



"Keeping the Women We Love Healthy"

# HOWELL FOUNDATION 2013 ANNUAL REPORT

## THE SUCCESS OF CREATIVITY

I am so honored to have served as a Board Chair for four years. The past year reflects the dedication of the Board of Directors and committees, and Tanya Fortuna, Howell Administrator. They are the best! I want to express my sincere gratitude to all of our donors and the many Friends of Howell.

Our Health Lecture Luncheons held four times during the year are successful due to our speakers and the topics of presentation. I want to encourage you and your friends to attend in 2014. We also have the honor of having one of our undergraduate scholars to speak briefly on his/her research pertaining to women's health.

The Friends of Howell Committee continues to be creative and focuses on the area of recruiting new Friends of Howell, education and outreach. This is the second year we have held the Health & Happiness Evening Series. Mindfulness was the topic this past October and the next spring session will focus on stress management.

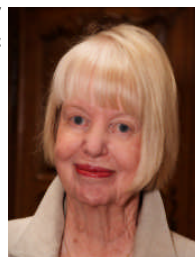
The Howell Foundation Community Engagement Initiative pilot project partnered us this past year with the SDSU Institute of Behavioral and Community Health on a public outreach project. It is progressing most successfully. We are receiving data and will share more of it with you in 2014.

In closing, I wish our beloved Dr. Doris Howell a very happy 90th birthday on December 2nd. She has been an inspiration to all of us. I hope you were able to join us on November 6th for an amazing celebration.

My heart wants to reach out to all of you and to encourage you to be a Friend of Howell. I want you to find support, a connection, a friendship and an education that will make a mark on your journey of life. Once again, I wish to thank each and every one of you for your continued support.

Happy Holidays!

Chair, Howell Board of Directors



Pattie Wellborn

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## 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](http://www.howellfoundation.org)
- Mail back the enclosed donation envelope

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HowellFoundation

## FAST FACTS

### Howell Scholars Program

- Founded in 1995
- Awarded 182 research scholarships for a total of \$460,725
- Applications solicited at UCSD, SDSU, USD Hahn School of Nursing, and all CSUs through joint effort with CSUPERB.
- All research projects must have a women's health aspect
- All projects are overseen by a Faculty Mentor

A very special thank you to our **2013 Scholarship Donors** for funding full research scholarships of \$3,500 or more:

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

## Our Scholars Make Us Proud!

Alyssa Jimenez, a 2011 Howell-CSUPERB Scholar from SDSU, chose to pursue a Ph.D. program at the University of Texas, Southwestern Medical Center after being accepted at several other prestigious universities. She is currently a 2nd year Ph.D. student. Alyssa received the highly competitive National Science Foundation Graduate Research Fellowship which will fund her tuition and salary for the next three years of graduate school. To quote Alyssa **“The research funded by the Doris A. Howell Foundation provided the necessary funds to complete my undergraduate honors thesis...After I left SDSU to begin my graduate studies, the work I began was built upon and has contributed to several publications”**. She further states that Howell scholarship support has not only furthered her own research projects but has become a foundation for future projects in her mentor Kelly Doran's laboratory at SDSU.



Alyssa Jimenez, Kelly Doran, Ph.D. and Doris Howell, M.D.

Dan Hemmati, a 1999 Howell Scholar from UCSD, writes of a recent development in the news. You may recall the actress Angelina Jolie's decision to undergo a full mastectomy after testing positive for a mutation of the BRCA1 gene. Hemmati writes “mutations of this gene have been known to result in a much higher rate of breast cancer among women” . **Hemmati goes on to say that the assistance provided by the Howell Foundation helped fund the research that led to the discovery of the molecular mechanism of cancer from the mutated gene.** In a published paper co-authored by Hemmati on this subject, the Doris A. Howell Foundation was honored. To quote Hemmati “Your foundation does amazing work.”

- Alicia Zamudio, 2013 Howell-CSUPERB Scholar (SDSU). Continuing undergraduate. Summer 2013 Internship MIT, Neurobiology.
- Erin Fletcher, 2013 Howell-CSUPERB Scholar (SDSU). BS Microbiology. Ph.D. student at Harvard.
- Ellese Carmona, 2012 Howell-CSUPERB Scholar (SDSU). BS Microbiology, Ph.D. student at Harvard.



Ellese Carmona

Your support of scholarships is critical in order to assist academically outstanding undergraduate students continue to make these amazing medical advancements.

## 2013 Howell Scholars

The Howell Foundation awarded 182 research scholarships for a total of \$460,725. 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 2013.](#) A full Howell Scholarship is \$3,500 for one year.

**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. From 2001-2013 the Doris A. Howell Foundation for Women's Health Research and CSUPERB have awarded jointly a total of \$361,355 to 129 CSU undergraduate researchers. The 2013 Howell-CSUPERB Scholars were introduced during the 25th Annual CSU Biotechnology Symposium held in January 2013.

**Kenya Covarrubias, CSU Fresno (Mentor: Jason Bush)**  
**Joshua Feng, CSU Long Beach (Mentor: Roger Acey)**  
**Erin Fletcher, SDSU (Mentor: Kelly Doran)**  
**Jessica Kyees, CSU Long Beach (Mentor: Vasanthi Narayanaswami)**  
**Laura McIntyre, SDSU (Mentor: Ralph Feuer)**  
**Laura Milbrandt, CSU Channel Islands (Mentor: Nitika Parmar)**  
**Ashley Moran, CSU Long Beach (Mentor: Kelly Young)**  
**Charles Mordaunt, CSU Fullerton (Mentor: Nilay Patel)**  
**Van Nguyen, CSU Fullerton (Mentor: Math Cuajungco)**  
**Matthew Schroeder, CSU Fullerton (Mentor: Alison Miyamoto)**  
**Yuriy Slutskyy, CSU Sacramento (Mentor: Claudia Lucero)**  
**Alicia Zamudio Montes de Oca, SDSU (Mentor: Ralph Feuer)**

### UCSD

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. Since 1995, the Howell Foundation has awarded over \$182,000 to 85 UCSD scholars.

**Behnam Hedayatnia, UCSD (Mentor: Truong Nguyen)**  
**Elizabeth Kim, UCSD (Mentor: Leonard Deftos)**  
**Nisha Sheth, UCSD (Mentor: Michael Sailor)**  
**Mandeep Sidhu, UCSD (Mentor: Varykina Thackery)**

### USD Hahn School of Nursing

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. Since 2010, the Howell Foundation has awarded 4 doctoral nursing scholarships to Howell-USD scholars totaling \$12,500.

**Maria Carmen Colombo, RN, USD Hahn School of Nursing (Mentor: Cynthia Connelly)**

## Growing the Foundation

The Friends of the Howell Committee has had a busy year. This committee's purpose is to advance the mission of the Howell Foundation by focusing on growth and outreach to a broader demographic of San Diego women. Thanks to the support we have received from our current Friends of Howell, we surpassed this year's goal for new Friends in July. The Howell Foundation renewal rates by current Friends has always been high and remains so this year. Thank you for getting the word out about the Howell Foundation and helping us grow. A person automatically becomes a Friend of Howell by making a yearly donation to the foundation of \$125 or higher.

### The Howell Evening Series

In 2012, we successfully launched the new Howell Evening Series at Liberty Station. The series consists of evening programs on upbeat healthy living themes. We call it the Health and Happiness Series. The speakers address current research and practical advice on healthy living topics. Our third program took place on Oct 8th and focused on the mental health issues of mindfulness and flow. **The next program is on March 18th, and the topic is An Integrative Approach to Stress Management: Reducing Stress & Increasing Happiness.** Our speakers are Tahir Bhatti, M.D., Integrative Psychiatrist and Wellness Physician, UCSD and Carole Banka, Ph.D., Dept. of Medicine, UCSD. Please join us for this wonderful program and bring your friends. You can register at the Howell web site or call us.

For those of you who attended the October 8th program, you know we feed you well at these events. The hors d'oeuvres were delicious and a huge hit with the audience. Based on feedback, we are requesting "bigger plates" for the March 18th session. Chocolates on the table increased happiness. So come hungry!

Our Evening Series Annual Sponsors help us underwrite the cost of the series with a donation of \$100 per year. Any profits go into the Howell scholarship fund. Thank you to all the 2013/14 Annual Sponsors: **Ray Bender, Betty Brayshay, Gigi Cramer, Romilya Driese, Susan Hoekenga, Doris Howell, Gladys Kohn, Estelle & Hamilton Loeb, Jean McGrath, Peg Neuhauser, Peggy Oechsle, Linda Osborne, Bea Rose, Averil Waters, Irving Tragen.**

### Howell Foundation Speakers Service

The Howell Speakers Service offers presentations for civic groups, non-profits and corporations. Topics include physical and mental health issues for women and their families at home and in the work place. This year Dr Carole Banka and Peg Neuhauser have spoken to the following civic groups: Soroptimists, Rancho Santa Fe Health Day, PEO, Scripps Ranch Community, AAUW. We have also been invited to speak at UC Irvine Medical Center, National Institutes of Health, and Benchmark Technologies. Please contact us if you would like to inquire about a speaker for your organization. There is no fee for civic groups.

Our thanks to the Friends of Howell Committee members from the Co-Chairs, Peg Neuhauser and Brad Benter: **Carole Banka, Ray Bender, Lynn Feinberg, Camille Nebeker, Carolyn Northrup, Kay Pierce, Bea Rose, Judy Sullivan, Helen Tomlinson.**

If you might be interested in volunteering on the Friends of Howell Committee, please call Peg Neuhauser at 858-412-5250.



Peg Neuhauser and Brad Benter



## 2013 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, 2013 thru Nov. 21, 2013.***

### **FULL SCHOLARSHIP DONORS**

**(\$3,500 or more)**

Barbara and Alex Bollinger  
Carolyn and Christopher Northrup  
Beatrice K. Rose, M.D., M.P.H.  
Soroptimist International of La Jolla

### **PATRONS**

**(\$1,000-\$3,499)**

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Virginia Patch  
Sally Thornton  
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### **BENEFACTORS**

**(\$500-\$999)**

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Victoria Baron  
Susan Baxter, Ph.D.  
Jan Cetti  
Alison and James Denman  
Laury Graves  
Gladys Kohn  
Susan Hoekenga  
Lois Lewis  
Gloria McCoy  
Mary Lee Roberts  
Edith Schroeder  
Vici Willis

### **SUSTAINERS**

**(\$250-\$499)**

Lois Baker  
Carole Banka, Ph.D.

Marilynn Boesky  
Betty Brayshay  
Carolyn Brown  
Mandy Butler, Ph.D.  
Jean Campbell  
Cher Conner  
Janet Douglas  
Romilya Driese  
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Sheryl Scarano  
Astrid Shannon  
Lyda Shugert  
Ann Silliman  
Judith Smith  
Elizabeth Taft  
Pattie Wellborn  
Judy White  
Cheryl Wilson, R.N., M.A.

### **SUPPORTERS**

**(\$125)**

Penny Adler  
Barbara Bailey  
Ray Bender, Ph.D.  
Robert and Sandra Berk

Marla Brayshay Black  
Maxine Bloor  
Karen Bowden  
Pamela Boynton  
Elaine M. Brody  
Barbara Brown  
Kathleen Buoymaster  
Judy Burer  
Elizabeth Carson  
Dr. K.C. Chien  
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## Community Engagement Initiative



Dr. Howell and Pattie Wellborn presented the first Howell Foundation CEI grant for \$25,000 to IBACH

The Howell Foundation's Community Engagement Initiative (CEI) is supporting exploratory research on issues affecting women's health in underserved San Diego communities. To identify relevant research questions to answer, the Howell Foundation CEI is partnering with local universities and community organizations.

The first CEI project was awarded to Dr. Elva Arredondo, a professor with the SDSU Institute of Behavioral and Community Health. Dr. Arredondo's project involves a partnership with two local community clinics and focuses on improving physical activity and healthy eating among Latina women who are expecting their first child. The research objective is to develop and test a culturally

-appropriate, health promotion educational intervention that results in increased physical activity and sound nutritional choices for participants. Data obtained from this preliminary research will be used to support future grant proposals. Likewise, the participating community clinics will be able to integrate the health promotion educational intervention into their prenatal educational program.

**The Howell Foundation CEI is presently developing a partnership with the new UC San Diego, Center of Excellence on Women's Health.** Proposals for the 2014 CEI grant will be reviewed in December 2013 with an award announcement expected in early February 2014. CEI grants are supported by the Howell Foundation and through the Howell Foundation's Speaker's Service.

## 2013 Health Lecture Series

For the year 2013, The Health Lecture Series (HLS) Committee consisting of Priscilla L. Moxley-Chairperson, Jean K. McGrath, Carole Banka, Ph.D., Gladys Kohn, and Skai Krisans, Ph.D. worked with the Howell Foundation Advisory Council to plan an exciting year of lecture luncheons for the Friends of Howell and guests. As we ushered in the New Year, we were thinking about improving our health and chose the following dates and topics:

- January:** Shirin Hooshmand, Ph.D. of SDSU presented an informative luncheon lecture on **preventing bone loss**. Her tips and latest facts set us up for keeping our bodies healthy.
- May:** Our second lecture luncheon focused on the latest in **new cardiology findings**. Christopher Glembotski, Ph.D. informed us as to what we can do to prevent heart disease which is the number one killer of women.
- July:** The Surgeon General's Office called lung cancer a contemporary epidemic. Ajay Sandhu, M.D. spoke on this deadly topic and the **recent advances in management of lung cancer**.
- November:** Anne Wallace, M.D., Professor of Clinical Surgery, Chief of Plastic Surgery and Director of UCSD's Breast Care Unit filled us in on the **latest updates of cancer and breast reconstruction** for our final lecture/luncheon of the year. In addition, we had the pleasure to celebrate **the 90th Birthday of Doris Howell, M.D. our founder** and dear friend to so many.



From left: Dr. Shirin Hooshmand, Dr. Christopher Glembotski, Dr. Ajay Sandhu, and Dr. Anne Wallace

Respectively submitted,  
Priscilla L. Moxley, Chair - HLS Committee

## 90th Birthday Celebration!

At our November 6th luncheon we celebrated the 90th birthday of our beloved Doris A. Howell, M.D., in advance of her December 2nd birthday. **The event was impeccably planned by Event Chair Priscilla Moxley, Board Chair Pattie Wellborn and their event committee including Cher Conner, Kay Pierce, Bea Rose, Carole Banka and Peg Neuhauser.** Many of you were there to enjoy the special tribute to Dr. Howell which included a birthday poem written and read by Howell Board member Dr. Bea Rose, the City of San Diego's Mayoral Proclamation that December 2nd shall be known as Doris Howell Day, a tribute by Dr. David Bailey, and a special song performed by Goldie Sinegal-Dustman and harpist Barbara Olsson. Everyone at the luncheon including Dr. Howell said it was a heartwarming event that they will never forget.



### 2013 Board of Directors

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## Howell Advisory Council

In 2013, we had the good fortune to benefit from a stellar group of academic, scientific and community leaders on the Howell Foundation Advisory Council which was held in May. **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., Mark Kern, Ph.D., and Stanley Malloy, Ph.D.; from UCSD: Jeanne Nichols, Ph.D., Michael Sailor, Ph.D., and Varykina Thackray, Ph.D.; from The Salk Institute: Judy Hodges, and from the Southern California Biomedical Council (SoCalBio): Stephen Dahms, Ph.D. Each of these participants made valuable contributions to the Foundation and most have agreed to serve a second term on the Council.

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## 2014 Health Lecture Luncheon Series

The Howell Foundation Health Lecture Luncheon Series for 2014 promises to be exciting and enlightening.

- **February 7, 2014 - Our first luncheon of the year will focus on longevity.** Research on animals has shown that calorie restriction can prolong life. We will learn how this translates to the human condition in a presentation titled "The meal you miss could save your life: How intermittent fasting may extend health-span." The speaker will be Dr. Roberta Gottlieb, Director of Molecular Cardiobiology at Cedars-Sinai Medical Center and past Director of the Donald P. Shiley BioScience Center at San Diego State University. Save the date!
- **Spring 2014** - We will learn more about pain in women including the different causes and manifestations of pain in women as well as the current therapeutic approaches (speaker and date to be announced).
- **Summer 2014** - This luncheon will feature Dr. Emily Lukacz, Program Director of Female Pelvic Medicine and Reconstructive Surgery at UCSD, presenting "The unmentionables: An update on incontinence, urinary tract infections and other pelvic disorders." (Date to be announced).
- **Fall 2014** - We will return to our panel format to address the latest research on Parkinson's Disease. The incidence of Parkinson's Disease is nearly twice as high in men as in women, but women are often the caretakers of Parkinson's patients. We will hear the latest from a variety of perspectives (speakers and date to be announced).

Please visit <http://www.howellfoundation.org/Events/Lecture-Series> for updates on dates and times for these engaging presentations.

