Howell Highlights 2019

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OUR MISSION:

The Howell Foundation is dedicated to making a long-term, positive impact on women's health as THE premier organization advancing women's health research and education.

TO MAKE A DONATION:

- Donate online by visiting www.howellfoundation.org
- Make sure you choose the **Doris A. Howell Foundation** when shopping on line.

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Stay Connected!

2019: A Year of Impact

Thanks to our donors and exemplary volunteer board members, the Howell Foundation continues to move forward through this exciting year.

This special foundation would not be here if it was not for our dear Dr. Doris Howell. We celebrated her accomplished life on June 1st of this year. Special thanks to the University of California San Diego, Department of Preventative Medicine and Public Health, for co-sponsoring this celebration of life. We also extend our thanks to our other academic partners: the San Diego State University and the University of San Diego, Hahn School of Nursing, and those who donated at the time of registration for their contributions. In addition, the Howell Foundation Legacy Council was instrumental in making this event happen and we owe them our gratitude in ensuring we honored Dr. Howell in a meaningful way.

In honor of Dr. Howell we continue on our mission to educate women in the community with our luncheons in which our speakers provide us with valuable, evidence-based information. Dr. Athena Philis-Tsimikas from the Scripps Whittier Diabetes Institute educated us on how pivotal lifestyle changes can be in improving diabetes-related outcomes. Dr. Daniel Hoefer from Sharp Healthcare also delivered a compelling talk on the importance of using research data to foresee outcomes prior to a procedure.

We are building momentum and the Foundation is poised to broaden its geographic reach and increase funding for women's health research. Earlier this year we launched a high impact Development Task Force aimed at retaining and strengthening relationships with our current and past donors in addition to developing emerging and potential donors, which are fundamental to assuring the Foundation's impact. We have revised annual levels of giving with benefits to members at all levels and will be rolling out Leadership Giving Circles that recognize cumulative history of gifts through the years.

Dr. Howell's visionary life and true humanity have improved our community, our nation and the world. Her influence continues to touch more lives than we can ever imagine. She is a poignant reminder of how much can be accomplished when we contribute heartily to our community and to each other.

Abigail D'Agostino, BSN MBA
2019 Board Chair

Earning your trust!

SEAL OF TRANSPARENCY 2018 BRONZE GuideStar

To all our Board Members who are committed to serve in the advancement of women's health research, and to our volunteers and donors who with their support help us accomplish our mission, THANK YOU!

Howell Foundation's Outreach

Event topics: Diabetes and Palliative Care

In February, The Howell Foundation hosted Dr. Athena Philis-Tsimikas, as the key note speaker for the first luncheon of the year. An endocrinologist by training, she has been involved with the diabetic underserved community for the past 20 years. According to Dr. Philis-Tsimikas, the occurrence of heart-related diseases and stroke in women are exacerbated due to a diabetic condition. With diabetes, the protection premenopausal women enjoy significantly diminishes. Diabetes can lead to kidney failure, amputations, and ultimately hyperglycemia, a condition where excessive amount of glucose circles the body through the blood.

As for diabetes and nutrition, carbs are drivers of high blood sugars. Half your plate should have vegetables, a quarter, starch (which will be converted into sugar) and a quarter protein. Diabetes should be addressed with portion control, exercise and medication.

In May, Daniel Hoefer discussed the inclusion of additional criteria to be taken into consideration when thinking about excellence in healthcare. For Dr. Hoefer, it's not a matter of the latest in healthcare technology, but a matter of setting the additional protocols and metrics to define new standards of healthcare, especially in the growing, aging population.

His presentation focused on aspects that can improve the outcome of patients' healthcare management:

- Understanding the culture of healthcare and the concepts under which care is practiced.
- Analyzing the differences between traditional and current management metrics to evaluate good care.
- Prognosticating the risks associated with care, including surgeries, medication prescriptions, and hospitalization that allow healthcare providers to guide their patients towards the best outcome possible.

Howell Supporting Research

Brooke Emerling, Ph.D, Kathleen Franklin & Carole Banka, Ph.D

The Susan G. Komen Foundation held its second Metastatic Breast Cancer Conference in March, where patients, providers and researchers came together to paint a picture of the current status and advancements in treatments for MBC. A first in the Conference was the 'fast-pitch contest', an opportunity for researchers to present current research projects in metastatic breast cancer for the opportunity to win $1000 to help fund their research efforts. The Howell Foundation donated $1000 that was awarded to *Brooke M. Emerling, Ph.D.* We congratulate you, Brooke, for the wonderful work you are doing to find a cure for this devastating disease.

Celebrating a Legacy Of Care

Board Members, friends, family and colleagues celebrated the life of Dr. Doris Howell on June 1st. The story of her life was told by leaders in the community who with touching words covered the impact Dr. Howell had in the community.

Close friend Dr. Beatrice Rose opened the tribute with a poem she had writtenfor Dr. Howell for her 90th birthday, followed by niece Allison Denmann, Dr Cheryl Anderson, Chair of Department of Family Medicine and Public Health, UCSD; Dr. Laurel Herbst from San Diego Hospice, Helen McNeal from California State University Institute for Palliative Care; Dr. Patricia Roth, Director of Ph.D. in Nursing Program at USD's Hahn School of Nursing and Health Science; Dr. Stanley Maloy, Associate Vice President for Research & Innovation of San Diego State University; and Jean Kauth McGrath from Soroptimist International of La Jolla.

We thank you for your kind words!

Howell Scholars Making us Proud!

The Howell Foundation seeks to advance women's health by encouraging students to pursue careers impacting women's health. As of June, 2019, the Howell Foundation has awarded $725,225 and funded 252 women's health research scholarships. And we are not done yet! Come and meet the Cheryl A. Wilson Graduate Research Award in Nursing Scholars at our August luncheon series on Thursday, August 8, 2019. For more information visit www.howellfoundation.org.

2019 Howell-CSUPERB Scholars

Danielle Reynolds, Jennifer Sih & Ashley Schwartz

Rebeca Almeida, (Public Health & Ethnic Studies, Cal Poly , San Luis Obispo), Mentor: Marilyn Tseng, Kinesiology & Public Health

AuKinetumn Barker (Biology, Cal Poly, San Luis Obispo). Mentor: Alejandra Yep, Biological Sciences.

Jan Cajulao (Microbiology, San Francisco State University). Mentor: Lily Chen, Biology.

Samantha Crawford (Biochemistry, San Diego State University). Mentor: William Tong, Chemistry and Biochemistry.

Martey Haw (Biology, San José State University). Mentor: Bree Grillo-Hill, Biological Sciences.

Emmanuelle Issa (Mathematics, California State University, Fresno).Mentor: Cory Brooks, Chemistry.

Katia Niño (Biology, California State University, Fullerton). Mentor: Marcelo Tolmasky, Biological Sciences.

Danielle Reynolds (Biology, San Diego State University). Mentor: Chris Glembotski, Biology.

Ashley Schwartz (Mathematics, San Diego State University). Mentor: Uduak George, Mathematics and Statistics.

Khadija Shafiq (Biotechnology, Cal Poly, Pomona). Mentor: Jill Adler-Moore, Biology.

Jennifer Sih (Biology, San Diego State University). Mentor: Sanford Bernstein, Biology.

Kara Zeman (Biochemistry, California State University, Sacramento). Mentor: Katherine McReynolds, Chemistry.

2019 Howell-UCSD Scholars

Anahid Foroughishafiei , Lindsay Wong, Aditi Gnanasekar & Kaitlyn Sung

Aditi Gnanasekar (Bioengineering, UCSD)
Mentor: Weg Ongkeko, Surgery

Anahid Foroughishafiei (Bioengineering, UCSD)
Mentor: Jing Yang, Pediatrics

Kaitlyn Sung (Human Biology, UCSD)
Mentor: Pam Mellon, Reproductive Medicine and Neuroscience

Lindsay Wong (Molecular Biology, UCSD)
Mentor: Weg Ongkeko, Surgery

Our Next Event: Save the date!

Thursday, August 8, 2019

"Urine Trouble: Women's Bladder Health and the Urinary Microbiome"

Linda Brubaker, M.D.
Professor of Obstetrics, Gynecology, and Reproductive Sciences, UCSD

Urinary problems are common and often bothersome in adult women. Recent discoveries confirm a microbiome in the normal bladder. This brief presentation will review the urobiome and the relationship to bladder health and common urinary problems in women.

Doris A. Howell Foundation
for Women's Health Research, Inc.

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Women's health is family health. Don't take it for granted!
How can you help *keep the women you love healthy*?

Help us reach as many in the community as possible with the latest on women's health research scholarships, grants and outreach:

- **Become a Friend of Howell.** Every donation helps us achieve BIG things: among them, advancing women's health in the community.
- **Attend our educational events.** Spreading the word with family and friends, or participating with sponsorships, allows us to catch up while enjoying wonderful food and perhaps a great glass of wine.
- **Donate on behalf of your organization.** Women –and men-- in your company or foundation will have the opportunity to learn more about the women in their lives.
- **Have us over.** Our Speakers Service helps spread the word on the importance of women's health research.
- **Consider us in your planned giving efforts.** Celebrate the life of women and men who mean the most to you.