



Keeping the Women We Love Healthy Howell Foundation 2014 Annual Report

What a Journey!

I am honored and feel very privileged to have chaired the Howell Foundation for several years. It has indeed been a journey that will hold a soft spot in my heart. As the late Susan K. Weber, wife of Dr. Stephen L. Weber, Past President of SDSU, told me at a convention, "Talk from the heart and be brief". That quote has been an inspiration to me for years.

There is so much that I would like to share but I want to emphasize the three areas that we have developed and in which we are currently making an impact:

Funding scholarships to our outstanding undergraduate scholars who are doing research on women's health issues is our number one priority. As the year ends, we have funded 11 scholarships for a total of \$40,000 for 2014. THANK YOU DONORS!

Our Health Lecture Luncheon Series, keeping the women we love healthy, continued through the presentations of doctors and scientists speaking to us on areas that are so important such as Longevity and Nutrition, Pelvic Floor Disorders, Nutritional Pain Management and Parkinson's Disease.

Our third area is the Community Engagement Initiative. Our first project in 2012-2013 focused on preventing diabetes in pregnant Latina women and partnered us with SDSU. We are excited that our next involvement in the community is geared towards obesity in college age young women, again with SDSU. I am so pleased to have been a part of establishing this initiative during my leadership.

This journey could not have taken place without the inspiration of Dr. Howell.

In closing, I want to thank my outstanding Board of Directors who has made this happen and a very special thank you to our Tanya Fortuna, Administrator - she has kept me on track.

As my term as Chair of the Board of Directors for the Doris A. Howell Foundation comes to a close, I know the Foundation is in great hands with incoming Chair, Dr. Carole Banka, in January, 2015.

I once again wish to thank each and every one of you for your loyalty and support. We need you to continue to believe in our important mission - *Keeping the Women We Love Healthy*.

Have a beautiful Holiday with many blessings,

Chair, Howell Board of Directors



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- ◆ How you can help

OUR MISSION

The mission of the Doris A. Howell Foundation for Women's Health Research is to fund undergraduate scientists in their relevant research and to educate women to be catalysts for better family health.

TO MAKE A DONATION:

- Donate online by visiting www.howellfoundation.org
- Mail back the enclosed donation envelope

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FAST FACTS

Howell Scholars Program

- ◆ Founded in 1995
- ◆ Awarded 195 research scholarships for a total of \$505,225 to date
- ◆ Applications solicited at UCSD, SDSU, USD Hahn School of Nursing, and all CSUs through joint effort with CSUPERB.
- ◆ All research projects have a women's health aspect
- All projects are overseen by a Faculty Mentor

A very special thank you to our **2014 Scholarship Donors** for funding full research scholarships of \$3,500 or more:

- **The Bollinger Family Scholarship** - Alex and Barbara Bollinger
- **Maribeth Kauss Memorial Scholarship** - Carolyn and Christopher Northrup
- **Susan Rose Memorial Scholarship** - Beatrice K. Rose, M.D., M.P.H.
- **Penelope Smith Scholarship** - Penelope Smith, MD
- **Soroptimist International of La Jolla Scholarship**

Our Scholars Make Us Proud!

If, indeed, the health of the women in your lives or their families is important to you, the solutions rest in the hands of academically gifted young researchers such as the ones the Howell Foundation supports at the undergraduate level through scholarships. We are thrilled to tell you about two Howell Scholars who have distinguished themselves by having received very impressive honors and recognition.



*Justin Siu, 2012
Jeanne Jones
Scholarship Recipient*

Hot off the press: Howell scholar Justin Siu, UCSD, is soon to be published as the third author in the peer reviewed journal "Oncogene". Since obesity and inflammation are both risk factors for a variety of cancers including breast cancer in postmenopausal women, the article topic is "Omega-3 fatty acids reduce obesity-induced tumor progression independent of GPR120 in a mouse model of postmenopausal breast cancer".



*Carolyn Northrup,
Scholarship Donor, with
2013 Howell Scholar
Elizabeth Kim*

Biology major Elizabeth Kim wins the prestigious Barry Goldwater Scholarship and Excellence in Education and Program Award for scientific research. This highly competitive national award established by Congress is regarded as the nation's most prestigious award bestowed upon undergraduate students studying the sciences. Only 280 students nationwide were selected on the basis of academic merit.

It is the generosity of all our donors that enables us to make awards to these and other outstanding young scientists. We are grateful to each donor but we extend a special thank you to our full scholarship donors:

**Alex and Barbara Bollinger
Carolyn and Christopher Northrup
Beatrice K. Rose, MD, MPH
Penelope Smith, MD
Soroptimist International of La Jolla**

We are still very much in need of help to reach our goal of funding all our 2014 scholars so, may we suggest /urge that as you plan your year-end or holiday giving you consider honoring someone you love with a meaningful gift of a scholarship donation. With the high cost of education so many academically qualified students are looking to us and you for help. For information on how to fund a scholarship, please contact Betty Brayshay at 858-454-7797.

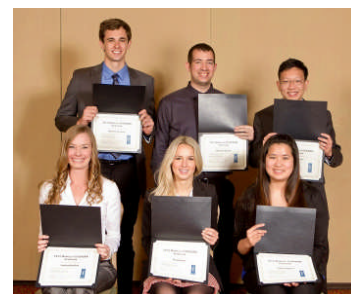
2014 Howell Scholars

The Howell Foundation has awarded 195 research scholarships for a total of \$505,225. We are proud of our relationships with local universities UCSD, SDSU and USD's Hahn School of Nursing. In addition, the Howell-CSUPERB partnership allows the Howell Foundation to support amazing young researchers throughout the state. [Below is a listing the 17 Howell Scholars for 2014.](#)

CSUPERB (California State University Program for Education and Research in Biotechnology)

CSUPERB awards a new research grant to a CSU undergraduate for each full scholarship the Howell Foundation awards. The 2014 Howell-CSUPERB Scholars were introduced during the Annual CSU Biotechnology Symposium held in January 2014.

- ◆ **Samariah Bautch**, CSU Fresno—Mentor: Cory Brooks
- ◆ **Lindsay Bradford**, SDSU—Mentor: Kelly Doran
- ◆ **Amanda Brambila** SDSU—Mentor: Paul Paolini
- ◆ **Nina Bubalo**, San José State University—Mentor: Katie Wilkinson
- ◆ **Matthew Dalphin**, CSU Fullerton—Mentor: Maria Linder
- ◆ **Jesse Garcia Castillo**, CSU Los Angeles—Mentor: Hyunsook Park
- ◆ **Yen Luu**, SDSU—Mentor: Roland Wolkowicz
- ◆ **Patricia (Nhi) Nguyen**, CSU Long Beach—Mentor: Vasanthi Narayanaswami,
- ◆ **Phuc Huu Ba (Sam) Nguyen**, CSU Long Beach—Mentor: Roger Acey
- ◆ **Cassandra Porter**, CSU Chico—Mentor: Lindsay Briggs
- ◆ **Matthew Siracusa**, CSU Fullerton—Mentor: Nikolas Nikolaidis
- ◆ **Jodie Chih Ching Wu**, José State University—Mentor: Rachael French



*Pictured here are 6 of the 12 2014 Howell-CSUPERB Scholars
Posed: Standing (left to right) Matthew Siracusa, Matthew Dalphin, Sam Nguyen; Front (left to right) Lindsay Bradford, Nina Bubalo, Patricia Nguyen*

University of California, San Diego

Founded in 1995, the Howell Foundation's mission and vision are firmly rooted in our affiliation with UCSD's School of Medicine through the renowned pediatric hematologist/oncologist Doris A. Howell, M.D., in whose honor the organization was founded. Dr. Howell is Professor Emerita of Pediatrics and former Chair of the Department of Community and Family Medicine at the UCSD School of Medicine.

- ◆ **Erika Birkholz**—Mentor: Joe Pogliano
- ◆ **Stephanie Myers**—Mentor: Stephan Lange
- ◆ **Orysa Stus**—Mentor: Mana Parast
- ◆ **Angela Zuo**—Mentor: Martin Haas



Dr. Howell with 2014 Howell-UCSD Scholars left to right Angela Zuo, Erica Birkholz, Orysa Stus and Stephanie Myers

University of San Diego, Hahn School of Nursing & Health Science

In 2010, the Howell Foundation established the Cheryl A. Wilson Nursing Scholarship, in honor of long-time Howell Board member Cheryl A. Wilson, R.N., M.A. to fund USD Ph.D. candidate nursing students whose research emphasis is on women's health.

- ◆ **Jennifer Buechel, Ph.D.**—Mentor: Ann Mayo



Cheryl Wilson, R.N., M.A. (left) with 2014 Cheryl A. Wilson Nursing Scholar Jennifer Buechel, Ph.D. (right)

Howell Foundation Evening Series on Health & Happiness

"I enjoyed the balance between scientific evidence and theory coupled with tactics to tackle stress. I also loved the focus on differentiating between women and men"

"Wonderful sense of humor-great emphasis on science and very practical exercises to do daily"

"Outstanding speaker. It was a real treat to listen and learn from her! Very well done!!"

"The presentation was well done and contained useful tools and information for everyone. The speaker's upbeat approach was very approachable and appreciated."

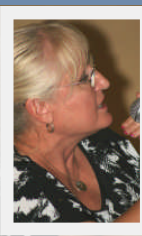
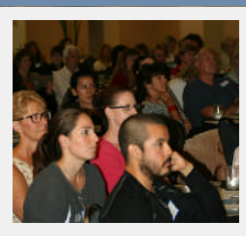
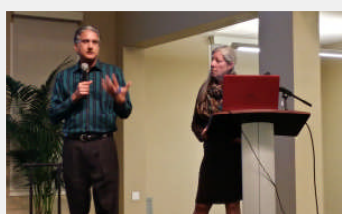
"The topic dealt with a matter of current and widespread concern."

In 2012, the Howell Foundation started a new Evening Series to provide research based education for women on the theme of healthy living. Our topics focus on how to care for our mental and physical health in ways that contribute to overall well-being. The goal of this series is to present topics and upbeat themes that focus on staying healthy and happy.

The series is designed to draw women from all over the city especially working women who cannot easily attend the Howell Luncheons. Several programs have drawn on the research from the field of positive psychology on how to increase personal happiness, raising happy children, and improving marriages. Other programs addressed increasing flow and mindfulness in your lives and a holistic approach to stress management. The fifth program was held on October 14th, and the topic was *Depression vs. Sadness . . . Learning to Know the Differences*. Dealing with depression has been the most frequently requested topic by participants of the series.

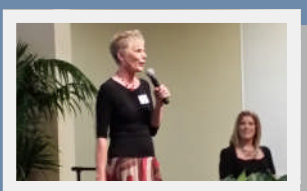
As of fall 2014, the Evening Series program is now free to all attendees.

To avoid the barrier of a cost that prevented many women from attending, the foundation will raise donations from its supporters to make the Evening Series Free to all from this point on. The 2015 Evening series program promises to continue delivering relevant and trending topics on healthy living. We thank all our sponsors that helped underwrite the cost of our series with their donations. If you are interested in volunteering, please call **Peg Neuhauser at 858-454-7797**.



Our key note speakers for the 2014 Howell Evening Series (from Left to right) Dr. Bhatti and Dr. Banka on an integrative approach to stress management, and Dr. Zampitella on the differences between sadness and depression.

Full House: Thought-provoking Q&A sessions



De-stressing with a hug from a dear friend

Peg Neuhauser, Friends of Howell Committee Co-Chair

Brad Benter, underwriter and Friends of Howell Committee Co-Chair; and Pattie Well-born, Foundation Chair at the Fall Evening Series

Howell Health and Happiness Fall Series dedicated to our dear friend and supporter, Marjorie Reeves

Howell Foundation's Lecture Series



Dr. Roberta Goettlib, Pattie Wellborn and Dr. Carole Banka

The Doris A. Howell Foundation for Women's Health Research hosted its first Luncheon and Lecture of 2014, "The meal you miss could save your life: How intermittent fasting

may extend health-span". Dr. Roberta Gottlieb presented the latest research on the relationship between fasting and the benefits that ultimately lead not only to a healthier life, but a longer one. When asked about the secrets of longevity, Dr. Roberta Gottlieb, Director of Molecular Cardiology at Cedars-Sinai Heart Institute, commented that it is all about having a lifestyle that promotes cellular health.



In April, Dr. Robert Bonakdar, from Scripps Division of Integrative Medicine, delivered a fantastic overview on how nutrition can help alleviate pain. The success of managing pain with appropriate

nutrition depends on combining anti-inflammatory foods, including grains, fruit and vegetables. It is no surprise that the ideal recipe includes common sense, knowledge and awareness and connecting emotionally with people and places.



Creating awareness of pelvic floor health starts with education. The Howell Foundation hosted Dr. Emily Lukacz, co-director of the UCSD Women's Pelvic Medicine Center, in August.

Dr. Lukacz summarized what comprises pelvic floor disorders, the basic anatomy of incontinence and its symptoms, and the latest on treating these disorders. "It's not only women who suffer from these conditions. Families suffer as well. The reality is there are lots of fairly simple things you can do that don't require surgery", she stated. "Being here and spreading the word on pelvic floor health is the first step".

To end the 2014 cycle of Luncheon Seminars, the Foundation hosted a panel of specialists, patients and caregivers who provided insight into stem cell research being conducted for Parkinson's disease; the efforts currently conducted to raise funds for Parkinson's —including a trip to the Everest base camp; the benefits of exercise through "Minds in Motion"; and the experience of a supportive caregiver living with a Parkinson's disease patient. We witnessed the exciting outcome of deep brain stimulation for one of the panelists.



From Left to right: Jeanne F. Loring, Ph.D., Sherrie Gould, MSN, NP-C, James R. Paterniti, Ph.D. & Goldie Sinegal

The Line Up for 2015: 20 Years!

In Line for 2015, the Foundation will be hosting Dr. Todd Coleman from the Telemedicine Division at UCSD (February 13, 2015). Dr. Coleman works at the interface between the body and machines using "tattoos" that record vital signs and act as a "second skin". He will discuss the application of this exciting technology to monitoring the brain, the heart and, especially, factors in babies that are difficult to monitor with the bulky technology of today. To celebrate the 20th Anniversary of the Howell Foundation, we are pleased to have Dr. Stanley Maloy, Dean, College of Sciences, SDSU, who will speak on "One Health: People, Animals, and the Environment". His recent research includes the combination of genetic, molecular, biochemical, and genomic approaches to study the importance of bacteria in the digestive tract (November, 2015). **Twenty years in promoting women's health is said easily! The Howell Foundation will be celebrating it's 20th anniversary in November of 2015! Stay tuned for more information!**

Community Engagement Initiative

The Howell Foundation's Community Engagement Initiative awarded its 2nd grant to support women's health research through its partnership with the SDSU Institute for Behavioral and Community Health (IBACH) to Hala Madanat, Ph. D.



Dr. Hala Madanat

According to Dr. Madanat, college women typically gain 4-15 pounds during their early college years. Her research focuses on curbing that weight gain by teaching first-year college women new information and introducing skills concerning food and body image.

The "Intuitive Eating Intervention to Curb Weight Gain in Female College Students" involves an innovative health intervention to reduce weight gain that is common among first year female college students. "This project is of great importance because the majority of that weight is gained during the first year", Madnat comments. Awareness of proper nutrition and exercise behaviors should demonstrate the relationship between self-esteem, eating styles, depression, physical activity, eating behaviors, and sleep.



Dr. Doris Howell & Dr. Elva Arredondo

The first Howell Community Engagement Initiative grant is being carried out in partnership with the Women, Infant and Children program. Led by Dr. Elva Arredondo, at SDSU. This study is assessing the efficacy of a program designed to increase physical activity and healthy eating in pregnant Latino women to prevent diabetes and obesity in this highly susceptible population.

A pilot project started in 2012, the Community Engagement Initiative was voted by the Howell Board of Directors as one of the Foundation's core programs. In funding these research projects, the Foundation will enable qualified researchers to create new collaborative research projects that address critical health issues specific to women.

Howell Advisory Council

The Advisory Council offers speaker suggestions for our luncheon series and ideas for promoting the visibility of the Foundation. This year we were fortunate to have on the Council, from SDSU: Ralph Feuer, Ph.D., and Stanley Maloy, Ph.D.; from UCSD: Lesley Ellies, Ph.D., Stephan Lange, Ph.D., Mana Parast, M.D. Ph.D., and Varykina Thackray, Ph.D.; and from the Southern California Biomedical Council (SoCalBio): A. Stephen Dahms, Ph.D.

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2014 Friends of Howell

The Friends of Howell are the lifeblood of our organization as they help us achieve our mission. We appreciate their support in promoting women's health research and education. **Friends of Howell are donors who give \$125 or more annually.**

Below are Friends of Howell donations received Jan. 1, 2014 through Dec. 1, 2014. This list contains names of donors at the time of printing only - a full list can be found at www.howellfoundation.org.

UNDERWRITERS

Brad and Gigi Benter - \$10,000
Peg Neuhauser - \$7,500

SCHOLARSHIP (\$3,500-\$4,000)

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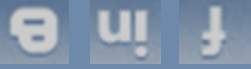
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* = New Friend of Howell
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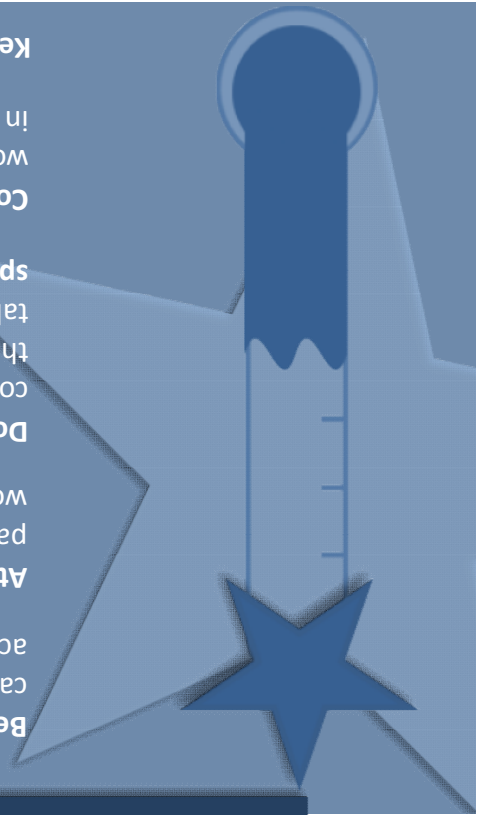
Consider us in your planned giving efforts. Celebrate the life of the women who mean the most to ensure the legacy of the women and men in your life.

speakership services.

talk about the latest in women's health research through our company or foundation will have the opportunity to learn more about the women in their lives. If you'd prefer, we can visit your location and Donate on behalf of your organization. Women—and men—in your

Attend our events. Spreading the word with family and friends or participating through sponsorships allows us to catch up while enjoying wonderful food and, perhaps, a great glass of wine.

achieve their education goals and dreams! Become a Friend of Howell. Your small donation or full scholarship award can help us achieve BIG things; among them, helping young researchers



How can you help keep the women you love healthy?



**Doris A. Howell
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