



Donor and School of Advanced International Studies Alumnus Mitchell Heller

Fostering **Diversity** and **Inclusion**

Fellowship Gift Honors Past and Future

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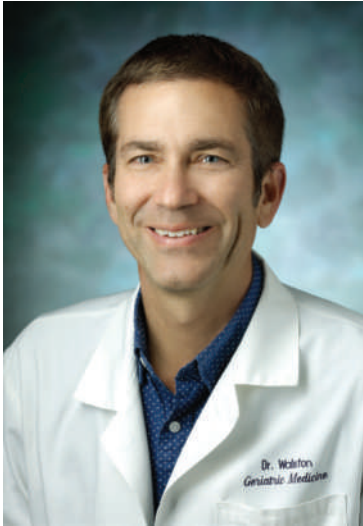
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ADVISOR'S CORNER



KEITH WELLER

Jeremy David Walston, MD
Raymond and Anna Lublin
Professor of Geriatric Medicine
& Gerontology

LEARN MORE

Dr. Walston's research focuses on healthy aging and resiliency. He helped to define the most commonly used frailty measurement in older adults and now plays a leading role in the Johns Hopkins Human Aging Project.

Hopkins Launches The Human Aging Project

Thanks to the generosity of several donors, we have recently launched the Human Aging Project (HAP), an organizational effort that aims to improve the health span and life trajectory of older adults. Based in the Division of Geriatric Medicine and Gerontology, HAP uniquely bridges biological, engineering, and social approaches to facilitate the development of new clinical practices and behavioral patterns.

Although plans for HAP were underway long before the coronavirus hit, the pandemic has underscored the need to improve the health care for the most vulnerable subset of older adults. Indeed, it has also highlighted the frailty and resiliency-focused research that we have done for many years, including studying how illness and other stressors in older adults can drive frailty and functional and cognitive decline.

By now, most have heard about the importance of masks and physical distancing in protecting us against COVID-19 and the acceleration of frailty and other conditions. Older adults often want to know what measures we can take daily to fight frailty if faced with another stressor, whether it's pneumonia or surgery.

Stay active. Doing regular activity — walking, following an exercise video, and optimizing muscle strength — is helpful not only to muscles but also the immune system.

Eat better. Strive for a balanced diet that includes good protein (almonds, eggs, fish) and avoids simple carbohydrates (soft drinks, packaged cookies).

Build brain power. Learn a new skill, like a different language. You may not master it, and it may sound terrible, but challenging your brain in new ways helps to protect cognition.

Cultivate social connections. Many older adults have built up knowledge and skillsets that are underutilized. Finding meaningful ways to bridge your experiences back to society and engage in activities that are useful to other people improves health and well-being.

For more information, please contact Anne Kennan at the Fund for Johns Hopkins Medicine, at 410-550-9890 or akennan1@jhmi.edu.

A GIFT OF ACCESS AND OPPORTUNITY

BY ALEXANDER GELFAND

Johns Hopkins graduate endows a fellowship focused on financial aid and inclusion for SAIS students.

Mitchell Heller has never forgotten where he came from, or how he got where he is today. Which is precisely why he and his husband, Jim Morrison, recently endowed the Mitchell Heller Fellowship at the Johns Hopkins University School of Advanced International Studies (SAIS).

The fellowship is intended to recruit and support students with an interest in Latin America who hail from underrepresented populations such as minorities, limited-income families, and the LGBTQ community — a profile that Heller himself epitomized.

Heller graduated from SAIS in 1981 with a Master of Arts in international economics and Latin American studies. Fluent in Spanish and Portuguese, he immediately entered a training program at a major international bank in New York City designed to groom employees

for careers in Latin America. After seven years in Brazil, Heller relocated to New York City, where he worked with Latin American clients at several global financial institutions. For the past 15 years he has run his own wealth management firm, Hemisphere Partners, providing investment advisory services primarily to Brazilian clients.

Yet when a SAIS classmate heard that Heller had landed that first assignment in Brazil, his initial reaction was one of astonishment.

“I’m surprised they hired you for that position,” he told Heller, “given your background.”

That background was, Heller says, decidedly working-class. And he has always been acutely aware of just how important his time at Hopkins was to his successful pursuit of a career in international finance.

The bank that gave Heller his first break, for example, was specifically looking for people with the linguistic and intercultural skills to succeed abroad — the very skills that Heller honed at Hopkins.

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Mitchell Heller and Jim Morrison’s gift to SAIS is the first philanthropic fellowship at the school to emphasize minorities and LGBTQ individuals.



DIANE BONDAREFF

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A GIFT OF ACCESS AND OPPORTUNITY

“My education at SAIS was not just in the classroom, but also outside of it,” he recalls, noting that he spent his first year at the SAIS campus in Bologna, Italy, mingling with 126 students from 26 different countries before diving into Latin American studies back in Washington, D.C. And while he came to Hopkins fluent in Spanish, Heller learned Portuguese at SAIS, in part through an internship in Brazil that had been arranged by the school.

“Had I not had a degree from SAIS, I doubt the bank — or other employers — would even have looked at me,” he says.

When Heller and his husband, Jim Morrison, began to think about estate planning, the idea of giving back to SAIS naturally arose. Making a gift that would help support students in financial need seemed especially important because, as Heller points out, socioeconomic conditions have become significantly more challenging since his own days as a student: Wealth has become more concentrated in fewer hands, even as social mobility and access to subsidized loans have decreased.

Their gift represents the first contribution towards the Propel Initiative, which seeks to foster diversity, equity, and inclusion by attracting and supporting diverse candidates. And according to SAIS Development Director Khadija Hill, it is the first philanthropic fellowship at the school

to emphasize minorities and LGBTQ individuals. “Hopefully, this will serve as an example for others to follow,” Morrison says.

The LGBTQ focus is particularly significant for the couple, who first met as undergraduates at Penn State University but only began dating in New York City after Heller had returned from Brazil.

Heller came out in his final semester at SAIS, and he and Morrison decided to make their gift in honor of Lee Doren, a classmate of Heller’s who guided him through the process and remained one of his closest friends until dying of AIDS in 1988.

For Heller, the gift provided a way to honor Doren’s memory while joining their names in a shared legacy. And it has already begun to

“It was important to me that some of our money be used to provide other people with backgrounds like mine access to a SAIS education. For me, it was the calling card that opened doors.”

— MITCHELL HELLER

pay dividends.

Although neither Heller nor Morrison knew it when they made their own commitment, a matching gift by SAIS alumni Peter and Pam Flaherty provided the Mitchell Heller Fellowship with two years of current-use matching funds. As a result, the first Heller Fellow has already been named: Jacob LaRochelle, president of SAIS Pride, the school’s LGBTQ organization.

“It was important to me that some of our money be used to provide other people with backgrounds like mine access to a SAIS education,” Heller says. “For me, it was the calling card that opened doors.”

A LEGACY TOLD

Professorship gift emphasizes community care

Kathryn “Katey” Ayers would often say “Johns Hopkins taught me how to be a nurse,” recalls Humberto Ortega of his partner in life, who graduated from the Johns Hopkins School of Nursing in 1967.

Over her more than 40 years of work as a psychiatric nurse practitioner and community health advocate in New York and New Jersey, Ayers paid her nursing education forward, every day, before she passed away in 2019.

Now, Ayers’ legacy of service lives on at Johns Hopkins, in the Katey Ayers Endowed Professorship. With deep gratitude for the education that set her on a lifelong path in a career she loved, Ayers worked with the Johns Hopkins Office of Gift Planning to ensure her wish to endow a professorship came true.

Ayers’ generous gift, consisting of contributions from her IRA and her estate, will tackle the complex intersection of housing and social services and their impact on health. In September, the School of Nursing and Bloomberg School of Public Health announced the appointment of the inaugural chair of the Katey Ayers Endowed Professorship, Craig Pollack, MD, MHS.

Pollack is an associate professor of health policy at the Bloomberg School with a joint ap-

pointment at the Johns Hopkins School of Medicine. As a researcher, he studies often vulnerable home-dwelling older adults. As a practicing physician, Pollack’s work is informed by the experiences his patients face in navigating complex health and social challenges.

Ayers knew that health care happens in community. “My people,” she called her schizophrenia patients, whom she cared for in both outpatient and inpatient programs. She retired from New York’s Mount Sinai psychiatric emergency department in 2004 but didn’t stop working. She taught nursing and returned to direct

patient care in her own private practice and for Christ Hospital in Jersey City, where she used her Spanish language skills to help treat the large Hispanic population.

Even off the clock, Ayers was always helping people, making sure older neighbors were taking their medication, that they weren’t lonely. Whether at home in New Jersey with Ortega and their rescue cats, or on vacation in Bonaire, Ayers could be found informally counseling those who needed help. “I don’t know that she was looking for patients everywhere, but they found her,” says Ortega, who has also contributed to the professorship in his wife’s name.



Katey Ayers’ gift consisted of contributions from her IRA and estate.

SOBA PRESIDENTIAL PROFESSORSHIP ENCOURAGES FACULTY DIVERSITY

BY Beth Morgen

The Society of Black Alumni Presidential Professorship was established in 2007 through the generosity of members of the Society of Black Alumni (SOBA), alumni, and the president of Johns Hopkins University.

Ask Bob Clayton about his experience at Johns Hopkins University, and he reflects on it fondly. The 1984 Krieger School of Arts and Sciences graduate was a member of the Student Activities Council and Black Student Union and captain of the varsity basketball team. He met Janine Austin, his fellow classmate and future wife, at Johns Hopkins.

Not all of his classmates enjoyed their time at Hopkins, however, which is one reason why Clayton later became involved with the Society of Black Alumni (SOBA). “My motivation has always been for students who come behind me to have a similar Hopkins experience as I did.”

Formed in 1994, SOBA encourages diversity at Johns Hopkins and offers mentoring and networking opportunities to students and alumni. Clayton, an attorney, has been active since the beginning, especially advocating for increasing Black faculty representation at the university. In 2001, SOBA members began fundraising for a professorship at Hopkins in the organization’s name. Loren Douglass, SOBA’s president at the time, was an early donor.

“It was my way of giving back to a university that had given me so much,” says Douglass, global trans-

formation leader at AIG and former university trustee, who graduated with degrees from the Whiting School of Engineering in 1986 and School of Advanced International Studies in 1995. “I come from a Hopkins family. My father and my older brother are both Hopkins graduates.”

In 2007, when Clayton was SOBA president, the Society of Black Alumni Presidential Professorship was established in concert with a university effort to identify and hire outstanding African American scholars. Professor of History Martha Jones is the second person to hold the title, which will rotate to a different scholar in 2022.

“Martha brings so much influence to the university and to the Society of Black Alumni,” says Clayton. “She’s well respected amongst her peers and has a highly regarded reputation for her scholarship.”

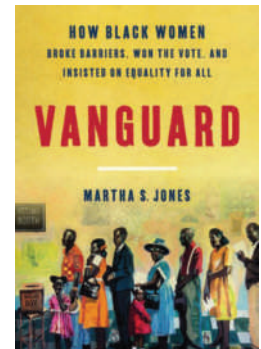
Formed in 1994, the Society of Black Alumni has over 300 active members who seek to create an environment that facilitates the development of Black students into productive and contributing alumni. The group also raises support for the SOBA Scholarship Fund, which provides financial aid to undergraduates. To contribute, contact the Johns Hopkins Alumni Relations Office at 410-516-0808 or alumni@jhu.edu.



The Society of Black Alumni Professorship title currently resides in the Krieger School of Arts and Sciences, after which it rotates to another division. Upon this rotation, former SOBA professors remain in permanent tenured positions, while the professorship moves among divisions demonstrating the greatest need for African American faculty.



“I am honored to hold the Society of Black Alumni Presidential Professorship,” says Martha Jones, JD, PhD, professor of history and the SNF Agora Institute at Johns Hopkins. Her work examines how Black Americans have shaped the story of American democracy. She is the author, most recently, of *Vanguard: How Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All* (2020) and director of the Hard Histories at Hopkins Project. She was part of a team that last year uncovered Mr. Johns Hopkins, the university’s and hospital’s founder, enslaved at least four people before the Civil War.



Black Women Broke Barriers, Won the Vote, and Insisted on Equality for All (2020) and director of the Hard Histories at Hopkins Project. She was part of a team that last year uncovered Mr. Johns Hopkins, the university’s and hospital’s founder, enslaved at least four people before the Civil War.

Q&A

DON KELLY

Providing hope for gynecologic cancer patients

BY LEAH KALINOSKY

Anne and Don Kelly were married for nearly 50 years. When Anne became ill with peritoneal cancer in 2012, she had surgery at Sibley Memorial Hospital, a Johns Hopkins Medicine community hospital located in Washington, D.C., and received chemotherapy treatment at The Johns Hopkins Hospital. Over the years, Anne and Don came to know and love Sibley as their community hospital — so much so that they made plans in their estate to support Sibley’s Center for Gynecologic Oncology and Advanced Pelvic Surgery, with an emphasis on ovarian and peritoneal malignancies. In recognition of their commitment, the center will be named in their honor. While Anne passed away in 2020, her legacy will live on through the gift she and Don made to help more women receive the care and support they need during treatment and beyond.



HARRY CONNOLLY

“We fell in love with it immediately,” says Don Kelly of Sibley Memorial Hospital, a Johns Hopkins community hospital located in Washington, D.C.

Tell us about Anne.

You would never know it, but Anne was a farm girl. She really loved animals and her parents’ dairy farm in Pennsylvania. She loved hanging around her dad and learning the business of farming. In high school, Anne developed a passion for politics and government. John Kennedy came through Reading, Pennsylvania, on a whistle stop her

senior year in high school, but her mother wouldn’t let her go because she was sick. She was heartbroken. But when she came to D.C. to go to college, she volunteered for Kennedy’s election campaign. After getting a master’s degree in education, she became a teacher in Montgomery County, Maryland, not far from Sibley. Later she received a master’s degree in organizational develop-

In recognition of Anne and Don Kelly, Sibley Memorial Hospital's Gynecologic Oncology and Advanced Pelvic Surgery center will be named in their honor.



ment from George Washington University and ultimately worked in leadership training in various federal agencies. At the peak of her federal career Anne was CEO of the Federal Consulting Group, where she worked until retirement.

What has been your relationship to Sibley Memorial Hospital?

We had both always been active and healthy and hadn't needed hospitals very much before Anne became ill in 2012. When she first developed stomach problems, we went to our primary care physician, who told us we would need to go to a hospital. We asked him where he would go if it were him and he said Sibley. We fell in love with it immediately. We discovered Sibley has its own personality; it has a quality that is truly outstanding. It was unexpected and wonderful. The personal approach to care at Sibley helps when you're sick and you want to feel like you're in a safe place.

What inspired your commitment to the Sibley Center for Gynecologic Oncology and Advanced Pelvic Surgery?

We had some real heroes in mind when we set up our estate. Dr. Jeffrey Lin, director of the Sibley Center for Gynecologic Oncology and Advanced Pelvic Surgery, really saved Anne's life the first time she got sick. It was a very long surgery and he worked all night. Over the years she had relapses and more surgeries with him. Dr. Ari Fishman, Anne's medical oncologist, was another hero to us. After one of Anne's surgeries, Anne was too weak to go to the infusion center for chemotherapy, so he brought the treatment to her. They both gave us a little more time together and we wanted to honor that gift.

What do you hope the impact of your gift will be?

Meeting the challenges of medicine requires significant invest-

ments and a lot of people have to join in to make these things happen. Anne and I both hoped that our contribution will provide meaningful input to a solution for peritoneal cancer. It's not as common as breast cancer and some of the other cancers, but it's a real predator. We wanted to make a gift that would provide hope for those patients.

How do you think Anne would want to be remembered?

I think she would want to be remembered as someone who made a difference in people's lives. She had a natural talent for it. Wherever she worked she left an imprint that was uniquely hers. She made things better. She was an excellent listener and had a way of talking with people that would allow them to come around to their own solutions. She knew it had to come from inside them and she helped them find it.

HUB

from the johns hopkins news network

The HUB is the news center for all the diverse activity going on at Johns Hopkins. To see what's new, important, and just worth sharing, visit hub.jhu.edu.



WILL KIRK

Time magazine named the Johns Hopkins Coronavirus Resource Center a top 2020 invention in an annual list recognizing 100 groundbreaking inventions. The website has become a leading source of centralized data on the COVID-19 pandemic, providing insights for government agencies, the media, and the general public. Since its launch last March, the Coronavirus Resource Center has been viewed nearly a billion times by users around the world.



CHRIS HARTLOVE

Redonda Miller, president of The Johns Hopkins Hospital, was among four from Johns Hopkins Medicine elected to the National Academy of

Medicine last fall. The academy elected 100 new members in all. Others from Johns Hopkins are Rexford Ahima, Bloomberg Distinguished Professor of diabetes in the schools of Medicine, Public Health, and Nursing; Alex Kolodkin, Charles J. Homcy and Simeon G. Margolis Professor in the Solomon H. Snyder Department of Neuroscience; and Justin McArthur, John W. Griffin Professor and director of neurology.



LARRY CANNER

Investor and Johns Hopkins graduate William "Bill" Miller III has committed \$1.25 million to the Tuned-In program at the Peabody Institute of the Johns Hopkins University. The program provides Baltimore City Public Schools students with a Peabody Preparatory education for free, pursuing its mission to drive social change through music. "My hope ... is to help ensure a vibrant future both for promising young musicians in Baltimore and for the art form itself," says Miller.

A NOTE FROM THE SENIOR DIRECTOR

In her recent TED Talk, social psychologist Elizabeth Dunn presents research linking happiness with helping others. In fact, she and co-author Michael Norton include “invest in others” as a smart spending principle in their book *Happy Money: The Science of Happier Spending*, published in 2014. Yet since then, Dunn admits to a catch: It matters how we spend on others.

“We’re asked to think about giving as something we should do,” she tells her TED Talk audience. “And it is. But in thinking about it this way, we’re missing out on one of the best parts of being human: that we have evolved to find joy in helping others.”

To achieve pleasure in giving, Dunn’s research points to gifts that make a specific impact and connect us with the communities we’re helping. This issue of *Planning Matters* introduces us to several individuals, who, through their generous legacy gifts, gave back in ways that were meaningful to them.

Our cover story on page 3 highlights the Mitchell Heller Fellowship at the School of International Studies (SAIS). The gift embodies the values and experiences of SAIS graduate Mitchell Heller, who, along with his husband Jim Morrison, wants to ensure minorities and LGBTQ individuals have access to the field of international studies and the opportunities it brings.

We also meet Don Kelly on page 8, who shares how important it was for him and his wife Anne, who died last year, both to support gynecological research and treatment at Sibley Memorial Hospital and create a lasting connection to the community hospital they so admired. Similarly, the late Katey Ayers, a School of Nursing graduate and former psychiatric nurse practitioner, contributed to a professorship that will carry on her passion for community health. See page 5.

We hope their stories inspire you to find lasting joy in giving. From all of us in the Office of Gift Planning, we wish you a healthy and happy New Year.

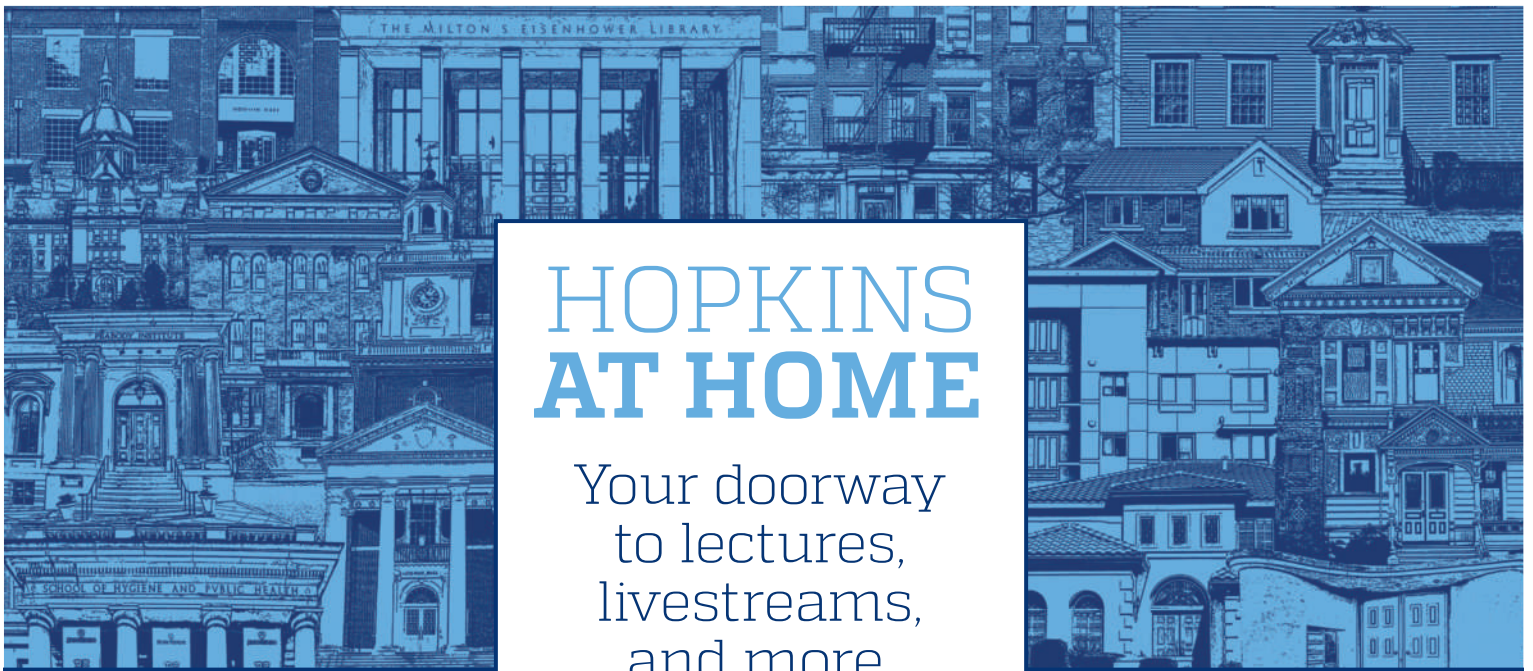
Sincerely,
Anne Doyle, JD
Senior Director



Katey Ayers' legacy of service lives on at Johns Hopkins, in the Katey Ayers Endowed Professorship, which embraces her passion for community health.

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