



*“Thank you for supporting us so that we can go out into the world as alumni and know that the school and center will continue to grow, evolve, and flourish.”*

— Katrina Sarson, N20  
Food and Nutrition Policy and Programs

# Brighter World

The Campaign for Tufts



## Creating a Healthier World

“Good nutrition underpins individual health and economic development. It reflects respect for human rights and a commitment to future generations,” a colleague once said.

At the Friedman School of Nutrition Science and Policy and the Jean Mayer Human Nutrition Research Center on Aging (HNRCA), [our mission has never been clearer](#). Our world-class faculty, scientists, students, and alumni are working hard to help people and communities lead healthier, more active lives.

Through your generous support of Tufts this past year you have demonstrated leadership. Your contributions to our training and research have played a vital role in fostering a vibrant environment as we work together to create a healthier world for all.

We know that our community is resilient. Because of your support, we will continue to take care of one another, this campus, this community, and our world.

With gratitude,

**Dariush Mozaffarian, MD, DrPH**  
Dean  
Gerald J. and  
Dorothy R. Friedman  
School of Nutrition  
Science and Policy

**Sarah L. Booth, PhD**  
Director  
Jean Mayer Human  
Nutrition Research  
Center on Aging

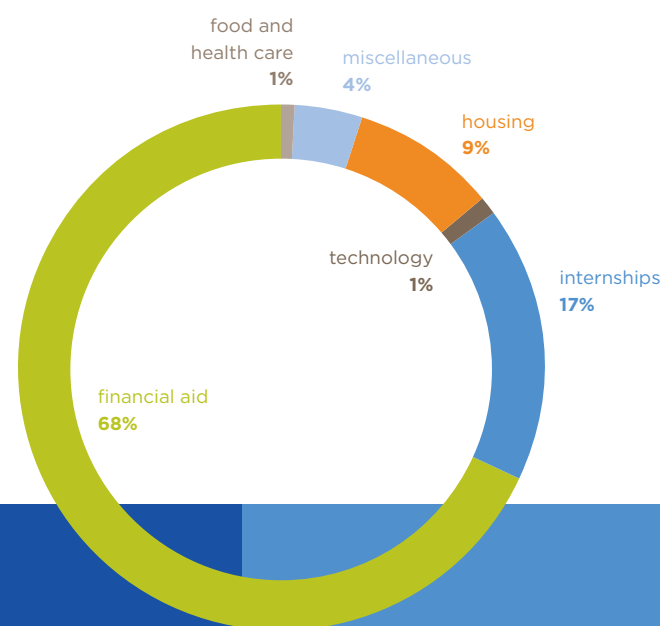
“I cannot even begin to express my **immense gratitude** for awarding me with this additional scholarship money. It truly is going to be paramount for my living circumstances and work moving forward amidst this incredibly difficult time. I am forever grateful.”

— Marianna Moore

## Friedman School Emergency Fund

Your generous gifts to the Friedman School Emergency Fund provide meaningful and immediate support to students needing help due to unexpected hardships during the pandemic.

### HOW YOUR SUPPORT HELPS OUR STUDENTS



1 IN 6

STUDENTS WERE HELPED WITH UNEXPECTED FINANCIAL NEEDS BY THE EMERGENCY FUND LAST SPRING

## Visionary Gift Supports Research and Scholarship

Trustee and Friedman School advisor Elizabeth Cochary Gross, N82, NG88, has long been committed to the Friedman School. She has been a scientist, the Friedman School’s first director of admissions, and co-founder (and first president) of the school’s alumni association.

Today, Cochary Gross champions the school as co-chair of its Brighter World campaign committee. And in the spirit of the campaign’s forward-looking vision, she and her husband, Phill Gross, recently made a \$2.7 million gift to support an interdisciplinary research fund and an endowed scholarship at the school.

The scholarship will provide much-needed financial aid, and it expresses a personal debt of gratitude. Cochary Gross named it in honor of Friedman School faculty member Lynne Ausman, whose path at the school often ran tirelessly right alongside her own, as teacher and colleague, mentor and friend.

“We worked together really well, because Lynne was always kind and generous to me and to so many students over the years,” said Cochary Gross. “Most importantly, we felt dedicated to helping the school move forward; we believed in it together.”

Ausman is now the Saqr Bin Mohammed Al Qasimi Professor in International Nutrition at the Friedman School and a researcher in cardiovascular nutrition at the Jean Mayer Human Nutrition Research Center on Aging. She is thrilled to be part of Cochary Gross’s legacy.

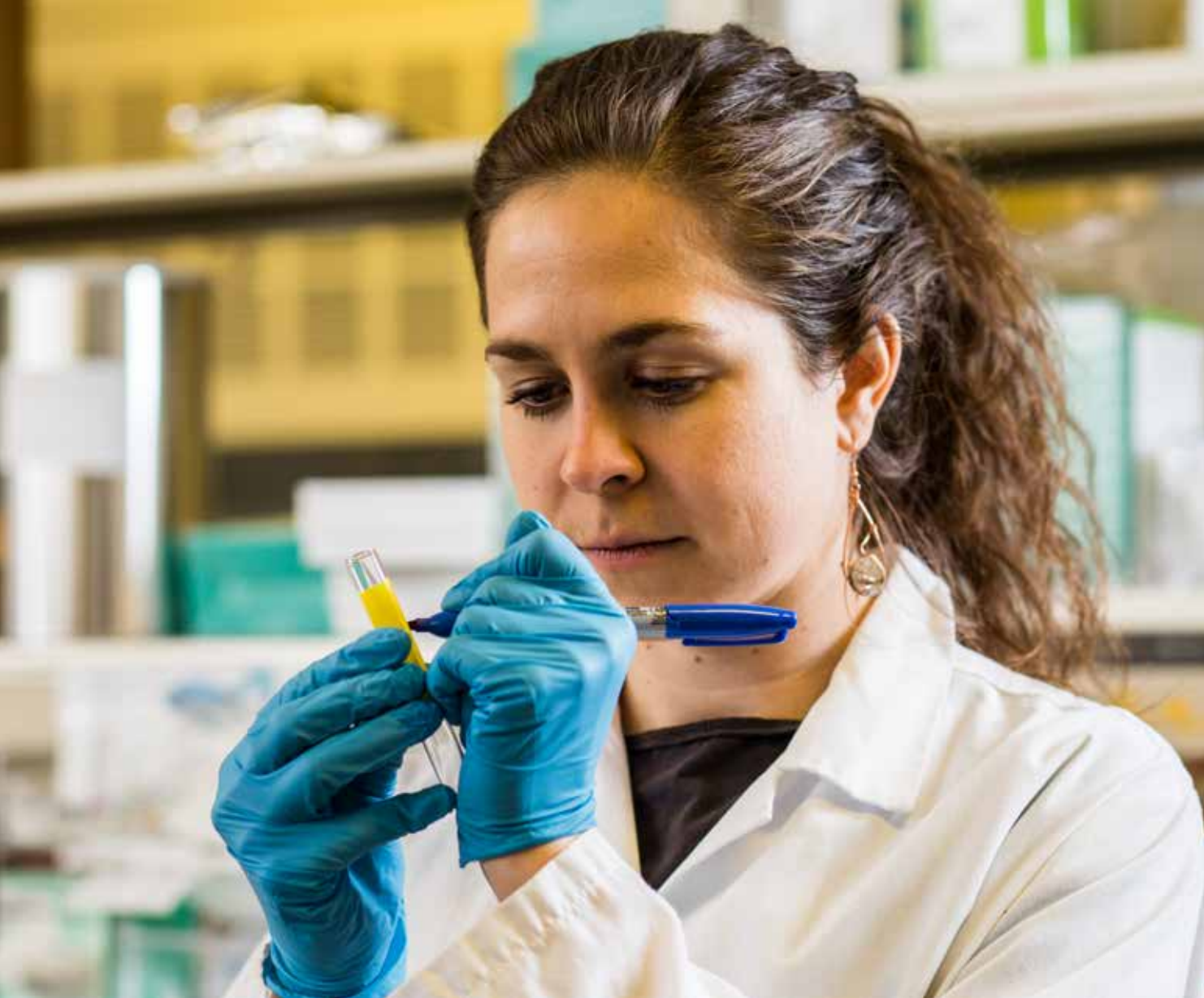
“It’s a tremendous honor,” said Ausman. “I have never had anything this good happen to me! It’s meaningful especially because I know it will help so many doctoral students who want nothing less than to save the world.”



“It was a privilege to begin my research career at Tufts, where I learned how to be a better analyst, writer, and thinker. Thank you for your commitment to **supporting students** like me as we seek to follow our passions and do meaningful work.”

— Mehreen Ismail, NG20





## Family Foundation Supports **Age-Related** Neurological Research

Strokes, neuropathy, Alzheimer's disease, Parkinson's disease. These are the more common neurological disorders that affect older adults. For family and friends on the sidelines, watching a loved one suffer with one of these medical conditions is heartbreaking. Tong Zheng, Scientist I on the Neuroscience and Aging Team at the HNRCA, is currently investigating whether certain foods, such as berries, can reduce the decline in brain health associated with aging. Her research is funded by The Robert & Margaret Patricelli Family Foundation.

For Margaret, a member of the Friedman School's Board of Advisors, supporting this research is personal. Her mother died while suffering vascular dementia-induced terrors, and a dear friend died battling Parkinson's disease.



*Tong Zheng*

"My husband, Bob, and I are grateful and excited to be early funders of and believers in Tong's work to further understand neurological function and extend brain health," says Patricelli. "There is increasing excitement about her research among her peers, and she is committed to the interdisciplinary work that ultimately moves findings from shared bench science to real-world application."

*"I came to Tufts intent on studying the microbiota, and I've found my niche on the Vitamin K Team at the HNRCA. Thank you for your support and for your investment in a healthier future."*

—Jessica Ellis, N17, NG20, Postdoctoral Researcher



# 1,953

INDIVIDUAL DONORS TO  
THE FRIEDMAN SCHOOL  
AND THE HNRCA





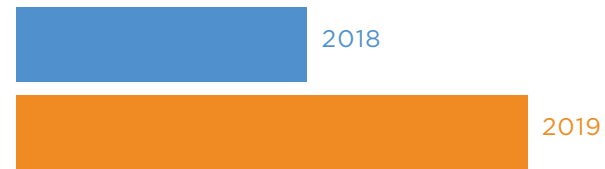
## #GivingTuesday on December 3, 2019

Inspired by generous challenges, gifts to the Friedman School and HNRCA's #TuftsGiving Tuesday campaign soared by 76 percent in FY20. Your generosity supported critical school and center

priorities, such as student financial aid and nutrition and aging research. Thank you to our donors who stepped up again this year and made the day a tremendous success.

**\$106K**

AMOUNT RAISED,  
A 76% INCREASE  
OVER 2018



**293**

TOTAL GIFTS,  
A 36% INCREASE  
OVER 2018



4 CHALLENGE DONORS =  
\$28,000 TO ENCOURAGE GIVING

## The Gift of Cutting-Edge Career Services

*A longtime Friedman School champion helps prepare tomorrow's nutrition leaders for a new world of job possibilities.*

Whenever Ellen Block, BSOT66, visits the Tufts campus, she talks with Friedman School of Nutrition Science and Policy students about their plans to apply their knowledge out in the world.

The students' wide-ranging ideas inspired Block, a past chair of the school's board of advisors, to pose this question: How can we better help Friedman School students start careers in roles that didn't even exist just a few years ago—in cognitive, emotional, and physical health and policy, in agricultural development, energy, climate change, and humanitarian aid and disaster relief?

The answer: a dedicated career services program at the Friedman School. The new Ellie Block and Family Career Services Center on the Tufts University Boston campus provides career trips, job fairs, one-on-one coaching, access to new technologies, and a network of professionals ready to advise and introduce Friedman School students to these opportunities.

"If our fantastic faculty are equipping them with the knowledge and skills to improve the world and society, it only seems right for us to give our students this extra piece so they can actually go out and make that difference," said Block, who also helped establish student scholarships at the Friedman School.

"This gift is a reflection of how deeply Ellie cares about the development of our students," Dean Dariush Mozaffarian said. "Thanks to her leadership and the generosity of the Ellen & Ronald Block Family Foundation and the Hassenfeld Family Foundation, both the school and generations of Friedman School students will benefit from cutting-edge career development and support to be the best."



### GOING THE DISTANCE

We offer our special thanks to John Hancock, the dedicated team of runners and volunteers, and the hundreds of donors who supported the Tufts Marathon Team at the virtual 2020 Boston Marathon. Their efforts helped raise much-needed funds to support nutrition research at the Friedman School on topics such as child obesity, cancer, hunger, famine, and healthy aging.



*Lauren Sallade, a Friedman School student and member of the 2020 Tufts Marathon Team*



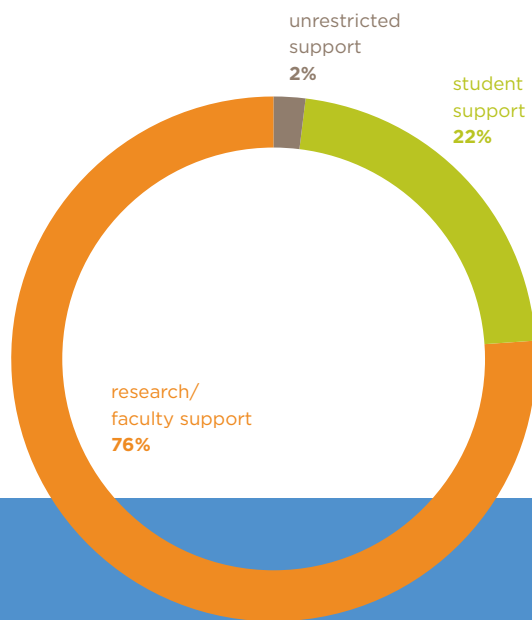
## Daughters Fund Scholarship in Memory of Their Mother

For 25 years, Janice Feffer, AG47, NG47, worked at the Frances Stern Nutrition Center, including time alongside the center's founder, Frances Stern. She was dedicated to excellence in clinical nutrition and the field of nutrition, and believed in ensuring access to education. When Janice died in 2018, her husband of 70 years, Richard, and daughters, Diane Feffer Neas and Audrey Feffer, decided together to create a scholarship in her honor. Sadly, Richard died before that could happen.

This year, Diane and Audrey endowed the Janice Feffer Scholarship Fund, which will support students in the Frances Stern combined master of science/dietetic internship program.

"Our mother believed that education was the most important gift you could give to someone and wanted to ensure every serious student had the opportunity to enroll in the program," said Diane and Audrey. "It is our pleasure to establish this scholarship in our mother's name to help deserving students with financial need."

### GIFTS BY PURPOSE, 2019-2020



# \$19.1M

TOTAL GIFTS TO THE FRIEDMAN SCHOOL AND THE HNRCA

# FY 20

TOTAL RAISED FOR FY20 ANNUAL FUND WAS A RECORD \$1,259,499.

### NEW ENTRY SUSTAINABLE FARMING PROJECT

The New Entry Sustainable Farming Project's community-supported agriculture membership has doubled over last year.

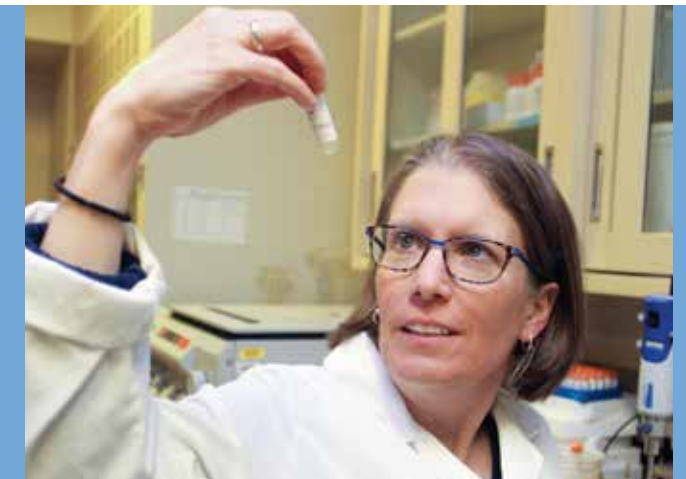
New Entry is engaged in several critical **FOOD ACCESS RELIEF PROJECTS** to help communities and families struggling with unemployment and food insecurity.

New Entry partnered with **BOSTON AREA GLEANERS** to bid on and secure a contract with the U.S. Department of Agriculture's Agricultural Marketing Service and the Farmers to Families Food Box Program.

Since mid-May, New Entry has delivered more than **500 BOXES OF FRESH FRUITS AND VEGETABLES** to families in need north of Boston through partnerships with Salem Public Schools, Beverly Bootstraps, The Open Door, and Haven from Hunger.



Archival photo: Janice, left; Johanna Dwyer, center; and Carol Stollar, AG71, NG71, at a Frances Stern event



Dr. Kyla Shea, NG08, Scientist I on the Vitamin K Team at the HNRCA, received the 2020 E.L.R. Stokstad Award from the American Society for Nutrition. The award recognizes scientists at early stages in their careers who are producing outstanding fundamental research in nutrition. Shea is developing an expertise in micronutrients and age-related musculoskeletal functions.





## Scientific Organization Supports Fiber Research

Fiber. We know it's good for us, but most of us fall short of meeting the recommended daily dietary intake. Food manufacturers are now considering ways to incorporate fibers into food products, and research investigating dietary fibers and their relationship to health outcomes is growing.

International Life Sciences Institute (ILSI) North America recognized there was a need to systematically capture fiber-related research and requested grant proposals. Nicola McKeown, PhD, Scientist I on the Nutritional Epidemiology Team at the HNRCA, answered the call.

Her solution? A publicly available resource to assist health researchers and policymakers in evaluating the evidence linking fibers to specific physiological health outcomes.

With a grant from ILSI, McKeown and her colleague, Kara Livingston Staffier, MPH, developed a first-of-its-kind resource—the Diet-Related Fibers and Human Health Outcomes database, a tool that allows researchers to quickly and efficiently identify relevant published research on fiber types and health outcomes of interest.

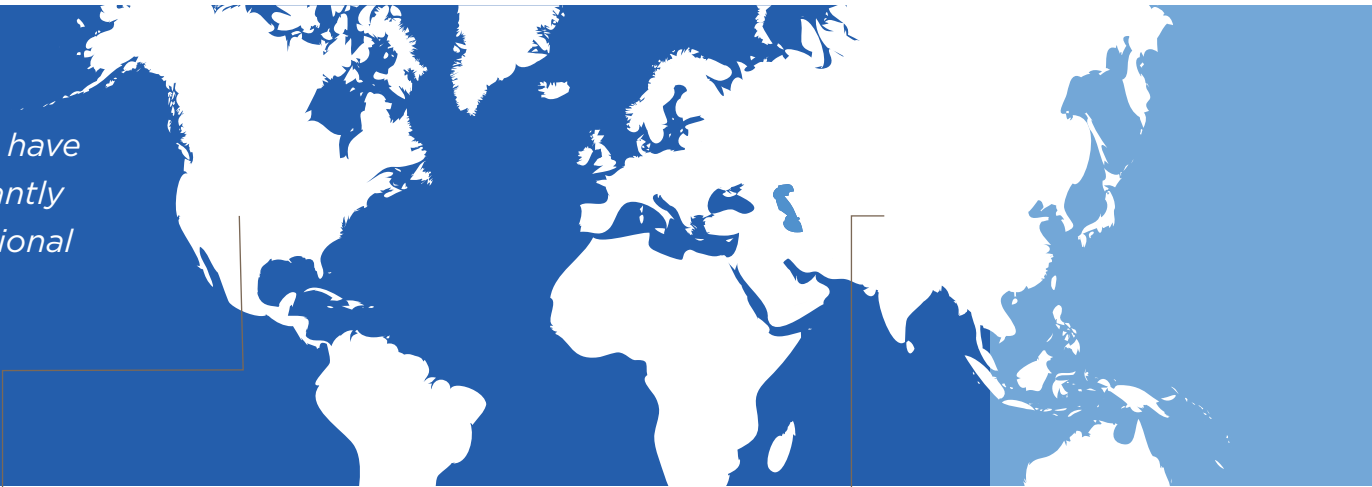
“With more than 1,150 papers that capture a vast amount of information on fiber types, the database makes it easier for scientists to identify previously published research,” explains McKeown. “We are thrilled to receive support from ILSI to provide a much-needed resource to help move forward research on dietary fiber.”

# 1,150+

PUBLISHED PAPERS IN THE FIBER DATABASE

*“I cannot begin to express the level of gratitude I have for you and your gift, nor the way it has significantly changed the trajectory of my career and educational goals. I hope to lead a similar life of service.”*

—Donmonique Chambliss, N20



## 23

U.S. STATES REPRESENTED IN THE INCOMING CLASS

## 10

COUNTRIES REPRESENTED IN THE INCOMING CLASS



*Nicola McKeown, Scientist I on the Nutritional Epidemiology Team at the HNRCA and associate professor at the Friedman School, developed a comprehensive database of fiber-related research with support from the International Life Sciences Institute North America.*