

## UCLA HOSPITAL INITIATIVES ... HEALING HUMANKIND, ONE PATIENT AT A TIME

The sun may have been shining, but at UCLA Medical Center Santa Monica, the forecast was snow. When one terminally ill patient expressed his desire for his children to experience snow, the physicians and staff trucked in thousands of pounds of the real thing to create a magical winter wonderland that he, his family and other visitors could experience. The event exemplifies efforts that include the 3 Wishes Project, aimed at humanizing the dying process and creating positive memories for the family, and a new philanthropic program called the Angel Fund.

At Ronald Reagan UCLA Medical Center, a cuddly dog is keeping critically ill children and adults company as part of the UCLA People-Animal Connection, one of the most comprehensive animal-assisted programs in the country. Each year, the program offers companionship to 12,000 patients, including homeless patients with no families.

Out in the community, the UCLA Health Mobile Stroke Unit is saving lives. The only one of its kind on the West Coast, the specialized ambulance is dispatched by 911 in coordination with the Fire Department to provide in-vehicle diagnosis and on-the-spot treatment of strokes.

These are just a few of the innovative UCLA Health Hospital Initiatives that are made possible through philanthropy.

**Treating the whole patient.** UCLA Health hospitals are ranked No. 1 in Los Angeles and seventh in the nation by *U.S. News & World Report* on its prestigious list of best hospitals. But equally important as its groundbreaking technology, research and clinical care is UCLA Health's commitment to reaching the most vulnerable in the community.

"We are focused on delivering high-quality, leading-edge healthcare in a compassionate way to take the best care of the patient and family," says Johnese Spisso, president of UCLA Health and chief executive officer of UCLA Hospital System. Under Spisso's leadership, UCLA Health Hospital Initiatives and its Partners for Care program focus on supporting projects that improve health, alleviate suffering and deliver acts of compassion.

"Programs like these exist because leaders like Johnese Spisso stand behind their mission to 'heal humankind,



Johnese Spisso with UCLA PAC therapy dog Finley

one patient at a time,'" says Women & Philanthropy board member Dana Katz, who oversees Community Engagement & Buddy Programs for UCLA Operation Mend, a program that offers services for both the physical and psychological wounds of war. The Buddy Programs, which connect wounded warriors and their families with local volunteers who provide social support outside UCLA's clinic and hotel walls, are urgently seeking more volunteers, particularly empty nesters.

**"We are able to bring hope and comfort to patients and families thanks to philanthropic support."**

— Johnese Spisso, president, UCLA Health; chief executive officer, UCLA Hospital System

**Caring for the most vulnerable.** The initiatives are vast and varied, but all share one mission: to offer dignity and hope to patients. They involve everything from music and integrative medicine, to spiritual services and financial assistance — all driven and dependent on philanthropy. "The support of our donor community allows us to go that extra mile for patients and families," says Spisso. "Without their partnership, we couldn't bring these programs forward."

**To find out more about UCLA Health Hospital Initiatives, contact Ellen Haddigan at 310-206-3878 or [ehaddigan@support.ucla.edu](mailto:ehaddigan@support.ucla.edu).**

# PRESIDENT’S MESSAGE: TAKING THE INITIATIVE



What an honor it is to write my first message as your new president, taking the baton from my dear friend and our inspirational leader Naomi Ellison.

I’m delighted that we are highlighting the UCLA Hospital Initiatives on our cover. In the last 15 years of my project management career with UCLA Capital Programs, I was privileged

to be part of the development team for the Ronald Reagan Medical Center and UCLA Santa Monica Hospital. Having had this firsthand opportunity to work with our extraordinary health systems faculty and staff, I have a deep appreciation for their dedication to expanding health care services in our community. Programs like Sound Body Sound Mind (below) are making an impact on our youth in under-resourced communities. And programs like the Operation Mend Buddy Programs, overseen by our own Dana Katz, continue to serve the men and women who serve our country.

Like many of you, I care deeply about multiple academic, research and student support programs and wish that I could do more to ensure their future. With this in mind, I invite you to consider UCLA’s Bequest Challenge (page 3). This initiative encourages university supporters to create a lasting legacy in *any* area — from performing arts to public affairs, classics to astrophysics, and archaeology to environmental studies.

More than 15 years ago, I became a Circle Member of this visionary group of women philanthropic leaders and eventually moved into the Lifetime Member level, while also joining the Board. Over the years, one thing that has clearly not changed, though our group has grown: our commitment to ensuring that the university continues to thrive in excellence.

As we enter UCLA’s Centennial and Women & Philanthropy’s 25th Anniversary, I look forward to serving as your next president.

Anne-Marie Spataru  
President, Women & Philanthropy



## INSPIRING STUDENTS TO LIVE HEALTHIER LIVES

Statistics inform us of an alarming health issue: Nearly one in five school-aged children (6–19 years) are obese, leading to an increased risk for heart disease, diabetes and other health challenges. UCLA Health Sound Body Sound Mind is determined to fight this epidemic.



The program, which recently celebrated its 20th anniversary, provides state-of-the-art fitness equipment and an innovative physical education curriculum for middle and high schools in under-resourced communities. It is

UCLA Health’s largest community-engagement program, reaching more than 160,000 students each year in 150 centers nationwide.

Alondra Nava is one of those students. “Both of my grandmothers died early from heart disease, and I never got to meet them,” says the 12-year-old, who attends

El Sereno Middle School. “I’m so grateful that they’re doing this for our school so they can teach us kids to be healthy and live a longer life.” Nava’s school was one of 10 Los Angeles–area schools that received a UCLA Health Sound Body Sound Mind fitness center last year.

The program is making a powerful impact. Of 12 participating schools studied in 2017, UCLA research found that after eight weeks of participating in the program, the results for California’s state-mandated fitness test increased from 37.8 percent of students passing to 57.3 percent. At one school, the pass rate increased from 8 percent to 44 percent. The benefits also affected self-image, with more students agreeing with the statement “I feel good about my body,” after participating in the program for eight weeks.

“These are exciting results,” says Cindy Simon, a Lifetime Women & Philanthropy member who created Sound Body Sound Mind with her husband Bill in 1998 and partnered with UCLA Health in 2015. “We have created a model that any school district can use to boost their physical education programs and create lasting fitness habits for their students.”

“UCLA Health Sound Body Sound Mind is a great program because it allows us to use evidence-based guidelines to influence health and fitness behaviors at an early age,” adds Johnese Spisso, president of UCLA Health. “As we celebrate 20 years, we look forward to inspiring more youth to live healthier lives.”

**To find out how you can support UCLA Health Sound Body Sound Mind, contact Matthew Flesock at 310-500-4292 or [mflesock@mednet.ucla.edu](mailto:mflesock@mednet.ucla.edu).**



# A LASTING LEGACY FOR THE NEXT CENTURY

Excellence and innovation have thrived at UCLA for nearly 100 years. In every corner of the university, boundaries have been pushed and breakthroughs have been made. And as UCLA stands on the threshold of its second century, the Bequest Challenge gives alumni and friends the opportunity to make a direct, powerful impact on the university's next 100 years.

"I fell in love with UCLA when I was a graduate student," says Susan Rice, '76, M.P.A., a longtime Women & Philanthropy Board member. "I love the people, the institution, the research focus and the excitement of learning."



With their sons grown, Rice and her husband revisited their will, hoping to leave a legacy with an institution they care about. She established two bequests: one to the Chancellor, the other to the dean of the School of Public Affairs — both unrestricted gifts to be used for priority needs.

"Future generations of Bruins will benefit from these funds," says Rice, who served as chair of the UCLA Luskin School of Public Affairs Board from 2012–2017, and is a senior

consulting associate with Brakeley Briscoe Inc. "The fact that I can continue furthering UCLA's mission when I'm not here brings me great joy."

**The Bequest Challenge – Creating a Legacy.** The possibilities to leave a lasting impact at UCLA are nearly endless. From establishing future scholarships and fellowships, to supporting research or inspiring artists, no vision is impossible.

For Karen Ito, B.A. '69, M.A. '73, Ph.D. '78, that vision was supporting fellow anthropologists. In honor of her late husband Professor Robert Edgerton, a renowned scholar of sociocultural anthropology with a 47-year career at UCLA, she established the Robert B. Edgerton Endowed Graduate Student Award in the Department of Anthropology.

"How do you secure funding to rent a van to transport village children to a venue where they will be performing or to pay for people to build you a house or a latrine?" asks Ito. "Bob and I experienced these things while conducting fieldwork, so I thought I'd fund a scholarship award that was unencumbered by the need to document the expenses anthropologists face."

Ito also established the Robert B. Edgerton Endowed Chair through a future gift from her estate. "I wanted to be sure that our estate went to furthering a well-educated, critical-thinking generation," she says. "We who have benefited from UCLA should consider supporting our home discipline or a beloved student activity, sport or library through planned gifts." In addition to creating a legacy by establishing the first endowed chair in anthropology at UCLA, Karen's testamentary gift qualified her to become a Lifetime Member of Women & Philanthropy.

But you don't have to have a degree from UCLA, Ito adds. "I know people who have benefited from our medical research or a concert series who make bequest gifts to UCLA to perpetuate the service of educating an informed public. Because UCLA is a public university, it belongs to everyone."



## JOIN THE UCLA BEQUEST CHALLENGE

**The UCLA Bequest Challenge hopes to identify 1,200 new bequest intentions to the university by the end of The Centennial Campaign for UCLA on December 31, 2019.**

Please join us in this challenge and let the discoveries and achievements of UCLA's next century be part of your legacy.

### How it works:

- Name The UCLA Foundation as a beneficiary in your estate documents, and direct your gift to any UCLA program or department.
- Choose to give a specific sum or a percentage of your estate in support of the university.
- Give specific assets, including securities, real estate or personal property (artwork, royalties, copyrights, etc.).
- Designate The UCLA Foundation as the beneficiary of your retirement plan or life insurance policy.
- Is UCLA already part of your estate plans? If so, please let us know.

Irrevocable estate gifts can qualify you to become a Women & Philanthropy Member!

**To find out more about making a bequest or to share your existing plans, please contact the UCLA Office of Gift Planning at 800.737.8252 or [giftplanning@support.ucla.edu](mailto:giftplanning@support.ucla.edu).**



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**Women & Philanthropy is going green!**

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AN INVITATION TO AN EXCLUSIVE EVENT ...

## What Impact Does Technology Have on Relationships?



**THURSDAY, NOVEMBER 15, 2018**

**6:00 PM – 8:30 PM**

**Tamkin Auditorium at Ronald Reagan UCLA Medical Center**

**RSVP: [eventsrsvp.ucla.edu/TechnologyandRelationships](https://eventsrsvp.ucla.edu/TechnologyandRelationships)**



Is the use of technology and social media beneficial or harmful to the interpersonal relationships of adults, young people and teens?



Conflicting information has been disseminated about the positive and negative impact of social media, video games and online activity on relationships. A panel of experts in the field will explore the beneficial and harmful implications of technology usage on our personal connections.

**Women & Philanthropy** at UCLA celebrates and inspires women throughout the UCLA community as major donors, leaders and decision-makers.

To join this dynamic group, email us at [wmnphil@support.ucla.edu](mailto:wmnphil@support.ucla.edu) or call **310.794.2389**.

To find out more about our programming and to be inspired, visit our updated website: [women.support.ucla.edu](https://women.support.ucla.edu).