

MOTIVATIONS | YOUR IMPACT

wasn't alone. She received life-changing help from a volunteer peer counselor—a cancer survivor herself—through Bronx Oncology Living Daily (BOLD Living), Montefiore and Einstein's free wellness and support program for local cancer patients.

"My BOLD Buddy [as peer counselors are known] called me every day to ask how I was doing and answer my questions," says Mrs. Dejoie, a native of Haiti. "She knew exactly what I was going through and helped me in ways I cannot describe. She motivated me to fight the disease."

Mrs. Dejoie also took advantage of BOLD Living's classes in Spanish language, painting, and crocheting—just a sampling of the program's diverse offerings. "They even provided tutors and school supplies for my kids," she adds.

Taken with the program, she became a peer counselor herself even before completing her own treatment. "I wanted to give back, to be like the people who inspired me," says Mrs. Dejoie, one of three dozen BOLD Buddies at Montefiore.

BOLD BEGINS

Credit for BOLD Living belongs to Alyson Moadel-Robblee, Ph.D., who was just 16 when she lost her mother to breast cancer. This life-changing experience ultimately led her to pursue a doctorate in health psychology at Einstein and Yeshiva University (Yeshiva now manages the program), followed by a fellowship at Memorial Sloan Kettering Cancer Center in psychosocial oncology—at the time a fledgling subspecialty—which addresses the psychological, behavioral, emotional, and social aspects of cancer care. Dr. Moadel-Robblee then returned to the Bronx to



The Bronx Oncology Living Daily (BOLD) program offers painting and other wellness classes.

"With BOLD Living, we aim to address patients' emotional and social support needs, to complement their medical and surgical care."

— DR. ALYSON MOADEL-ROBBLEE

direct a new program in psychosocial oncology and conduct research at the National Cancer Institute—designated Albert Einstein Cancer Center.

Dr. Moadel-Robblee is now the associate director of community outreach and engagement at the cancer center and a professor of epidemiology & population health, of medicine, of radiation oncology, and of psychiatry and behavioral sciences at Einstein. Over the years she has steadily added more services to help people in marginalized

communities cope with cancer.

"From talking with patients, I learned that they wanted nutrition and fitness workshops and mind-body programs so they could take an active role in their care," she says. "Others expressed a desire to talk with somebody who understood firsthand what they were going through or who could accompany them to treatment."

With these requests in mind, in 2008 Dr. Moadel-Robblee launched BOLD Living. It has since evolved to

include a host of wellness workshops, individual counseling and support groups led by mental-health interns, cancer screening navigators, community outreach efforts, BOLD Buddies, end-of-life doulas, and BOLD Brother. Sister Peer Mentors (for teens and young adults who have parents diagnosed with cancer).

"With BOLD Living, we aim to address patients' emotional and social support needs, to complement their medical and surgical care," Dr. Moadel-Robblee says. "We're here as an important piece of the healthcare system to ensure that all patients have access to culturally informed and needs-based psychosocial resources for the best quality of life and care possible as they navigate cancer diagnosis and treatment."

Today, the BOLD Living team

reaches more than 1,000 patients and community members a year. Services, available in English and Spanish, are free to all people in the Bronx affected by cancer or in need of cancer screening navigation, regardless of where they receive their medical care.

A CANCER SCARE, TWICE OVER

Glenn and Marietta Alba encountered BOLD Living in a different way. In 2015, Glenn's mother, Dotty Kelly, was diagnosed with stage four lung cancer. Preparing for the worst and hoping for the best, she sought care from Shalom Kalnicki, M.D., professor of radiation oncology and of urology at Einstein and chair of radiation oncology at Montefiore. Dr. Kalnicki found that her tumor was a good genetic match for a new immunotherapy; combining

it with radiotherapy put her cancer into remission.

The Albas weren't done with Montefiore's oncologists just yet. Two years later, Mrs. Alba was diagnosed with stage one breast cancer. "Needless to say, it was shocking," she says. "But I was fortunate to have the support of my husband and access to the best care."

After undergoing a lumpectomy and radiotherapy, Mrs. Alba left Montefiore with a clean bill of health—and a deep sense of gratitude. "We wanted to find a way to give back to Montefiore and the greater Bronx community," she says. "My parents grew up in the Bronx, and I have fond memories of family celebrations there. So it's meaningful for me to stay connected in this way."

Once they heard about BOLD Living, the Albas knew exactly where

Members of the BOLD Living program gather for a crafting workshop. The initiative reaches more than 1,000 patients and community members a year and is free to all people in the Bronx affected by cancer.



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"We wanted to ensure that other families who are struggling with this disease have the support they need, and that these services would be free."

— MR. GLENN ALBA

they would direct their philanthropy. "Cancer can have such a profound psychological impact on both patients and caregivers," Mr. Alba says. "We wanted to ensure that other families who are struggling with this disease have the support they need, and that these services would be free."

In 2020, the Albas, who now live in Florida after many years in New Jersey, established the Marietta and Glenn Alba Fellowship in Psycho-Oncology. The

Glenn and Marietta Alba have established a fellowship in psycho-oncology at Montefiore.



two-year training program provides an opportunity for a Ph.D.-level psychologist to expand BOLD Living's clinical reach, conduct research into health disparities, and ultimately spread this model of care further afield.

THE INAUGURAL ALBA FELLOW

The first recipient of the Alba fellowship is Brittany Miller, Ph.D., a graduate of Stony Brook University's doctoral program in social and health psychology.

"During my studies, I heard a lecture about integrating psychological care into standard cancer care alongside the work of radiologists, pathologists, and other specialists," recalls Dr. Miller, whose dissertation focused on attitudes about preventive breast health behaviors among young adult Black women. "I thought, 'I would love to do that type of work, particularly in an underserved community." As luck would have it, the Alba fellowship launched just when Dr. Miller was contemplating the next step in her career.

At Montefiore, Dr. Miller has had a hand in all aspects of BOLD Living, giving her opportunities to put her new skills into practice and broaden her professional horizons. "At Stony Brook, I focused on cancer prevention. Now I'm more involved in the actual cancer experience, from diagnosis all the way through to survivorship, which has provided me with a more comprehensive view of the experiences with this disease," she says.

Thanks to the Alba fellowship, Dr. Miller has become immersed in the life of the community, where she's able to put academic theories into everyday practice. Alongside BOLD interns and Buddies, she visits health fairs, food

BOLD LIVING AT A GLANCE



BOLD Buddies

Weekly counseling and support groups led by mental-health counseling interns; volunteer peer counseling.



BOLD Brothers and Sisters

Free peer-mentoring program for teens and young adults who have or have had a parent or close caregiver diagnosed with cancer. In addition to the emotional support they receive through their BOLD brother/sister mentors, mentees receive career and academic guidance.



Support Groups

Groups (one in English, one in Spanish) that offer a safe place for those interested in sharing their thoughts and feelings, connecting with others, and learning how to cope with day-to-day challenges.



Wellness Workshops

Free nutrition, wellness, and fitness workshops and mind-body programs for patients and caregivers. The schedule offers yoga, dance, creative arts, meditation, health education, and more.



Cancer Screening

A program (Montefiore-Einstein BOLD Navigation) offering free assistance in scheduling screenings for breast, cervical, lung, colorectal, and prostate cancers as well as providing follow-up support for understanding screening results.

2008

The BOLD
Living Program
was launched
to meet the
needs of those
affected by
cancer in the
Bronx.

1,000+

Number of patients and family members who receive no-cost services each year.

10+

Number of free workshops per month, conducted in person in the Bronx and virtually.

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"Many people here are already dealing with housing instability, food insecurity, and other pressures. If you add the stress of having cancer, it can be overwhelming."

— DR. BRITTANY MILLER

pantries, and shelters, and is launching a program to include places of worship as well. It has been an eye-opening experience. "Many people we encounter have never had certain cancer screenings," she says. "They don't even know where to start. So we walk them through the process and connect them to everything they need—including BOLD Living—should they receive a cancer diagnosis.

"I understood beforehand that cancer can affect every aspect of your life, but I didn't realize to what extent, particularly in a vulnerable community like the Bronx," she adds. "Many people here are already dealing with housing instability, food insecurity, and other pressures. If you add the stress of having cancer, it can be overwhelming."

Dr. Miller's portfolio also involves three research projects, including efforts to improve cancer screening and support services in the Bronx lesbian, gay, bisexual, transgender, and queer community; develop a free training series for Bronx church leaders to help improve cancer outcomes among their congregants; and better understand how to encourage engagement with mental-health services among female cancer patients and cancer survivors in the Black community.

"I've also been learning so much about the various cultures here, and their different beliefs about cancer and mental-health care," she continues. "For some groups, talking about these topics is taboo. If you want to engage people and promote healthy behaviors, you have to develop culturally sensitive strategies. Our interns and BOLD Buddies, who reflect the diversity in the community, have been a great resource. The Buddies in particular bring so

much wisdom from their own experiences with cancer. I've learned a lot from them."

PART OF THE FAMILY

One of those fonts of wisdom is Harmon Kennedy, a longtime Bronx resident who received a colorectal cancer diagnosis in 2011. Mr. Kennedy became a BOLD Buddy a few years later, after treatment brought his disease under control. "It's great to have friends and family to talk to, but so often, they don't really understand," he says.

"If they haven't gone through cancer, they don't get it. You want to know what is going to happen to you, what chemo is like. Ten years after my last treatment, I can still remember them sticking needles into me. I remember the taste of chemo in my mouth. That's what I can share with patients. When they meet me and hear my story, I can see the relief. I would have liked to have talked to someone when I was diagnosed."

While some patients need only a few months with a BOLD Buddy, others stay in touch for years. "I knew Charlie, my first patient, for almost five years," Mr. Kennedy says. "We became friends. Charlie passed on a few years ago, but at least I got to say goodbye. For Buddies, the hardest thing is the people you lose, especially the ones you don't get to say goodbye to, like Elaine. She just stopped contacting me, and I didn't know why. She wasn't the type not to stay in touch. I learned later from her doctor that she had passed away. It affected me badly. I had survivor's remorse. It was like losing a member of the family."

Still, Mr. Kennedy feels an inseparable bond to BOLD and its mission. "Every cancer patient deserves a Buddy," he says. **E**

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CLASS NOTES

1960s

Jack Katz, M.D. '60, is now in the private practice of psychiatry after a long career in academic medicine. He has retired from basketball and singles tennis. (His knees are no longer up to it.) He still looks back fondly on his four years at Einstein.

David White, M.D. '63, lives in Eugene, Ore., with his wife of 56 years, and they continue to enjoy each other's company. His youngest granddaughter is in college, starting her premed studies.

Rich Hoffman, M.D. '65, and his wife are fortunate that one of their sons, his wife, and their two children live close by, as does their eldest son, who is less than an hour away. Being a grandfather has been one of Dr. Hoffman's greatest joys in life.

1970s

Doug Drossman, M.D. '70, is a professor emeritus of medicine and psychiatry, specializing in gastroenterology, and has been developing programs

to teach communication skills to optimize the patient-provider relationship. He just released a book that he wrote with his patient Johannah Ruddy called *Gut Feelings: Disorders of Gut-Brain Interaction and the Doctor-Patient Relationship.*

Stewart Albert, M.D. '71, is still practicing, teaching, and researching. He also plays senior handball and tennis, and is learning how to cook; his specialty is Stew's Stew. He hopes to travel again soon.

Einstein Alumna Named Editor of Journal of Clinical Investigation

Elizabeth McNally, M.D., Ph.D. '90, has been elected editor of the Journal of Clinical Investigation (JCI), a leading peer-reviewed medical journal aimed at defining disease pathways and treatments. She is the first woman to hold the title of editor in the journal's nearly 100-year history. Her five-year term began March 1, 2022.

Dr. McNally directs the Center for Genetic Medicine at the Northwestern University Feinberg School of Medicine in Chicago, where she studies inherited disorders that affect cardiac and skeletal muscle function.

After graduating from Einstein's Medical Scientist Training Program with both M.D. and Ph.D. degrees, Dr. McNally completed her residency and fellowship in cardiovascular medicine at Brigham and Women's Hospital and her postdoctoral fellowship in genetics at Boston Children's Hospital. She was elected to the Association of American Physicians in 2006 and is serving as its 2021–22 president. In 2021 she was elected to the American Academy of Arts and Sciences and to the National Academy of Medicine.

Members of the Einstein community have played important roles at *JCI* in recent years. The current editor, Rexford Ahima, M.D., Ph.D., director of endocrinology, diabetes, and metabolism at the



:lizabeth McNally, M.D., Ph.D

Johns Hopkins University School of Medicine, completed his residency and fellowship in endocrinology at Einstein. The preceding editor was Gordon F. Tomaselli, M.D., Einstein Class of '82, the Marilyn and Stanley M. Katz Dean at Einstein and the executive vice president and chief academic officer at Montefiore.

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STAY IN TOUCH

Keep your classmates up to date by submitting your news to *Einstein* magazine. We look forward to including you. Email us at einsteinalumni@einsteinmed.edu.

Arnold Bodner, M.D. '71, has been volunteering at a COVID-19 vaccine center in Essex County, N.J., and spends time with his wife of 30-plus years, Rosemary.

Roland Einhorn, M.D. '71, retired in 2012 and has been happily married for 40 years to his wife, Barbara. He reports that their daughter, Lisa, is a pediatric anesthesiologist at Duke University Hospital, and that they have three beautiful grandchildren. He lives in Jupiter, Fla., but also maintains a home in Baltimore.

Hyam Leffert, M.D. '71, has been in La Jolla, Calif., since graduating and has yet to retire. He wishes his fellow classmates long life, health, and happiness. He says it was a wonderful privilege to study medicine at Einstein, and reminds everyone to stay safe with the COVID-19 variants out there.

Neil Meade, M.D. '71, has retired and spends time with his two doctor daughters—"continuing the Einstein tradition of promoting women in medicine"— and their two doctor husbands and six grandchildren.

Stephen Senreich, M.D. '71, now retired, keeps up with journals and

playing guitar. He and his wife continue to travel and have fallen in love with Italy. He reports that he has "two wonderful children, who married wonderful spouses, and four wonderful grandchildren."

Robert Ritch, M.D. '72, received the Bietti Gold Medal from the International Congress of Ophthalmology and a Doctorate Honoris Causa from the University of Alcala, Spain. With the ongoing pandemic, he believes now is the time to retire. He wants to continue to practice telemedicine, consult from home, and write.

Gary Lotner, M.D. '73, is enjoying retirement after more than 40 years in the practice of allergy, asthma, and clinical immunology in Atlanta. He has two children and five grandchildren (ages 3 months to 11 years), all within a short drive. His new book, a humorous memoir called *Reflections of a Life in Medicine: The Ups, Downs, and All Arounds*, is a collection of vignettes about his earlier years in training and as a young physician.

Isaac Gorbaty, M.D. '74, is alive and wishes everyone well!

Harold Pincus, M.D. '75, is a professor and the vice chair of psychiatry at Columbia University's Vagelos College of Physicians and Surgeons and the co-director of Columbia's Irving Institute for Clinical and Translational Research. The institute recently received a \$61.7 million grant—one of the largest ever awarded to the medical school—from the National Institutes of Health to accelerate development of new medical treatments. Dr. Pincus also directs the national Health and Aging Policy

Fellowship and is a senior scientist at the RAND Corporation. He is a member of the external advisory board for Einstein's Harold and Muriel Block Institute for Clinical and Translational Research.

Lewis Rubin, M.D. '75, is an emeritus professor of medicine and emeritus director of the division of pulmonary and critical-care medicine at the University of California–San Diego School of Medicine. He is also an adjunct professor of medicine at the Columbia University College of Physicians and Surgeons. He continues to teach, consult, do research, and work as a medical volunteer in developing countries.

Karen Lowenstein Kade, M.D. '76, retired more than two years ago after selling her dermatology practice in Miami. She and her husband, Paul, moved to the west coast of Florida and are living in the Sarasota area. They have three grandchildren. Both of their daughters and their families live in Philadelphia.

Howard Reinstein, M.D. '78, was recently named physician of the year by the medical staff at the Providence Cedars-Sinai Tarzana Medical Center in California. He also received the Heart of Gold Award from the Child Development Institute. His daughter, son-in-law, and two of his grandchildren have moved back to Los Angeles after many years in San Francisco.

1990s

Lisa Moreno, M.D. '90, is a professor of emergency medicine at the Louisiana State University—New Orleans. She has been elected president of the American Academy of Emergency Medicine—the first woman ever to hold that post.

2010s

Evan Tamura, M.D. '16, has been working since 2019 as a primary-care family medicine physician in East Los Angeles with AltaMed Health Services. She recently was given the opportunity to take over leadership of AltaMed's opioid-use disorder and medication-assisted treatment services initiative, which she is eager to continue expanding. She and her husband live in Long Beach, Calif., with their rescue cat, Bernie.

Pratistha Koirala, M.D., Ph.D. '18, was recently elected to the board of

trustees (resident and fellow seat) of the American Medical Association (AMA). Born in the foothills of Nepal, Dr. Koirala had experiences as an immigrant and in her work with underserved individuals that are reflected in the deep value she places on diversity and equity in medicine. Dr. Koirala joined the AMA as a medical student in the Bronx and has held multiple leadership roles at the state and national levels, including on the executive council of the Medical Society of the State of New York. She is currently the resident and fellow member of the board of directors of the AMA's independent bipartisan political action committee.

2020s

Conor Fowler, M.D. '20, was engaged to Ingrid Anna Frahm on May 21, 2021. The two met while Dr. Fowler was finishing his third year at Einstein. They purchased their first home together in Boston, where Dr. Fowler is completing his physical medicine and rehabilitation training at Harvard Medical School/Spaulding Rehabilitation Hospital and Ms. Frahm continues as the digital art director for *Allure* and *Glamour* magazines, based in New York City. They have plans to get married this summer in Mystic, Conn.

IN MEMORIAM

Frances Cerullo, age 87, a recently retired psychoeducational specialist at the Children's Evaluation and Rehabilitation Center at Einstein, whose work with children who had reading disabilities and behavioral problems spanned nearly 45 years, Oct. 27, 2021, Mount Kisco, N.Y.

Ricardo Perez Dulzaides, age 33, a fourth-year Einstein M.D./Ph.D. student who had a passion for clinical investigation and was an advocate for diversity and the underserved, Nov. 12, 2021, Bronx, N.Y.

Babatunde ("Tunde") A. Eboreime, M.D. '71, age 77, a native of Nigeria and Princeton University graduate and an obstetrician-gynecologist who served generations of families in California for more than 35 years, Dec. 10, 2021, Pasadena, Calif.

Wendyann Ocasio, age 52, a community representative for the Einstein Institutional Animal Care and Use Committee, July 7, 2021, Bronx, N.Y.

Clinton Potter, M.D. '87, age 61, a family medicine physician, founder of Advanced Individualized Medicine of Naples, Naples Pride Center board member, and advocate for the LGBTQ community, Aug. 18, 2021, Naples, Fla.

The Honorable Felice K. Shea, Montefiore Trustee



Justice Felice K. Shea, a member of the board of trustees for Montefiore Health System for 25 years, died Dec. 27, 2021, at age 98 in New York City.

Justice Shea was an inspiring and fierce advocate for equity and social justice and a generous humanitarian. A

trailblazer for women in law, Justice Shea opened opportunities for others throughout her lifetime of public service. After working as an attorney with the Legal Aid Society, she served as a judge in the Civil and Family Courts before her election to the New York State Supreme Court, from which she retired at the end of 1999.

When speaking of Montefiore—where her parents also sat on the board—she said, "Healthcare is a human right. And good healthcare, respectfully given and patient-centered, is what Montefiore is all about. To me, that is social justice." Having done so much for so many, Justice Shea left a legacy that will live on at Montefiore and Einstein.

She is survived by her sister, Paula Oppenheim; her three children, Steven, Katherine, and Andrew Shea; eight grandchildren; and five great-grandchildren.

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Visionary Educator Albert Kuperman, Ph.D.



Albert S. Kuperman, Ph.D., who served as the associate dean for educational affairs at Einstein for nearly 40 years and was a

professor emeritus of molecular pharmacology, died Dec. 21, 2021, at age 90 in New York City.

Dr. Kuperman shaped many aspects of medical education at Einstein. His legacies include the global health program; the social medicine course he helped medical students establish; and Einstein's art and literary magazine, *Ad Libitum*, which he championed as an important creative outlet for all members of the campus community.

"Dr. Kuperman was one of my Einstein role models," noted Gordon F. Tomaselli, M.D., the Marilyn and Stanley M. Katz Dean at Einstein and a member of the Class of 1982. "He made sure that medical students got to experience clinical medicine on the wards within our first 18 months, which was not the general practice at the time but is now a common aim."

Born and raised in the Bronx, Dr. Kuperman earned his bachelor's degree at New York University and his Ph.D. at Cornell University. He was a fellow in nerve-muscle physiology at the U.S. Naval Research Institute and completed a post-doctoral fellowship in pharmacology with the U.S. Public Health Service at Cornell Medical College. He was a visiting scholar at Columbia University's Teachers College before joining the Einstein faculty.

Dr. Kuperman is survived by his daughters Meredith (Chuck) and Laura (John); granddaughters Hayley and Caroline (Paul); and sister Thelma (Gilbert).

Professor of Biochemistry John Blanchard, Ph.D.



John Blanchard, Ph.D., professor of biochemistry and the Dan Danciger Chair in Biochemistry at Einstein, died Nov. 5, 2021, at age 67 in

Pelham, N.Y. A talented enzymologist, Dr. Blanchard was a dedicated teacher and a mentor to young scientists from all over the world.

In 2009 Dr. Blanchard identified a promising new treatment for extensively drug-resistant tuberculosis (XDR-TB). He found that a combination of two drugs (clavulanate and meropenem) halted the growth of XDR-TB in laboratory culture. His drug combination has saved the lives of several patients with XDR-TB.

In 2014 the National Institute of Allergy and Infectious Diseases awarded Dr. Blanchard a four-year, \$2.7 million grant to continue his efforts to find novel therapies for drug-resistant TB. In 2017 Einstein awarded him the Marshall S. Horwitz, M.D., Faculty Prize for Research Excellence.

Dr. Blanchard was born in Connecticut and grew up in Cheshire and New Haven. He graduated from Lake Forest College in Illinois in 1975 and received his Ph.D. in biochemistry from the University of Wisconsin–Madison in 1978. He arrived at Einstein in 1979 as a National Institutes of Health postdoctoral fellow and later joined the faculty as an assistant professor, earning full professor status in 1993.

Dr. Blanchard is survived by his wife of 41 years, Kim, children Virginia and Charles (Sarah), and brother W. Scott Blanchard (Jenny).

Remembering Diane L. Belfer

Einstein Board of Trustees Member



The Einstein and Montefiore communities lost a devoted friend on Jan. 2, 2022. Diane L. Belfer, longtime Einstein Board of Trustees member, who led with grace, sincerity, and goodwill, died at her home in Palm Beach, Fla., on her 94th birthday.

In addition to her 32-year service as a Trustee, Mrs. Belfer also served in Einstein's Women's Division. Her wide-ranging philanthropic support (see "Belfer Building," next page) is a testament to her remarkable influence on Einstein and its people.

Teresa DiLorenzo, Ph.D., the Diane Belfer, Cypres & Endelson Families Faculty Scholar in Diabetes Research and a professor of microbiology & immunology and of medicine, recalls Mrs. Belfer's "hope and kindness" throughout their decade-long partnership. "Her support of research," adds Dr. DiLorenzo, "has had immeasurable value." Mrs. Belfer and her family also endowed the Diane and Arthur B. Belfer Faculty Scholar in Cancer Research.

The Einstein family joins Mrs. Belfer's own—her son, Kenneth Endelson, and his wife, Sherry; her daughter, Kathi Cypres, and her husband, Gary; five grandchildren; seven great-grandchildren; and her stepson, Robert A. Belfer—in memorializing Mrs. Belfer's curious nature, generosity of spirit, and commitment to science.



The Belfer Building Turns 50

Urgently needed for a growing College of Medicine: more lab space, classrooms for basic-science instruction, and an auditorium for lectures. The solution: The Arthur B. and Diane Belfer Educational Center for Health Sciences, which opened in 1972 and permitted increased student enrollment. This photo, looking northwest from Eastchester Road toward Morris Park Avenue, shows the 15-story building (in center of photo) as it neared completion. The new center expanded the department of community health, grew the audiovisual department, and instituted a computer and biomathematics center. The Belfer Building also centralized the office of the dean and Einstein's administrative services—until then scattered throughout the campus—and provided space for an office of education. The \$10.2 million structure was paid for by a \$3 million grant from the National Institutes of Health, along with funding from New York City and New York State and a gift from Mr. and Mrs. Belfer, who were significant Einstein supporters (see facing page).

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