THE HOWELL FOUNDATION

The Road Ahead: Research to Accelerate Women's Health

2021 Annual Review

Education ▪ Research ▪ Community ▪ Outreach

The Road Ahead

Accelerating women's health with research

Although COVID continues to bring challenges and limitations, 2021 was a busy and productive year towards achieving our mission.

Informational programs, such as The Howell Lecture Series, are fundamental to accelerating women's health, and a trademark of the Howell Foundation. Last year, the Howell Foundation presented the critical findings of experts from UC San Diego Department of Medicine, SDSU School of Public Health and Sharp Medical Center/Behavioral Health.

Our Scholars excelled in their fields of research. Due to your continuous support, the 18 undergraduate and graduate research scholarship awards included areas of study that will accelerate women's health in the not-so distant future. Several research projects included new paths to fight breast and ovarian cancers, diabetes, women's reproductive health, domestic violence, and meditation programs for post-partum depression.

Under the newly adopted phrase "to prosper and grow" I am proud to announce our new slate of Board Directors. We now have the experience and leadership from all our academic partners, the business community, and importantly, representation of our Scholars.

The sustainability of our programs continues to be a priority. Our fundraising efforts and the legacy gifts of the Howell, Oeschle and Rose Estates have secured the funding of our programs for the next three years. Our goal is to secure our programs for the next five. As we continue on the path to making a long-term positive impact on women's health, we need your support. As you think about the women in your life, please consider a donation to the Howell Foundation. No gift is too small. Please contact the Howell Foundation to learn more about the many ways you can give.

2022 looks even more encouraging! Some of the topics on the schedule include close collaborations with academia to bring you early access to cutting-edge research. Our Annual Top Ten Stories in Women's Health will be held on May 6th, so make sure you stay tuned.

I am looking forward to all that 2022 will bring, including the opportunity to continue promoting women's health research to **"keep the women we love healthy!"**

My best wishes for a healthy year!

Marla Black
Executive Director

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.

Your Donations at Work!

In this issue:

- The Foundation in numbers: Our Impact in the community.
- How your support inspires careers in women's health: Howell Scholars making us proud.
- Early access to cutting-edge research to accelerate women's health: Our Lectures Series Summary
- Howell Happenings: Working to create a positive impact on women's health.
- With our deepest appreciation. Your invaluable support helps accelerate women's health research.

Donate @
www.howellfoundation.org

Earning your trust!

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 accelerate women's health, THANK YOU!

The Howell Foundation is a 501(c)(3) non-profit organization. Tax ID #33-0715532.

Our Mission in Numbers

Accelerating women's health with research

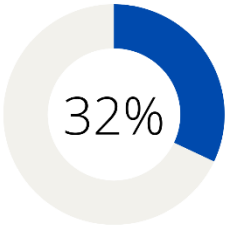
Top Reason for Howell Foundation support:

50% of our supporters appreciate our commitment to advance women's health research

34% support learning about the latest research impacting women's health

14% support our commitment to fund research scholarships

What in our mission resonates the most with our supporters?



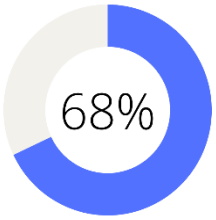
32% - Inspiring and funding scholars to conduct critical research in women's health

27% - Raising the importance of science dedicated to women's health

21% - Providing community outreach and early education on women's health

19%- Helping keep women of all generations healthy

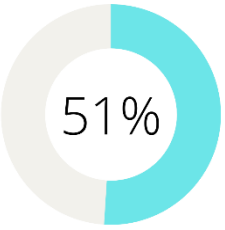
Information that supporters MOST want to receive



68% or our supporters appreciate learning about critical research in women's health first hand

21% appreciate information on the top 10 issues impacting women's health

Supporter Satisfaction



51% of our supporters are satisfied with first-hand access to cutting-edge research

30% would like more virtual webinars

* 2021 Howell Supporter Survey Results.

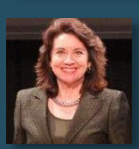
First-hand, Early Access to Women's Health Research

2021 Howell Lecture Series

The Howell Foundation is known for its Lecture Series Program. We provide a forum for medical researchers and experts to convey early access to cutting-edge research on topics relevant to women's health. We promote health education that encourages self-advocacy for the long term health and well-being of women, their families and the community in which they live. By turning knowledge into action, we help ***keep the women we love healthy.***

February, 2021
Top Women's Health Stories of the Year.

Christina Chambers, PhD
Professor of Pediatrics
Co-Director,
Center for Better Beginnings, UCSD



Cynthia Stuenkel, MD
Clinical Professor of Medicine Founding member and Past President of the North American Menopause Society, UCSD

Andrea LaCroix, PhD
Distinguished Professor and Chief of Epidemiology, Director, Women's Health Center of Excellence, UCSD

The Howell Foundation hosted three experts in the field of women's health research. The yearly presentation *"Top Ten Stories in Women's Health"* reviewed an update of the most relevant research stories that took place in 2020, and the impact it has in women's health during 2021 and beyond:

- Effects of COVID-19 in women during pregnancy and lactation, and how it affects newborns
- Heart disease awareness during menopause
- Most important health issues affecting women in the later stages of life

2021 Howell Lecture Series

Early Access to Cutting–edge Research

Sonia Ancoli-Israel, Ph.D.
Professor Emeritus of Psychiatry and Center for Circadian Biology at UCSD

March, 2021

The Importance of Sleep in Aging Women: Why Can't Grammie Sleep?

Dr. Ancoli-Israel addressed the reason older adults are not getting the sleep they need, pointing to the fact that it is not a result of aging per se, but rather a result of all the things that happen to women as they age.

Her presentation focused on the need vs. the ability to sleep, the consequences of poor sleep in older adults, the co-morbidities associated with poor sleep, the primary sleep disorders in older adults, and the cardinal rules for good sleep.

Juliane Sempionatto, Ph.D.
Postdoctoral Researcher
Caltech

May 2021

Wearable Electrochemical Sensors for non-Invasive Monitoring of Health Status

Dr. Sempionatto introduced the application of non-invasive wearable devices – or point-of-care sensors – currently in development, and discussed the challenges of the application of nanoengineering to biochemical measurement, as well as the opportunities involved in building a successful electrochemical wearable biosensor for monitoring important parameters related to women's health

Molly Quillin-McEwan, RN, BSN, CCRN
Clinical Lead Educator, MICU/SICU

Fadi Nicolas, MD
Chief Medical Officer

Jen Wojciechowski, PhD
Clinical Child Psychologist

Dara Schwartz, PsyD
Clinical Psychologist and Program Developer

June, 2021

Finding Resilience through Challenging Times: Self-help Care Tips for Women

The Howell Foundation partnered with Sharp Healthcare to bring a first-hand account on how COVID 19 affected women. It examined the different perspectives and, importantly, the impact of stress experienced during the pandemic. The panel of experts focused on strategies for tapping into resilience and finding meaning during challenging times, and discussed skills to support self-care and well-being during and the beyond the pandemic.

Eunha Hoh, PhD
Professor, School of Public Health, San Diego State University

September, 2021

Micro-plastic Pollution and Human Health

Dr. Hoh presented the overall issues and concerns regarding micro-plastic pollution such as coastal pollution with micro-plastics, their fate and transport, exposure to wildlife and humans, and toxicity.

Daniel Lee, MD
Clinical Professor of Medicine, Department of Medicine, Owen Clinic
UC San Diego

Amy Sitapati, MD
Clinical Professor of Medicine, UC San Diego Department Of Medicine and Biomedical Informatics, Chief Medical Officer of Population Health, Clinical Systems

November, 2021

Finding Self-Empathy and Compassion: A Unique Way to Reduce Stress via Kelee Meditation

Empathy is rooted in caring, but caring for others often comes at the expense of those providing care in the form of emotional exhaustion, for instance. Can you care for another person without affecting yourself adversely? Dr. Daniel Lee and Dr. Amy Sitapati walked us through the basics of Kelee meditation, a 5 minute meditation performed twice daily to help you to learn mental stillness and how to calm and relax our mind, so that we can be more centered and present when caring for ourselves and others.

Inspiring Careers and Funding the Next Scientific Breakthroughs in Women's Health

The Cornerstone to Accelerating Women's Health: Research.

CSU The California State University

Jennifer Anderson (Cell and Molecular Biology, California State University, Northridge
"Investigating the role of Nrf2 and DJ-1 in response to Glo 1 inhibition in breast, prostate and ovarian cancer cells." Mentor: Daniel Tamae, Chemistry & Biochemistry

Lillian Cooke (Biology, San Diego State University)
"Expression of the LAG-3 checkpoint inhibitor receptor in insect cells for structural studies." Mentor: Tom Huxford, Chemistry & Biochmeistry

Jesse Garcia (Microbiology, California State University, Chico)
"Investigating microRNA-375 in pancreatic β-cells as a potential regulator of proliferation and apoptosis." Mentor: David Keller, Biological Sciences

Hannah Heath (Nutrition, California Polytechnic State University, San Luis Obispo)
"Impact of pre-pregnancy lifestyle intervention on gestational diabetes prevention via improvement of metabolic markers." Mentor: Michael La Frano, Food Science and Nutrition

Maxwell La Forest (Molecular Cell Biology and Physiology, California State University, Long Beach)
"Dopamine-progesterone interactions in the regulation of positive feedback for ovulation." Mentor: Kevin Sinchak, PhD, Biological Sciences

Amanda Lee (Mathematics, San Diego State University)
"Using mathematical modeling and three dimensional reconstruction to predict pulmonary function in cystic fibrosis lungs." Mentor: Uduak George, Mathematics and Statistics

Kassandra Lopez (Biology, California State Polytechnic University, Pomona)
"Investigating the role of CD64 in the Neutrophil mediated killing of Trichomonas vaginalis via trogocytosis." Mentor: Frances Mercer, Biological Sciences

Esveidy Isabel Oceguera Nava (Biochemistry, California State University, Fresno)
"Development of Licochalcone analogue for triple negative breast cancer." Mentor: Qiao-Hong Chen, Chemistry

Anastasiia Reipolska (Biology, Molecular Cell Biology and Physiology Option, California State University, Long Beach)
"Regulation of ovarian metabolism during photostimulated gonadal recrudescence." Mentor: Kelly Young, Biological Sciences

Ella Schwab (Biology, California Polytechnic State University, San Luis Obispo)
"Studying the effect of embedding knowledge while training neural networks to predict breast cancer subtypes." Mentor: Jean Davidson, Biological Sciences

UC San Diego

University of San Diego
HAHN SCHOOL OF NURSING AND HEALTH SCIENCE

Celine Bojo
"The Effects of ZIC1 mutations on Kisspeptin and GnRH Expression in the HPG Axis
Mentor: Pam Mellon, Reproductive Medicine

Jessica Jang
"A new Kiss1hrGFP x Sun1GFP crossed transcriptomic mouse model to analyze Kisspeptin Neurons"
Mentor: Kellie Breen Church, Reproductive Medicine

Maia Kirkegaard
"Understanding how the RGA-3 GAP localizes to the cortex during cytokinesis"
Mentor: Karen Oegema, Biological Sciences

Farsamin Warisha
"Deciphering Mechanisms of Global Transcription"
Mentor: Heidi Cook-Anderson, Reproductive Medicine

Lorena Perez
Mentor: Cynthia Connelly
Latinas Lived Experience of Intimate Partner Violence Amidst the COVID-19 Global Pandemic

Ritamarie Smedile
Mentor: Mary Berger
Mantram Repetition for Postpartum Women

Howell Happenings

Message from the Chair

Dear Friends,

This has been quite a year for the Howell Foundation.

We have continued our research grants at a high rate even though COVID has presented many challenges.

Our education efforts continue to focus on cutting edge research with our webinar program and an in-person luncheon this year. We also hosted a Donor Appreciation event with a presentation by one of our scientists on her current research that hasn't even been published yet!

Our Board of Directors has had the expertise, guidance and accomplishment of Dr. Mandy Butler for many years. She has been the Chair of the Scholarships Committee. In December, she retired from the Board and has become a member of our Legacy Council. Mandy assures us that she will continue to help with Scholarships. We will miss her and thank her for all she has done as a part of the Howell family!

I have had the pleasure of welcoming five new members to the Board of Directors this year.

Eileen Gaffen joins us, after being elected to her second term as President of the San Diego Press Club. She brings us her extensive experience in public relations and connecting to our community. Trista Campbell and Carmen Colombo join our leadership having been former Howell Scholars. Carmen holds a PhD in Nursing Research and heads the Specialty Hospital Care at Sharp Healthcare. Trista also holds a PhD in Nursing and is the CEO of a healthcare company. Undergraduate student, Bioengineering: Biotechnology, UCSD, Aditi brings the passion of following a career in women's health. Angel has a degree in journalism from the University of Southern California and her Juris Doctor from the Whittier School of Law. These are wonderful women and offer so much to making our programs successful.

I am privileged to work with a dedicated Board that makes women's health research a priority. I want to be sure to emphasize how much we value our Friends of Howell! Our donors are the key to making everything else happen. This year we hope to expand our reach with joint work with more academic institutions and health leaders. We cannot do this without you!

Thank you so very much!

Carol Tuggey
2021 Chairperson

Trista R. Campbell, PHD, RN, CPHQ

M. Carmen Colombo, PhD, MBA, RN

Eileen Gaffen

Aditi Gnanasekar

Angel Ryan, JD

Thank you Mandy, for your years of service to the Howell Foundation.

Mandy served on the Howell Foundation Board of Directors from 2002 to 2021 . Throughout her history with the Foundation, she led the Scholarship Committee until her retirement, and held many positions over the years including Secretary of the Board. Almost 20 years dedicated to the advancement of women's health!

Voted unanimously for Board Emeritus, Mandy will now serve in the Foundation's Legacy Council, where she will continue to provide valuable feedback on the best road to keep the women we love healthy. Thank you for your dedication and support! Your leadership will be missed. We wish you a happy retirement.

Thank you for Keeping the Women we Love Healthy

Your support accelerates research for the benefit of women, their families and the communities in which they live.

Women's Health Research Accelerator
The Reuben H. Fleet Foundation Fund of The San Diego Foundation
Alexander and Eva Nemeth Foundation

Full Scholarship Donor
Susan Baxter, PhD
The National CHEERS Foundation
Betty Jo Petersen
Soroptimist International of La Jolla

Women's Health Research Pioneer
Marla Black
Madeline Butler, PhD
Jane Georges, PhD, RN
Laury Graves
Diana Hill
Gladys Kohn
Hamilton Loeb
Stanley Maloy, PhD
David Mulvaney
Colleen Peterson
Laurayne Ratner
Ruth Lane Charitable Foundation
Sheryl Scarano
Marilyn Tedesco
Irving Tragen
Carol Tuggey
Cheryl Wilson, RN

Women's Health Innovator
Brad Benter
Gaylyn Boone
Carmen Colombo, PhD, MBA, RN
Janet Douglas
Janet Hawkins
Daniel Lee
Jean McGrath
Virginia "Jill" Patch
Angel Ryan
Vici Willis

Additional Donations:
Carolyn Northrup
Kathleen Franklin
Elaine Feuer-Barton

Women's Health Advocate
Betty Brayshay
Joyce Dostart
Berit Durler
Eileen Gaffen
Kippy Gambill
Stacy Holzman
William Littlejohn
Kathleen McGuire
Patty Moises
Janace Pierce
Patricia Price
Meg Richman, MD, FACR
Marlene Turrentine
Sheila Weinberg
Pattie Wellborn
William Wurch JD, CPA, LLM

Friend of Howell
Barbara Arledge
Carole Banka, PhD
Karen Bowden
Sally Clair
Tanya Fortuna
Aditi Gnanasekar
Sheila Harden
James and Ruth Harris
Mary Lynn Hyde
Jesse Kartus
Adele Kayser
John Kelleher
Ronda Landrum
Mimi Lee
Candice McCarty
Sharon McDonnell
Irene Mylonas
Jeanne Nichols
Lynn Payette
Marilyn Scheininger
JoAnn Siudara
Maryanne Sorge
Sharon Weremiuk
Judith White

Andrea LaCroix
Denise Gudzikowski
Amy Sitapati
Paulette Bohrer

Meet your Board:

Driving Women's Health Research Forward

2021 Board Officers

Carol Tuggey
Chairperson

William A. Wurch, JD, CPA, LLM
Chief Financial Officer
Treasurer
President , The Law Firm of William A. Wurch, PC

Colleen Peterson
Secretary and Chair, Strategic Planning, Governance, and Nominations Committee

Marilyn Tedesco
Chair, Development Committee
Founder and President of Training One and Consultants to Management

2021 Board Members

Susan M. Baxter, PhD
Adjunct Professor
College of Sciences
San Diego State University

Mandy Butler, PhD
Scholarship Review Committee Chair
Associate Professor of Teaching Emerita, Division of Biological Sciences

Trista R. Campbell, PHD, RN, CPHQ
CEO, Dream Care Group Homes, Righteous Inc.

M. Carmen Colombo, PhD, MBA, RN
Chief Nursing Officer Specialty Hospitals, Sharp HealthCare

Eileen Gaffen
Public Relations Strategist, Founder and President, Steres Gaffen Media

Jane M. Georges, PhD, RN
Dean, Hahn School of Nursing & Health Science

Aditi Gnanasekar
Undergraduate student, Bioengineering: Biotechnology, UCSD

Diana Hill
Past President, Soroptimist International of La Jolla

Andrea Z. LaCroix, Ph.D.
Lecture Series Committee Chair, Professor and Chief of Epidemiology, Director, Women's Health Center of Excellence – UC San Diego

Bill Littlejohn
Senior Vice President
CEO, Sharp HealthCare Foundation

Stanley Maloy, PhD
Associate Vice President for Innovation,
San Diego State University

David Mulvaney
Fundraiser, Philanthropist and Community Leader

Carolyn Northrup
Communications Committee Chair, Marketing Consultant

Katherine "Meg" Richman, MD, FACR
Clinical Professor of Radiology and Medical Director of Thornton Radiology at UCSD Health Sciences

Angel Ryan
Social Media Researcher and Jury Consultant, IMS Consulting & Expert Services

Legacy Council

Carole Banka, PhD
Brad Benter
Betty Brayshay
Cher Conner
Abigail D'Agostino
Kathleen Franklin
Gladys Kohn
Hamilton Loeb, Jr.
Jean McGrath
Priscilla Moxley
Kay Pierce
Beatrice Rose, MD, MPH
Pattie Wellborn
Cheryl Wilson, RN

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

PO BOX 910016
SAN DIEGO, CA 92191

Non-Profit Org.
U.S. POSTAGE
PAID
PERMIT NO.
3814
San Diego, CA

"How many of you have wives;
how many of you have daughters;
how many of you have sisters?

And I know you all have mothers...

What do you do to help them stay healthy?"

~ Dr. Doris A. Howell