy Steering Committee of the NCI.

VERONICA JONES, M.D.

Veronica Jones, M.D., has joined City of Hope from Emory University in Atlanta. She is board-certified in surgery, specializing in breast surgery. She is an assistant clinical professor.

Dr. Jones is highly trained in breast surgery, and has received multiple awards, including the American Society of Clinical Oncology Resident Travel Award, the Matthew Walker Surgical Society Award and the Rebecca M. Lee Scholarship Award.

WAI-YEE LI, M.D., PH.D.

Wai-Yee Li, M.D., Ph.D., is an assistant clinical professor of surgery, specializing in plastic surgery and reconstruction.

Dr. Li has received several honors in the past, including the Leonard R. Rubin 2014 American Association of Plastic Surgeons Best Paper Award; the Southern California Clinical and Translational Institute Pilot Funding Award, Novel Methods and Technology for a Tissue Engineered Auricle for Microtia application in 2013; the Operation Smile Stryker Fellowship to fund a mission trip to Guangzhou, China in 2012; and the American College of Surgeons Excellence in Research Award in 2006.

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LALEH MELSTROM, M.D., M.S.

Laleh Melstrom, M.D., M.S., is an assistant clinical professor in the Department of Surgery, specializing in hepatopancreato-biliary and melanoma surgery. She was recruited from Rutgers Cancer Institute of New Jersey/Robert Wood Johnson Medical School, and is currently board-certified in surgery, while also formally certified as a robotic surgeon.

Dr. Melstrom has been recognized for her achievements in the past, including the Northwestern “Resident as Teacher” Award. She received a Howard Hughes Medical Institute Research Fellowship, a Chicago Surgical Society Annual First Prize Award for Surgical Research and the Northwestern University Kanavel Scholar Award. In 2015, Dr. Melstrom was named a fellow of the American College of Surgeons.

VICTORIA L. SEEWALDT, M.D.

Victoria Seewaldt, M.D., has recently been appointed as the Ruth Ziegler Chair in Population Sciences at City of Hope, and is also associate director of the comprehensive cancer center. She is board-certified in internal medicine and is a member of NCI’s Board of Scientific Advisors. Her own research involves study of genetic risk factors for women with breast cancer, and attempts to define characteristics which might predict development of cancer, before it occurs.

Dr. Seewaldt has had continuous NCI R01 funding for the past 14 years and was recently awarded a U01 grant to test whether combined imaging and biomarkers can provide early detection of aggressive breast cancers. She aims to empower women who are at risk for breast cancer to be full partners in developing wellness strategies that promote personal health.

DANENG LI, M.D.

Daneng Li, M.D., is an assistant clinical professor in the Department of Medical Oncology & Therapeutics Research, and came to City of Hope from Memorial Sloan-Kettering Cancer Center in New York City. He is board-certified in internal medicine, specializing in geriatric oncology and gastrointestinal oncology.

Dr. Li received multiple awards prior to his arrival at City of Hope, including the Henry Adelman Memorial Award for Excellence in Geriatric Medicine and the Presidential Poster Award, which was presented at the American Geriatrics Society Annual Meeting in 2007.
GRATEFUL FOR THE GIFT OF LIFE

EVERY DAY IS A GIFT FOR LYMPHOMA SURVIVOR
TONI STEPHENSON

BY NANCY BRANDS WARD
NEARLY THREE YEARS AFTER BEING DIAGNOSED WITH T CELL LYMPHOMA, TONI STEPHENSON IS FEELING GOOD. So good, in fact, that she and her husband, Emmet, are planning their first trips abroad in as many years. This spring, they’ll cruise down the Danube in Eastern Europe, then in the summer they’ll head to Botswana, Zaire and South Africa on their fifth visit to the African continent.

A MIRACULOUS LIFE

Ill travel plans were waylaid by Toni’s treatment and the need to rebuild a lifetime of immunity that was destroyed by an autologous stem cell transplant. Over the past two years, she’s retaken immunizations she had in childhood and beyond so that she can travel safely once more.

The Stephensons chose City of Hope for treatment after learning that Toni’s cancer had crossed the brain barrier, a rare occurrence that signaled relapse, during chemotherapy at another institution. Emmet — whose daughter says “never does anything halfway” — had already thoroughly researched options. City of Hope had the best record with complex cancers and relapses.

That world-class reputation is a primary reason that the Stephensons, together with their daughter, Tessa Stephenson Brand, donated $10 million two years ago to create the Toni Stephenson Lymphoma Center at City of Hope.

Toni is no longer receiving treatment and is thrilled to finally be off an experimental drug she began taking in the first clinical trial of its use for T cell lymphoma at City of Hope. Emmet was quick to point out, however: “Let’s give credit where credit’s due — that drug has helped save her life.”

“The doctors would say I’m in remission and have been for over two years ... I don’t intend to get it again, so I’m cancer free.”

— Toni Stephenson

That drug, which was approved by the Food and Drug Administration for lung cancer about a year before Toni received it, was invented many years earlier. Long before that, Emmet explained, someone had funded the research that produced that drug.

“We think we should do that for the next generation,” Emmet says. “We’re investing in the future of medicine and the next generation’s health care.”

Noting that while lymphoma is personal to her family, Tessa said that tackling cancer overall couldn’t be more important: “I think we’ve learned that cancer is a huge threat to the world, why not try to take it on head first?”

At City of Hope, the Stephensons were astonished to see Toni’s doctors — Auayporn Nademanee, M.D., the Jan & Mace Siegel Professor in Hematology & Hematopoietic Cell Transplantation, and Stephen J. Forman, M.D., the Francis & Kathleen McNamara Distinguished Chair in Hematology and Hematopoietic Cell Transplantation, both senior physicians in the Department of Hematology & Hematopoietic Cell Transplantation — making weekend rounds in the hospital. They were also impressed by the speed of diagnosis: 72 hours at City of Hope versus 17 days at another hospital.

“When cancer is doubling every 45 days, those saved days matter a lot,” Emmet says.

Today Toni is cancer free: “The doctors would say I’m in remission and have been for over two years," she says. “I don’t intend to get it again, so I’m cancer free.”

Entrepreneurs who’ve over the years built diverse businesses ranging from portfolio management to Internet publishing, Toni and Emmet continue to work together with only slightly diminished schedules. Friends since kindergarten, they’re looking forward to celebrating their 50th wedding anniversary next year.
In one, scientists are testing a small molecule called siRNA that shuts lymphoma cells down when it penetrates them. The City of Hope scientist who discovered siRNA will eventually test it in other cancers like leukemia and breast cancer, but the seed money from the $10 million Stephenson gift made it possible to test it first in lymphoma.

“That’s one example where the Stephenson funding allows us to take an intentional approach in focusing translational research toward lymphoma,” says Larry W. Kwak, M.D., Ph.D., the Dr. Michael Friedman Professor in Translational Medicine and director of the Toni Stephenson Lymphoma Center. “We hope to have it in human patients in a clinical trial within a year.”

The second effort expected to be up and running within the year is a lymphoma tumor bank. Although much research is conducted with cell lines and in mice, Kwak explains that access to primary lymphoma tissues is essential to making leading-edge discoveries. Creating a tumor bank is a complex undertaking, and the lymphoma bank served as a pilot for other types of tumor banks at City of Hope.

“These types of resources are not fundable by standard grants because they’re viewed as infrastructure rather than hypothesis-driven,” says Kwak, a world-renowned physician and scientist who has pioneered breakthrough innovations in immunology and cancer vaccines. “But [the tumor bank] is critically important to generate hypothesis-driven research.”

Both efforts keep City of Hope right at the forefront of lymphoma research and treatment. They were developed in the seven months since Kwak took the helm at the Toni Stephenson Lymphoma Center. They build on City of Hope innovations as well as his team’s work over a decade, and they fulfill his own personal passion: “Being able to take the discoveries made in my laboratory across the street and offer them to patients I’m seeing in the clinic. Personally, there’s no greater satisfaction than that.”
Long ago people traveled great distances to be healed. To places it was said miracles occurred. Today, people come to a place of scientific miracles: City of Hope.

At City of Hope, we provide innovative and caring treatment from some of the world’s top doctors and medical explorers. There are few hospitals capable of taking a discovery and bringing it all the way to the treatment of an individual.

“What impressed me is the research right there on campus,” said Jim Murphy, who overcame esophageal cancer. “If they have something experimental, it goes from the researcher, right to the doctor, right to you.”

But it is not enough to just heal the body. We also help you re-become the person you were. At City of Hope, we combine science with soul to create miracles. Find out more at CityofHope.org.
Fit for Life

BY ROBIN HEFFLER

THANKS TO CITY OF HOPE, TESTICULAR CANCER PATIENT RESUMES FULL, ACTIVE LIFE

As a 27-year-old personal trainer in 2007, Matt Hebert was in better shape than most people his age. So, when a general physician told him that a lump in his scrotum was probably a cyst, the Anaheim Hills, California, resident was concerned but not alarmed.

A year later, Matt saw an urologist who wanted to remove and biopsy the by-then enlarged lump, but he procrastinated. When the lump was finally removed in 2009, Matt learned that it was cancer. A radiologist recommended removing both of his testicles and having chemotherapy as well as radiation, which might increase the risk of additional cancer.

Uncomfortable with the advice, Matt turned to family friends Dick and Carole Spezzano, very active members of the Southern California Food Industries Circle, a City of Hope support group. They connected him with Cheryl Kennick, senior director of development for the circle.

“The next day, the head of admissions at City of Hope called me to start the check-in, examination and diagnosis process,” Matt said.

Although an adult, Matt saw a pediatric oncologist, Judith Sato, M.D., because his growth was found to be an undifferentiated para-testicular sarcoma, an aggressive and rare form of testicular cancer usually found in children. Sato told him that a City of Hope surgeon would remove only the testicle near the lump, and preserve the other one by temporarily relocating it out of the target area for the radiation and chemotherapy that would follow.

“She gave me a treatment option I could live with,” Matt says. “Some of the treatment, which lasted for a year, was pretty grueling, but I always felt that I was being taken care of and they knew what they were doing. I remember that phone call from the doctor saying that the lymph nodes they removed were clear and the cancer hadn’t spread, and experiencing a huge sigh of relief.”

Matt finished treatment in 2010, and now goes back for check-ups once a year. He has been cancer-free and leading a full and active life. The sales director for his family’s food brokerage company, he still finds time for fitness exercises and roller hockey, too. Matt also serves on the board of directors of the Dairy, Deli and Bakery Council. That organization, like the Food Industries Circle, has supported City of Hope for decades.

Best of all, Matt will still be able to have children one day.

“If I think going to City of Hope saved my life,” Matt says. “It’s an organization that has the patient’s health and well-being foremost in mind. Food industry groups support City of Hope because donations go to improving advanced treatments and finding new cures. I’m one person who has benefited from that.”

If you have been diagnosed with testicular cancer or are looking for a second opinion consultation about your treatment, request an appointment online or contact us at 800-826-HOPE.
WORKING TOGETHER TO SAVE LIVES —
that’s the mission of the industry fundraising groups at City of Hope. Just ask any member of the Food Industries Circle.

The four regions of the circle — Southern California, Northern California, Pacific Northwest and Southwest — constitute one of the largest volunteer pillars of support for City of Hope. This nationwide collaboration of retailers, brokers, manufacturers, suppliers and distributors join forces to transform the future of health.

“I have been on the board of the Pacific Northwest Food Industries Circle for more than 15 years and have chaired the auction for 10 of those years. The passion that everyone whom I have ever met at City of Hope has always been the reason I give my time back to City of Hope, and to share City of Hope’s learning with the world.”
- Dale Wilson (QFC, Haggen), president, Pacific Northwest Food Industries Circle

City of Hope virtually provides hope for every patient who seeks its help, as well as for the destruction and elimination of this devastating disease. I cannot think of a more deserving cause for our efforts as individuals and as an industry.”
- Steve Junqueiro (Save Mart Supermarkets), president, Northern California Food Industries Circle

“City of Hope — I couldn’t imagine a more perfect name. Visiting the campus you feel that hope is truly alive, and each person you encounter lives that hope, breathes that hope. This is a community that is making a real difference each day in so many lives.”
- Neal Malsom (Bar-S Foods), longtime executive board member of the Southwest Food Industries Circle

“I have always been proud to support City of Hope, both personally and professionally. My entire family knows the incredible impact City of Hope has on the health of our family and friends, and at Food 4 Less, we are honored to continue to support the vital work accomplished here to make our communities healthier and stronger.”
- Joe Buescher (Food 4 Less), president, Southern California Food Industries Circle
BEATING PROSTATE CANCER:
TAKING OFF THE BRAKES

99% 5-YEAR SURVIVAL RATE
LOCALIZED PROSTATE CANCER

27,000 MEN DIE EACH YEAR FROM PROSTATE CANCER

28% 5-YEAR SURVIVAL RATE
METASTASIZED PROSTATE CANCER
“This is a very exciting time for cancer therapy,” says assistant research professor Saul Priceman, Ph.D. “The progress we’ve made highlights the tremendous potential, still in its infancy, that’s yet to be realized.”

The need is clear. Localized prostate cancer has a five-year survival rate of nearly 99 percent, but when prostate cancer spreads throughout the body, the survival rate drops to 28 percent. The disease kills more than 27,000 men each year.

Much of the new excitement is focused on immunotherapy, especially T cells genetically engineered to produce chimeric antigen receptors, or CARs, which attack cancer cells with matching antigens. When researchers unleashed CAR-T cells on the CD19 antigen in leukemia and lymphoma, “the responses were so complete, it was staggering,” Priceman says. “There’s never been such a robust therapy for blood cancers.”

As a group leader in City of Hope’s T Cell Therapeutic Research Lab led by Stephen J. Forman, M.D., the Francis & Kathleen McNamara Distinguished Chair in Hematology and Hematopoietic Cell Transplantation, Priceman’s mission is to achieve comparable success targeting harder-to-pinpoint antigens in solid tumors, particularly for prostate cancer. The team has identified an appropriate target, and a human clinical trial is projected for early 2017.

And that may be just half the story.

“More and more people are coming to realize that cancer is, in fact, a disease of the immune system,” says Marcin Kortylewski, Ph.D., associate professor, Department of Immuno-Oncology. Leveraging that relatively new concept, Kortylewski and Priceman are working on a potential “double blow” attack plan, combining CAR-T cell treatment with a therapy that disrupts STAT3, a protein that’s known to suppress the immune system.

“You need to do more than just stimulate the immune system, if the system is dysfunctional. What we’re doing is taking off the brakes,” says Kortylewski.

Key to Kortylewski’s plan is a way to shut down STAT3’s cancer-promoting properties while turbocharging immune cells. Human trials could begin as early as 2017.

Researchers have also applied new thinking to traditional hormone therapy. For decades, doctors have known about the link between prostate cancer and the testosterone-powered androgen receptor, which triggers cancer cell growth. Drugs that attack the receptor by suppressing testosterone levels eventually lose their effectiveness because cancer cells adapt to keep growing without testosterone.

Now assistant professor Jeremy Jones, Ph.D., is working with a drug derived from pyrvinium (originally used to treat intestinal worms) that targets the androgen receptor independent of testosterone, killing cancer cells and preventing eventual resistance. Human trials are estimated to be 18 months away, after Jones and his team develop a pill to deliver the normally-insoluble pyrvinium molecule.

Jones and assistant clinical professor Sumanta Pal, M.D., are also moving forward with perfecting the “liquid biopsy,” capable of detecting tumor cells in the bloodstream, a much less invasive procedure compared to extraction biopsy of tumor tissue.

“We now have the technology to pull from blood some of the same information we would get from cancer tissue,” says Jones.

Whatever the particular treatment or methodology may be, for City of Hope researchers, the goal is always the same: “Anything we do in the lab,” says Jones, “must have a clear path toward helping patients as quickly as possible. That’s the purpose of our research.”

Researchers at City of Hope believe they are on the verge of significant breakthroughs in the treatment of advanced prostate cancer, thanks to new thinking and “staggering” early success.
Whether through a groundbreaking study to identify people at risk of cancer, the creation of a microscopic delivery system for tumor-blasting drugs, or the development of a way to unleash the body’s own immune system, at City of Hope the ultimate goal remains the same: to develop the most powerful and effective cancer-fighting weapons for today and well into the future.

Here are some of the most exciting strides our supporters have helped us achieve:

**NEURAL STEM CELLS, NANOPARTICLES ... AND MAGNETS!**

Neural stem cells have an inherent ability to migrate to tumor sites in the brain and throughout the body. Karen Aboody, M.D., a pioneer in neural stem cell therapy, is engineering neural stem cells to deliver the cancer-killing agent cytosine deaminase directly at the tumor site.

For even more effective delivery of cancer-killing drugs, Jacob Berlin, Ph.D., assistant professor of molecular medicine, is testing the use of carbon nanotubes, as well as iron oxide nanoparticles directed by external magnets. Together, the tubes and the magnets could direct chemotherapy drugs precisely where they’re needed.

**TRANSPLANTS, T CELLS AND LEUKEMIA**

City of Hope’s immunotherapy research in blood cancers has produced promising advances on several fronts. We are the first and only center in California to use genetically-modified T cells to treat acute lymphoblastic leukemia and lymphoma. We are the only facility in the United States currently testing a treatment for acute myeloid leukemia using T cells modified to recognize the antigen CD123.

Treatment doesn’t stop with transplant. Stephen J. Forman, M.D., the Francis & Kathleen McNamara Distinguished
Chair in Hematology and Hematopoietic Cell Transplantation, and Christine Brown, Ph.D., associate director of the T Cell Therapeutics Research Laboratory, are employing a tumor-specific immune response to reduce the chances of relapse.

City of Hope has the only blood cancers program to achieve survival results above expectations for more than a decade.

**MYELOMA ADVANCES**

City of Hope’s work in this little-known area is expanding.

We now receive approximately 30 new patient referrals each month, plus numerous requests for second opinions and access to our clinical trials.

Research into new drugs and drug combinations is proving particularly promising:

- Some of our researchers are collaborating with Harvard’s Dana Farber Cancer Institute and MIT/Harvard’s Broad Institute on a new class of checkpoint inhibitor drugs.
- To inhibit myeloma cells, Amrita Krishnan, M.D., is evaluating a combination of ixazomib, which targets enzymes that help regulate cell division and survival, and pomalidomide, which restricts blood vessel growth in tumors.
- Michael Rosenzweig, M.D., M.S., is conducting a trial for high-risk multiple myeloma patients to test a three-drug combination: Revlimid, Velcade and dexamethasone.
- Even the most familiar drugs can be surprisingly effective in combination with others. The point is to explore all possible avenues.

**IDENTIFYING PEOPLE AT RISK**

James Lacey Jr., Ph.D., associate professor of cancer etiology, is leading a project to collect blood and saliva samples from over 20,000 participants. By gathering data from such a large population, Lacey’s team hopes to identify new biomarkers that can reveal cancer risk, help detect cancer earlier, offer more accurate prognosis and even determine the best treatment.

At City of Hope, fighting cancer isn’t just about treatment. It’s about prevention as well.

**HOW DO I FIND OUT MORE ABOUT CLINICAL TRIALS AT CITY OF HOPE?**

You may search through our active clinical trials online. To speak with one of our care professionals about treatment at City of Hope, contact our New Patient Services online or call us at 626-218-1133.

**WWW.CITYOFHOPE.ORG/CITYNEWS**
Giving Back

HOW DOES THIS PATIENT SAY ‘THANK YOU’? LET US COUNT THE WAYS

BY LAUREL DIGANGI

THE NEWS WAS FAR FROM COMFORTING FOR VICKI SCHWARTZ: ALTHOUGH SHE HAD INTERVIEWED DOCTORS FROM SEVERAL DIFFERENT HOSPITALS, NONE WERE ABLE TO DEFINITIVELY IDENTIFY HER CANCER, AND MOST SAID SHE NEEDED A BONE MARROW TRANSPLANT.

Upon the recommendation of a friend, she went to City of Hope and met with Stephen J. Forman, M.D., the Francis & Kathleen McNamara Distinguished Chair in Hematology and Hematopoietic Cell Transplantation.

“The minute I met him, I felt that City of Hope was where I belonged,” says Vicki. “Dr. Forman was very thorough, reassuring and comforting.” Forman determined that the best treatment for Vicki was not a bone marrow transplant, but heavy chemotherapy, surgery and radiation. Now, 23 years and two additional cancers later, Vicki is still Forman’s patient. “Dr. Forman saved my life, and I have a great deal of respect for him and for City of Hope,” she says.

Since her initial recovery, Vicki’s passion has been to pay back her gratitude to City of Hope. Beginning in 1994, and for the next 10 years, she lent support and counseling to other cancer patients through City of Hope’s Patient Ambassador Counseling Program.

She also participated in clinical trials, and in 2005 joined City of Hope’s Speakers Bureau, sharing her experiences at various events and fundraisers.

“Because of the research these donors have funded, I was able to participate in clinical trials and other innovative treatment protocols that saved my life,” says Vicki. “I want to do everything I can to say thank you.”

Currently, Vicki is an ambassador through City of Hope’s Employee Giving Program, and has recently joined the board of directors of the Cancer Support Community of Pasadena. She also serves on the leadership committee of Circle 1500, a giving circle of women who pool their donations, then select and award a $25,000 grant to an innovative research project at City of Hope.

In addition to a ‘career’ in giving back, Vicki, now retired, also enjoyed a successful career as a corporate finance attorney. She and her husband, a corporate attorney and investor in early stage technology companies, have 19-year-old twins, a son and a daughter who both attend college. Vicki and her husband recently renovated a historic home in the Pasadena area.

“I’m a very private person and it’s not in my nature to put myself out there, but I believe in City of Hope and its doctors,” says Vicki. “There’s no way I could possibly thank them for almost 24 years of compassionate, personalized care, except to do what I do.” ■
TRANSFORMING DISCOVERIES

CIRCLE 1500 PROVIDES SEED MONEY TO FUND NEXT GENERATION OF DRUG DISCOVERY

BY LAUREL DIGANGI

Jacob Berlin, Ph.D., hopes to dramatically transform the way new cancer-fighting drugs are discovered. And thanks to a $25,000 donation from Circle 1500, a giving circle that supports women’s cancers research at City of Hope, he’s now closer to his goal.

According to Berlin, assistant professor of molecular medicine at Beckman Research Institute of City of Hope, major drug companies can spend a year examining a million chemical compounds, searching for one that will inhibit a specific protein, or “target,” that causes or regulates a disease. In contrast to this time-consuming, expensive process, a technique developed by Berlin and his team can examine a million compounds in one day. By spring, they hope that number will be a billion.

“This will transform drug discovery from large companies looking at millions of compounds, slowly, to someone in a lab looking at a billion compounds in one afternoon,” says Berlin.

For their first “target,” Berlin and his team are using this technique to search through compounds for one that will inhibit a Herceptin-resistant, cancer-related protein discovered by Susan Kane, Ph.D., professor emeritus of cancer biology at Beckman Research Institute. “It’s an ideal application of our technology,” says Berlin. “and would potentially help a patient population in need.”

A CIRCLE OF PHILANTHROPY, EDUCATION AND CAMARADERIE

Named after City of Hope’s “1500 Duarte Road” address, Circle 1500 is a philanthropic women’s group that, since January 2013, has grown from six to 60 members. Members annually renew their tax-deductible membership for a minimum of $500. One of the group’s main benefits is that members have the opportunity to vote on which women’s cancers research project at City of Hope they will fund for the year.

Berlin’s project won the group’s 2015 vote. “His research is very compelling and has great potential,” says founding member Dana Reinisch. “It could potentially expand to impact many different types of cancers and other diseases.”

So far the group has funded two research projects in their early stages of development. “The ability to supply seed money to fund the very first phase of research is exciting,” says member Connie McCreight.

For members who have been touched by cancer, either personally or through family and friends, Circle 1500 offers educational opportunities through lectures, discussion and symposiums. “The whole feeling is a tightly-knit circle of friends,” says Dana Reinisch.

For more information about Circle 1500, visit the website cityofhope.org/circle1500 or contact Janet Morgan at 626-218-6250 or jmorgan@coh.org.
At 29, Kommah McDowell received a grim diagnosis: She had the rarest and most aggressive form of breast cancer, with only a 5 percent chance of survival and no chance of having a child.

Today, Kommah, healthy and the mother of a son, is testament to City of Hope’s commitment to patient-centered, integrated care and one of six patients showcased in “The Miracle of Science with Soul,” a new initiative designed to give patients unparalleled access to lifesaving therapies based on laboratory breakthroughs.

The campaign was inspired by patients wishing for a miracle to cure their seemingly hopeless conditions.

“City of Hope is a remarkable institution, committed for over a century to providing the finest of medical care, within the context of compassion and true human caring,” said Alexandra M. Levine, M.D., M.A.C.P., chief medical officer at City of Hope. “It is with the merging of science and soul that we are able to provide the outstanding care for which we are known.”

Blending television, radio, print and online advertising, and the staging of events at City of Hope’s 15 locations in the Los Angeles area, “The Miracle of Science with Soul” campaign highlights the institution’s multidisciplinary teamwork, individualized treatment approach, and distinct fusion of science and research innovation with compassionate care.

Nearly 2,000 patients treated at our main hospital each year first came to us for a second opinion.
Pictured left: Firefighter Gus Perez received a bone marrow transplant which helped him overcome chronic myelogenous leukemia.

Below, Christine Pechera survived lymphoma and is living testament to our efforts.

Ben Teller came to City of Hope for a stem cell transplant to fight a relapse of lymphoma.

GUS SURVIVED LEUKEMIA

CHRISTINE SURVIVED LYMPHOMA

BEN SURVIVED LYMPHOMA
Bob Dickey’s first sign of trouble came in September 2010, when the father of three snapped several vertebrae at the gym. He soon found out that the incident was the result of his bones being weakened by advanced multiple myeloma.

After a month of unsuccessful chemotherapy, Bob was referred to City of Hope for treatment, where he received a stem cell transplant in 2011. Since his journey through cancer began, Bob has stayed physically active, finding ways to raise money for multiple myeloma in the process.

Here, he answers questions about his diagnosis and treatment at City of Hope.

**Q.** What was your most pivotal emotional moment during treatment?

**A.** Honestly, it was my first day at City of Hope. I was pretty emotional because I knew I had found the place that could save me. City of Hope and Dr. (Amrita) Krishnan are the reason life is so good today.

**Q.** What is one piece of practical advice you would give other patients?

**A.** For stem cell transplant patients, it is imperative that you rinse your mouth with antiseptic mouthwash. Your mouth is a host of germs and keeping the germs down will keep the mouth and throat sores away.

**Q.** Which person at City of Hope has had the biggest impact?

**A.** Dr. Amrita Krishnan. She is the smartest person I’ve ever met. I’m alive largely because of her, and her staff at City of Hope.

— Bob Dickey

[Dr. Krishnan] ... is the smartest person I’ve ever met. I’m alive largely because of her, and her staff at City of Hope.

— Bob Dickey

What I Learned…
Emily Bennett Taylor was getting ready to celebrate her second wedding anniversary with her college sweetheart in June of 2012 when she learned she had been diagnosed with Stage 4 lung cancer. Emily, then 28 years old, was a former college athlete who had led a healthy and active lifestyle and had never smoked. She quickly began treatment at City of Hope and vowed she would do whatever it took to survive. After eight rounds of chemotherapy, as well as surgery and radiation, Emily is now in remission and getting ready for her next adventure – becoming a mom.

Here, Emily answers questions about her diagnosis and treatment at City of Hope.

Q. What practical tips can you give other patients going through treatment?

A. Sleep — Sleep as much as you can, as often as you can. Your body needs time to recover and let the treatments do their work.

Celebrate — Celebrate even the littlest of milestones. (I woke up today and didn’t feel like crap!)

Stay ahead of the nausea — Talk to your doctor about adding an anti-nausea medicine in with your infusion.

Eat small meals — Being too full or too hungry makes nausea worse; the best way to prevent nausea is to eat small meals throughout the day.

Drink water — Staying hydrated is so important. Drink lots of water during treatment.

Stay warm — Chemotherapy can make you cold so bundle up during infusions. Warm fuzzy socks, lots of layers and a blanket.

Q. What family member or loved one did you rely on most?

A. I can say with all honesty that I would not be here today had it not been for my loving husband, Miles. When I was diagnosed, I think he was probably more scared than I was. But he used that fear to spring into action. He researched treatments, coordinated doctor appointments and made sure I was sleeping, eating and drinking enough, all while working full-time.

Knowing that he was taking care of everything else allowed me to focus on getting strong for my treatment, fighting through the pain and resting up for the next challenge ahead.

Q. Which person at City of Hope had the biggest impact — and how did he/she help?

A. I give an enormous amount of credit to my oncologist, Dr. Karen Reckamp. She is truly amazing. But there is definitely one unsung hero of mine, and that’s Carrie Christiansen, a registered nurse. As a cancer patient you have a ton of questions and there isn’t always someone to answer them. Carrie always made time to answer all of our questions thoroughly, whether via email, phone or in person. From the second we saw her smiling face I could feel the stress rush out of us at every appointment. And I know she’s like that with all her patients. She’s truly amazing.

Knowing that my husband was taking care of me allowed me to focus on getting stronger for my treatment...

~ Emily Bennett Taylor
Healing for the Whole Family

SUPPORTIVE CARE SERVICES HELPS KIDS UNDERSTAND, OPEN UP ABOUT THE ‘SECRET’ OF THEIR FATHER’S CANCER

BY NANCY BRANDS WARD

(L-R) Myrella Rico, Edgar De La Cueva Sr., Meea and Edgar Anthony.
When His Mother’s Cervical Cancer Went into Remission, 9-Year-Old Edgar Anthony de La Cueva Spread the News to Everyone. “My Mom Beat Cancer,” He Boasted to His Friends, His Teacher, His Entire Class.

But the celebration soon turned bittersweet when the family learned that his father, 32-year-old Edgar Sr., had been diagnosed with acute myeloid leukemia. Edgar Anthony and his 5-year-old sister, Meea, had been so happy, and now this sadness. How could they talk about it? They chose not to — keeping their father’s cancer their shared “secret.”

“I think they felt disappointed to now have their dad — the man of the house — sick,” says the children’s mother, Myrella Rico.

In the hospital for a bone marrow transplant in December, Edgar Sr. and his family found themselves supported by City of Hope’s integrated web of services offered under the umbrella of the Department of Supportive Care Medicine.

Tiffany Yang, M.S., C.C.L.S., a child life specialist with the department, provides age-appropriate education for children of adult patients, regarding the disease and its treatment. Using a model of a cutaway bone exposing the marrow, she gave Edgar Anthony and Meea a visual of what was happening inside their dad’s body.

“I explained how we’re getting rid of the cancer cells, how we’re destroying his bone marrow that doesn’t work properly and how we’re replacing it with their uncle’s healthy bone marrow,” Yang says. “And how we’re hoping their dad grows their uncle’s healthy bone marrow.”

Yang, who also teaches coping skills to children, was able to get Edgar Anthony to open up about his feelings. She suggested that sharing would enable others to support him and his sister through their dad’s cancer.

The all-encompassing, proactive nature of support at City of Hope is different from what the family experienced with their mother’s care at another institution. “It’s never-ending, the things they bring forward to encourage and help you here. We feel blessed that we’re in a good place where we feel that everything’s going to be OK,” says Myrella.

City of Hope’s Department of Supportive Care Medicine is considered the gold standard in cancer care, recognized by the National Cancer Institute with a sizable grant to train other health care organizations in the model. Natalie Schnaitmann, M.S.W., L.C.S.W., director of operations for the department emphasized that, “None of it would be possible without philanthropic support.”

It’s never-ending, the things they bring forward to encourage and help you here. We feel blessed that we’re in a good place where we feel that everything’s going to be OK. ~ Myrella Rico
THERE ARE FEW AMONGST US WHO HAVE NOT EXPERIENCED LOSS OF A FRIEND OR
LOVED ONE, OFTEN WITHOUT WARNING IN AN ACCIDENT OR, AS WE’VE SEEN ALL
TOO OFTEN RECENTLY, IN ACTS OF TERRORISM. For those of us who care for people with
cancer, the experience of loss after a lingering illness is, though more predictable, just as
deeply felt. It is a time when emotions run high and deep. As time passes from the moment of
loss, we often hear how important it is for those who have most directly experienced the void
to gain closure in order to move on with their own lives. We seek that closure as a way of
tidying up, fearing that the memory of that person or a well-meaning comment may provoke
unintended pain or undo what time is said to heal.

The reality is, closure is a myth.

BY STEPHEN J. FORMAN, M.D.

My personal and professional experience with those who
have lost family and friends, including children, has taught
me that going on with life is not the same as gaining closure. The wound of
loss is indelible and a part of each person’s life forever, punctuated by many moments
of recollection. It is sometimes predictably provoked by a date on the calendar or, less
predictably, by a sight, sound, aroma, melody, or a place that evokes an immediate
awareness of that person, long after their physical presence in our lives has ceased.

We continue to think about those dear
to us, perhaps not every day, nor with the
same intensity, but our lives are populated
by those who we know and, sometimes
more profoundly, by those whom we
remember. The experience of these personal moments, seemingly
forever paused in time, can
cause us to feel alone, especially during sentiment-filled holidays. This aloneness is
heightened by a false expectation that these experiences should and will at some point
be over. None of us should assume that the families of the innocent victims of terrorism
in San Bernardino and Paris will ever be the same.

No matter how long it has been, we do not
stop recalling such people, who remain a
presence in our lives, these echoes from the
past, and they may even help define the very
direction we follow as we go forward in
life. To deny such memories or experiences
is to deny precious moments of love, of
fellowship, of gratitude and inspiration. Grief
changes the experience of loss, but does not
close or eliminate it, and is not intended to do
so. To close the memory does not sustain the
healing nor help in proceeding with life. Such
echoes from the past are voices in the present
and are sometimes warmly felt.
As humans, we are connected to each other and despite differences in culture, religion or ethnicity, we all yearn to remember. Nearly every culture has its way of preserving memory and we build memorials as perpetuators of collective memory, whether it is the Vietnam Memorial on the Capitol Mall, the field of empty chairs in Oklahoma City, the Holocaust Museum or the 9/11 Memorial in New York.

Cemeteries offer a communal "safe" space where grief is openly welcomed and expected. Visitation rights to a plot do not suddenly expire six months after a burial, a time marked by some in the medical community as the "normal" grieving period. In the Jewish tradition, the acknowledgment of the annual Yarhtzeit, the anniversary of the death of a family member, is always done, with a name announced, in the presence of others, provoking a collective memory of a person, providing a shared memory of a life within our own, whether in San Bernardino, Paris, New York, Oklahoma City or Washington. And, of course, these feelings are not confined to these locales, but are shared by people all around the world.

None of these occasions, sometimes formal, but more often spontaneous, are about closure, but rather they are about the fullness in each of our lives that came from our family, loved ones, friends, and those whose lives were touched by that person's presence in our own lives.

In my work as a cancer physician, I often will write to the family of a loved one who was under our care, months after the death, a time when most of the people who were there in the days and weeks after the death have gone back to the busyness of their own lives, and the bereaved is left alone with their own feelings and thoughts. The letters are a chance to remain connected, but also a way to convey that the life of their loved one is an important memory for us, too. The families remain an important presence in our own lives, too, and neither they nor their loved ones are forgotten. These letters, words of acknowledgment and memory, are always welcome, reassuring those whose lives have become interwoven with our own, that their loved one is alive within us, as they are in them.

A few months ago, I ran into a woman who many years ago had, at a very young age and early in her marriage, lost her husband to cancer. She had moved away, met another man whom she adored and married, had a family, raised their children together, along with a successful career, and seemingly had found closure from the tragedy of her early life. As we finished talking and she began to walk away, she turned around, and with eyes full, said: "I think of him almost every day." ■

Stephen J. Forman, M.D., is the leader of the Hematologic Malignancies and Stem Cell Transplantation Institute at City of Hope. He is also the Francis & Kathleen McNamara Distinguished Chair in Hematology and Hematopoietic Cell Transplantation and a professor in the Department of Hematology & Hematopoietic Cell Transplantation.

A condensed version of this essay was published in January 2016 in The Wall Street Journal.
just because a particular community health needs assessment priority is not in your wheelhouse does not mean you should not address it. at city of hope, population health interventions, or public health projects, are not things we, as a cancer hospital, engage in regularly. we do recognize that there are organizations in our community who are experts in this area. this year, with our new healthy living grant program, we funded seven local nonprofit organizations (including two schools and one university) to deliver innovative programs that address one or more of our strategic priorities around cancer prevention, healthy living or smoking cessation. our community benefit advisory council members made the selections and granted $5,000 to each group. the added bonus — city of hope now has an opportunity to learn more about our local vulnerable populations and can help support our local community efforts at tackling health disparities in the most culturally appropriate and specific manner. the end of the funding cycle will result in a half-day conference where grantees will share their program results with the 2016 grantees, and become mentors to the new cohort. city of hope will continue to support this cohort, and future cohorts, with technical assistance and networking opportunities.
For the last 50 years and counting, City of Hope’s International Home Furnishings Industry (IHFI) has been one of City of Hope’s biggest supporters, raising more than $52 million in total.

This year, the IHFI will honor two of their industry leaders with the 2016 Spirit of Life® Award — Farooq Kathwari, CEO of Ethan Allen, and Richard Feng, chairman and CEO of Markor Home Furnishings, a leading United States furniture producer and Ethan Allen’s retail partner overseas that operates 75 stores throughout China.

As part of this year-round fundraising initiative, Ethan Allen will match total City of Hope donations, dollar for dollar, up to $50,000. Donations can be made online at CityofHope.org/ethanallen or at participating Ethan Allen Design Centers by April 30, 2016.

“There is nothing more gratifying than making a difference in people’s lives,” says Kathwari. “Ethan Allen has a profound appreciation for City of Hope’s mission, and we are proud to support the institution’s high-quality patient care as well as the innovative medical research that benefits millions of people worldwide.”

“It is exciting to see the furniture industry come together to support such an important institution,” shares Feng. “I am impressed by the passion and purpose in which City of Hope’s staff work on finding cures for cancer.”

Each year, the IHFI leads a fundraising campaign to support City of Hope’s innovative medical research and compassionate care.
LIVING LIFE TO THE FULLEST

BY CHERISH LO

Sylvia Silverberg is a role model for how to stay vital as you age. At age 83, she regularly presents humor programs for clubs near her home in Florida. She also plays the leading role in making decisions about her finances.

Initially, her humor programs focused primarily on Yiddish humor — but as this language of Eastern European Jews has gradually disappeared, Silverberg has broadened her routines to include themes like “Discovering Humor Hidden in the Golden Years,” “Jewish Food with Love and Laughter” and “A Journey Through the Land of Nostalgia.”

Silverberg learned Yiddish growing up as a first-generation American in an Orthodox Jewish household. “My parents were wonderful people,” she says. “Even though they didn’t have much, they always had something left for those less fortunate.”

From her father she learned the concept of tzedakah, a Hebrew word literally translated as justice or righteousness, but commonly used to signify charity. This commitment to helping others was reinforced and expanded when Silverberg married. “My husband and I were married for 53 years. I consider myself the luckiest woman in the world. He was a wonderful man,” she says.

Silverberg was introduced to City of Hope through neighbors in Florida who were involved in the chapter there. “Many of my friends and neighbors supported City of Hope,” she says. “One day they invited me along. I was so impressed that I’ve been involved ever since.

“Because I lost my husband, a nonsmoker, to pulmonary fibrosis and my father, a garment worker and smoker, to lung cancer, supporting City of Hope’s work is extremely important to me,” she says. “I believe that giving to City of Hope to fund research into cures and treatments will help wipe out these diseases eventually.”

Silverberg has established a charitable gift annuity with City of Hope. She believes so strongly in gift annuities as a means of contributing to the causes she champions that she has four altogether. As she puts it, “You’re giving to an organization that’s doing something constructive, and you’re getting income plus great tax benefits.” And while Silverberg decided to make gift annuities on her own, her accountant endorsed the move.

“It’s the best charity to which you can donate,” she says proudly. “Each of us has been touched by some disease. City of Hope is doing something constructive. What can be better than that?”

BUILDING HOPE

BY TAMI DENNIS

The Construction Industries Alliance doesn’t just lay a foundation. It focuses on the strength of the entire structure — in this case, a fundraising structure. The group has raised more than $16 million in the past 41 years, and 2015 was its best year ever. Under the guidance of Dan Young, the 2015 Construction Industries Alliance Spirit of Life® Gala raised more than $1.25 million. The gala, which drew more than 850 people, honored Young, president of Irvine Company Community Development. The theme of the event was “James Bond,” a favorite character of Young himself.

Right: Dan Young (right) receiving an award from Adrian Foley, chief operations officer of Brookfield Residential, and the groups 2014 CIA honoree.
... the things that really matter, like finding cures for cancer, diabetes, HIV/AIDS and other life-threatening diseases!

**HOPE SWEAT & CURES**
is City of Hope’s fitness and fundraising team for research and treatment.

**UPCOMING EVENTS**

**May 6 to 8, 2016**

When you join the Hope Sweat & Cures team and fundraise for City of Hope’s research and treatment, you’ll receive perks that may include roundtrip airfare, hotel, a pre-race dinner and more! All team members will receive guaranteed entry, FREE virtual training, fundraising support and an official race-day jersey.

**HopeSweatCures.org**
Create a legacy of healing and hope for those with cancer, diabetes and other serious illnesses by leaving a gift to City of Hope in your will. Most gifts cost you nothing now and there is no minimum contribution required. Contact Amy Goldman to discuss giving opportunities that meet your personal objectives at plannedgiving@coh.org or 800-232-3314 or request our complimentary planning publications at www.myplanwithcoh.org.

**DICK AND CAROLE SPEZZANO**

Food Industries Circles supporters and Legacy of Hope Society members