



Keeping the Women we Love Healthy Howell Highlights Summer 2014

The Doris a Howell Foundation names Dr. Beatrice Rose as its first Emeritus Board Member .



Her philosophy is simple: do the best that you can or don't even bother. Dr. Rose assesses the scholarship applications for the Foundation. She has always been impressed by the review process implemented by her fellow Board Members and constantly praises the scientific depth of the research projects that are submitted for review. The sentiments of the Board are well spoken by our Chair, Pattie Wellborn: "Words will never express our gratitude to her for her wisdom and service. Dr. Rose has been an inspiration to us all". Read more about Dr. Rose in the Howell Foundation's Blog.

Help us reach our goal and award women's health research scholarships.



Foundation Fast-Facts:

- ◆ Founded in 1995
- ◆ All research projects must have a women's health focus
- ◆ Awarded 200+ research scholarships for a total of \$500,000
- ◆ Applications solicited at:
 - * Undergraduates: UCSD, SDSU, and all CSUs through joint effort with CSUPERB.
 - * Graduate Nursing Scholarship: USD's Hahn School of Nursing
- ◆ All projects are overseen by a Faculty Mentor

Message from the Board

We have reached the half way mark for 2014. I hope this newsletter communicates to you our exciting journey which is resulting in growth and impact.

It is important to inform you of the 3 areas of Howell's involvement and commitment: #1 scholarships for undergraduates, #2 education (lecture luncheons and the evening series), and #3 community engagement.

Peg Neuhauser and Brad Benter continue to Chair our Friends of Howell Committee. Please help us spread our message to your friends and family. Our goal is to raise \$42,000 for scholarships. We need you to assist in this goal.

I'd like to personally acknowledge a few recent significant gifts to the Howell Foundation:

- ◆ Peg Neuhauser's donation of \$6,000 to help fund the Community Engagement Initiative
- ◆ Brad Benter's donation of \$5,000 to sponsor the 2014 Health & Happiness Evening Series
- ◆ Soroptimist International of La Jolla's donation of \$3,500 to fund one full research scholarship
- ◆ Alex and Barb Bollinger's donation of \$3,500 to fund one full research scholarship

We need your help to keep the women you love healthy. I hope to see many of you in August at our next luncheon.

Warm Regards,

Pattie Wellborn, Howell Board Chair



Pattie Wellborn

Register NOW for the August 28 Lecture "The Unmentionables: What Every Woman Should Know About Pelvic Health". Our guest speaker, Dr. Emily Lukacz will be discussing diagnosis, prevention and treatment of the common pelvic disorders incontinence and prolapse, focusing on both conservative and surgical treatment options -- including behavioral approaches to treatment for women faced with this condition. Pre-registration is required and unfortunately we are unable to accommodate walk-ins. The cost to attend is \$50. Register early to save your seat! Your invitation is in the mail. You can also register online by visiting www.howellfoundation.org, or by calling (858-454-7797) or emailing friends@howellfoundation.org. We hope to see you there!

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 support our mission, please call us at (858) 454-7797, visit www.howellfoundation.org, or email friends@howellfoundation.org.



**Doris A. Howell
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In case you missed it...



Our past Lecture Series Speaker, Robert Bonakdar, M.D. discussed the relationship between body science, pain and diet. He included discussion of nutritional factors that may exacerbate pain, approaches for reversing it and diet and supplement prescriptions to manage pain and its related symptoms. The success on managing pain with appropriate nutrition is going to depend on combined factors: anti-inflammatory foods, grains and fruit and vegetables. The ideal recipe includes common sense, awareness and connecting with people and places. A summary and nutritious, healthy and delicious recipes can be found in our Blog.

Our Health and Happiness Evening series presented how the concept of “relational wellness” influences stress management and how “western” and “complimentary” medicine can be integrated to reduce stress for men and women. The simple techniques demonstrated in the seminar are a practical way to manage your daily stress and include a mindful approach to what is considered the 4 pillars of well-being: connections, compassion, gratitude and growth. For a complete review on the Health and Happiness presentation, please visit our Blog.



Drs. Bhatti and Banka on the differences of stress in Men and Women and showing simple techniques of dealing with every day stress.



The Howell Foundation Riding the Social Media Fast Train

In addition to its Facebook page the Howell Foundation now has a Blog (www.howellfoundation.blogspot.com) and Linked In Page (The Doris A. Howell Foundation). Take a minute to read, comment, like, follow the messages and SHARE the information! Let's get the conversation on women's health research moving. Share your experiences with family and friends so we can continue to **Keep the Women we Love healthy!**

