

Hope CONNECTION

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A TRIBUTE TO HOPE

Mother and Son's Story Inspires Hope



EDITOR'S NOTE: Prior to going to press, Matthew Phelan, who is highlighted in this article, unexpectedly passed away. His mother, Pat Perrott, asked that her son's story still be told as a tribute to his remarkable life and so that it can inspire others who are living with cancer whether as patients or caregivers. As a volunteer at City of Hope, Pat plans to continue to share her message of hope with other parents who occupy the shoes she once wore. Today she is as committed to her crusade as the day her son received his diagnosis because she believes the legacy of her son's life is to help others find the power of hope that helped both of them over the years.

Pat says neither she nor Matthew took a single day for granted, and she is thankful for the twenty years of memories she would have never had with her son had it not been for the compassion and care of the doctors, nurses and entire staff of City of Hope.

Pat requests that gifts in honor of Matthew's memory to help others battling cancer

and other diseases be sent to City of Hope. Please use the attached reply form.

Pat and Matthew's Story

In 1990, Pat Perrott was confronted by the sudden and unexpected threat of cancer when her eldest son, Matthew Phelan, was diagnosed with lymphoma. However, this parent's worst nightmare became the seed of an incredible, lifelong crusade for a mother determined to share with others the hope and healing that her family discovered at City of Hope.

It all began when Matthew was diagnosed with a very virulent cancer, often considered a childhood form of lymphoma, in the third decade of life.

When the news descended, our family was "in a state of exhaustion and under a cloud of despair," said Pat. "In spite of some wonderful intentions, Matthew's condition grew worse under

the care of local physicians."

Meeting with City of Hope's Dr. Pablo Parker, Pat, Matthew and the rest of their family were very apprehensive. They had been told at other facilities that further treatment for Matthew would be to no avail, and they feared Dr. Parker would say the same. "Instead, he told us that Matthew would be accepted as a patient at City of Hope, and the search for a marrow donor would begin immediately," said Pat. "He also truthfully prepared us for the battle ahead and told Matt, 'We will be with you every step of the way.'"

A nationwide search for an acceptable bone marrow donor began, and a one-in-a-million match was found in a woman named Cindi in New Jersey. A City of Hope staff member flew to the East Coast and returned with a bag of bone marrow held safely in her lap.

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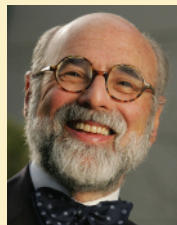
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City of Hope Ranked One of the Best

Dear Friend,

For the eighth year in a row, *U.S. News and World Report* ranked City of Hope as one of the top hospitals in the nation for treating cancer. We are very proud of this recognition, and you should be too. For without your partnership, we would not be able to conduct our life-saving work that helps so many people in your community and around the globe 365 days a year.



But this time of year especially, our passionate team of staff, nurses, doctors, scientists, researchers and volunteers are reminded that cancer never takes a holiday — and so neither can City of Hope.

That is why we do our best to allow our patients to enjoy the holidays by bringing the cheer to them. The successful treatment of our patients requires much more than medical expertise — it must also involve the fun, joy and love that come with the holiday season.

In this newsletter, we share how we bring the joy of the season to those who cannot go home for the holidays. You will also read about some of the new, successful treatments we are developing, as well as a wonderful story from Pat and her son Matthew.

I hope that you and your family have a joyful holiday season. And thank you for your ongoing support that provides hope and cheer to them during the holidays and year-round.

Michael A. Friedman

Michael A. Friedman, M.D.
President and CEO

Holidays Lift the Spirits of Patients



Hanukkah at City of Hope

The year-end holiday season brings joy to most. But for hospital patients anywhere who are restricted to their beds and rooms, the occasions of Thanksgiving, Christmas, Hanukkah and even Halloween can be an isolating and sad time away from their homes and loved ones.

At City of Hope, we do not simply treat a patient's medical condition ... we provide comfort and compassion to patients all year-round, making the holidays a time of joy and hope.

That is why our staff and volunteers focus much attention on making certain that the holidays are a fun and exciting time for those we serve. Take a look at what we will be doing in the coming months with your continued support.

Halloween Excitement

Our pediatric patients miss out on “trick-or-treating” in their own neighborhoods, so we create a neighborhood experience for them. City of Hope staff, volunteers and parents work with the children to make costumes, while children go “door-to-door” collecting their goodies from stations across our campus. The occasion is enjoyed not only by the kids, but also by the older patients who come out to see the costumes and hand out candies.

Thanksgiving & Togetherness

What is Thanksgiving without turkey, dressing and cranberry sauce?

No one wants to eat alone and not enjoy the traditions of this special day. So a special meal is prepared and the family and friends of our patients are encouraged to join us. After a full dinner, our patients, their visitors and the staff gather together in the common rooms to enjoy the day's football games.

Hanukkah & Christmas Joy

The final month of the year is busy with a wide assortment of events and activities. The season begins with our annual holiday “PJ Party,” which includes visits by celebrities from Disney, a wonderful dinner and the gift of a new pair of pajamas for each patient. Carolers can be found strolling the hallways to entertain patients who cannot leave their rooms. Santa also makes appearances and makes sure no one goes without a gift. Meanwhile, Hanukkah and Christmas religious services lift the spirits of those patients wishing to attend. ■



Halloween at City of Hope

Top Tips for Caregivers During the Holidays

To help make this holiday season a more joyful time for loved ones in treatment for cancer or other serious conditions, City of Hope offers the following tips:

1 Amend your traditions

Give yourself permission to create new activities that are more convenient. Sometimes low-key activities, like writing a letter, can be meaningful in special ways.

2 Conserve your energy

Prioritize your activities and choose only the most important ones. Focusing on fewer activities that matter more to you may help restore your spirit and renew your energy.

3 Celebrate with others

However you celebrate, plan to include others — whether it is your friends, family, faith community or other group — to provide fellowship and moral support for each other.

4 Take care of your spiritual self

Take the time to renew your inner spiritual resources. The holidays can be hectic, but they also can be a time of reflection and centering. Taking care of yourself now means you will have more to offer your family in the months ahead.

5 Set reasonable expectations

Can you really decorate like Martha Stewart or cook like Rachael Ray during the holidays, when you have also got to be a nurse, confidant, driver and master organizer? Be realistic about what you can accomplish and keep your focus on providing the best care possible to your loved one — while staying connected to your family and friends. ■



Christmas at City of Hope

Mother and Son's Story Inspires Hope

(continued from front page)

After intense chemotherapy and radiation treatments, the new marrow was fed into Matthew's veins, with the hope that it would populate his bones and produce cancer-free blood. But Matthew's problems were not over. In the coming months as Dr. Parker and Matthew's family waited to see if the bone marrow transfusion would succeed, Matthew was so ill that his autoimmune system could not fight back against a torrent of illnesses. Dr. Parker helped Matthew survive pneumonia, several severe infections, hepatitis and surgery to remove his gall bladder.

The Sound of Hope

Pat stayed at her son's side as he fought the battle for his life. Late one

night at the transplant unit, she left Matthew's room to get some rest. But, filled with worry, she could not sleep. Returning to his room, she heard the beautiful sound of a woman's voice. Seated on the edge of Matthew's bed was his night nurse, singing to him in the most enchanting voice as she carefully held his hand.

The tension and worry were gone, replaced by an awesome sense of peace. Pat slipped away unnoticed because "my presence wasn't needed," she said. "Matthew was in the care of an angel!"

Over time, Matthew began to feel better; the cancer resolved. After saying goodbye to the beloved nurses who had done so much to make him well, Matthew went home. ■

RESEARCH UPDATE

Care and Compassion for Lung Cancer Patients and Caregivers

Lung cancer patients rarely worry just about their treatment. The symptoms and discomfort associated with their illness — a nagging cough, frequent pain and depression — can be huge sources of stress, placing a strain on both the patient and their family.

Our health professionals at City of Hope are dedicated to providing the best treatments possible. We are in the midst of a five-year program that involves 200 patients and 170 family caregivers, and it has already illustrated that a significant level of emotional support is needed. In addition to the difficulties that come with their disease and treatment, a majority of patients were found to often suffer from other forms of chronic illness, to worry about their quality of life, and to suffer from spiritual struggles and other difficulties. Meanwhile, a majority of family caregivers were also found to suffer from chronic illnesses and depression, while also worrying about navigating health services and demands upon their time.

To help patients cope, a nurse meets with them individually every week to talk about their needs — physical, psychological, social and spiritual. They also teach family caregivers how to best care for their family member while also taking care of themselves.

This new program has not only helped our patients, but it has also drawn the attention of researchers across the nation. “People are hungry for resources across the country,” said Betty Ferrell, Ph.D., R.N., professor in the Division of Nursing Research and Education. “They’re already asking for our findings.”

City of Hope is recognized worldwide for our compassionate patient care, innovative science and translational research. The early results from this study show why all three of these elements are essential and why we work so hard to heal the whole person, rather than simply treating the illness. ■



GIVE HOPE THIS HOLIDAY SEASON

YES! I want to help City of Hope provide holiday cheer to the patients who must spend this special time of the year in the hospital. To aid these efforts, as well as City of Hope’s work year-round, I am making a tax-deductible contribution in the amount of:

\$30 \$45 \$60 \$ _____

Please send me more information about gift annuities and other planned giving options.

Name: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

My check is enclosed, payable to City of Hope.

I wish to give by credit card:

VISA MASTERCARD AMEX DISCOVER DINERS CLUB

ACCOUNT NO. _____ EXP. DATE _____

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