

Endowments: Create A Legacy

In its most literal sense, an endowment is a gift intended to provide an ongoing source of income for an institution or its programs. In another sense, an endowment refers to a natural talent, power, or ability – a special gift that can be used to benefit others.

At The Whittier Institute for Diabetes, both definitions apply. Endowments made to The Whittier provide a stable, continuous source of income that enables us to take advantage of our powerful ability: to promote and support diabetes research, education and patient care.

How Your Endowment Works

When you make an endowment gift to The Whittier, your gift is invested. Because the principal is never used, your gift generates an ongoing stream of interest income that supports Whittier programs and activities.

For example, an endowment of \$50,000 invested at an annual interest rate of six percent would generate income of \$3,000 every year. That money allows

us to help hundreds of people through health education classes, Project Dulce programs and the like. In turn, these projects enable us to pursue larger grants to support diabetes research.

This year, The Whittier must raise \$1.1 million in unrestricted funds to meet its program goals (see “Meet the Challenge” on page 3).

Support Today, Ensure Tomorrow

“An endowment ensures the future while funding the present,” explains John DeMichele, The Whittier’s new director of development. “It allows tremendous flexibility in determining how the funds are spent, so we can best allocate them for years to come.”

There are numerous ways to help: opportunities include gifts of cash, personal property, real estate and more.

To learn more, please call John DeMichele at 858-626-5664.

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THE Whittier Diabetes REPORT


Project Dulce’s First Promotoras

Board to Match Donations

Anna Stern Endowment

Insulin Resistance Syndrome



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Scripps Whittier Diabetes Program

Scripps/UCSD/Whittier Diabetes Research Program

*Project Dulce – a program in partnership with
Community Health Improvement Partners
and the Council of Community Clinics*

Mission Statement:

The Whittier Institute for Diabetes supports the search to effect a cure for diabetes. To accomplish this, The Whittier will provide resources for innovative research, education and patient care, and will be a catalyst for collaboration among other leading organizations engaged in these endeavors.

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On the cover: Magdalena Hernandez, one of Project Dulce's first promotoras.

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A Project Dulce Promotora Looks Back

Four years ago, Rachael Araujo was working at a local community clinic when she heard about a new program to help people with diabetes learn to better manage their disease. "They were making all these wild claims – they were going to reduce diabetes-related blindness by 90 percent, reduce hospitalization by 50 percent – and I had to check it out."

She joined the new program, Project Dulce, as a *promotora* or peer educator. Having just lost her mother to diabetes-related complications, Rachael was especially drawn to the program's objectives.

"My mother never really understood what diabetes was," Rachael explains. "No one ever explained it in terms she could understand." As a result, Rachael's mother never learned to manage her disease.

For Rachael, the most gratifying part of her involvement has been helping people comprehend and take charge of their diabetes. "It is so rewarding when people take the information we give them and use it to improve their health."

One of Rachael's favorite success stories involves a woman in her 50s who had been living with diabetes for more than



Rachael Araujo educates a Project Dulce patient.

15 years. "She had very little comprehension of the disease," Rachael recalls. "When she began to understand diabetes, she really started making changes. The next time she had her blood sugar level tested, it was lower than it had ever been."

While she still teaches a few classes, Rachael now trains new peer educators and develops new training programs. The only promotora to be with Project Dulce since its inception, she has seen the program evolve from a handful of clinic sites to 19 locations around the county, serving more than 1,700 patients.

"We've become a model not just for patient care but for community service as well."

Meet the Challenge: Board will match donations dollar-for-dollar

Whittier Board Commits \$250K in Unrestricted Giving

The Whittier Board of Trustees has issued a challenge to all past, present and future Whittier supporters: Raise \$250,000 in unrestricted gifts to The Whittier Institute this year, and the board will match every contribution dollar for dollar for a total of \$500,000.

From October 1, 2002 to September 30, 2003, board members will fully match each unrestricted gift made to The Whittier up to a total of \$250,000. Gifts may be in any amount or form: cash, real estate, personal property and more.

"Seed Money" for a Cure

The Whittier's total budget for fiscal year 2003 is \$5.3 million. Of that, \$1.1 million is for unrestricted funds required to continue programs and activities of the Whittier such as the Islet Research Program, Scripps Whittier Diabetes Program, Project Dulce and others.

Through the Challenge, the Board aims to fund the present and secure the future. Unrestricted funds raised through

the Challenge will serve as "seed money" for all of its programs which, in turn, enable The Whittier to pursue and acquire larger restricted gifts dedicated to research, education and patient care.

The Challenge takes on even greater significance when one considers that more than 90 percent of every donation will be spent directly on programs, services and research.

Small Gifts . . .

The impact of unrestricted gifts on our overall budget is tremendous, explains John Engle, president and CEO of The Whittier Institute. "Even a small unrestricted gift has an exponential effect. For instance, when an individual joins the League to Conquer Diabetes at the Friends level of just \$1,000, their gift funds a significant portion of our education programs, which affect 40 to 45% of people in San Diego with Type 1 or 2 diabetes. An impact of that magnitude enables us to pursue restricted gifts to use for research projects that may ultimately cure diabetes."

. . . Tremendous Impact

Recently, The Whittier received such restricted grants from the Hillblom

Foundation and Stern Foundation. In November, we completed a site visit from the Robert Wood Johnson Foundation that brought us a step closer to securing a grant to support Project Dulce. We were one of 20 sites selected from 300.

Extraordinary Commitment

"It is remarkable for a board of this small size to make such a commitment," notes Engle. "Through the Challenge, our board has pledged to bring us almost halfway to our goal of \$1.1 million." The Whittier will continue to seek unrestricted funds from pharmaceutical companies, foundations and corporations to meet the goal. Individual board members also will make gifts.

Meet the Challenge

Be a part of this exciting challenge and help make a difference in the lives of people living with diabetes. Send in your year-end contribution to The Whittier Institute today – and watch as it instantly doubles through matched funds. And, all donors to The Whittier Challenge will be acknowledged in future issues of The Whittier Report.



The Whittier Institute's
new director of development,
John DeMichele

News and Events

Welcome to Our New Director of Development

John DeMichele, The Whittier Institute's new director of development, joins us from the San Diego Symphony, where he served as chief development officer. John's extensive background in health care fundraising includes the National Jewish Medical and Research Center in Denver, where he served as vice president of development; Northwestern University Hospital Foundation in Chicago, where he was chief operating officer; and Tufts University in Boston, where he was responsible for all fundraising for annual gifts. Additionally, as a consultant, his health care clients have included the American Cancer Society, National Stroke Association and the Lovelace Respiratory Research Institute. John resides in La Costa with his wife, Jacklyn, and daughter, Jenna.

Whittier Welcomes New Researcher

Ulupi Jhala, Ph.D., has been appointed to the faculty at UCSD as an assistant professor of pediatrics in the research series. She also is a Whittier investigator in the islet research laboratory, where she will continue her studies on the regulation of the expression of islet-specific genes. Dr. Jhala's post is funded by a grant from the Hillblom Foundation, which supports the early career development of young, independent investigators.

In Memory of Bill Kaduson

William (Bill) Kaduson, brother of former Whittier board member and trustee Marilyn Tedesco of Rancho Santa Fe, passed away in August at age 55 from diabetes-related complications. In memory of Bill, the family has set up a memorial fund via The Whittier Institute to benefit Project Dulce's clinical research and the Community Diabetes Care Program, causes that Marilyn feels her brother would be proud to support. Bill was an established CPA who founded Kaduson Strauss, a Mercerville, New Jersey, accounting firm. "He cared about helping individuals and small businesses in the community



Marilyn Tedesco with William Kaduson

understand complicated tax matters," she says. "He was always tuned in to the needs of others."

In addition to his sister, Bill is survived by his wife, Heidi, his son, Jay, and daughters Nicole and Kymberly. He also is survived by his and Marilyn's mother, Marian Kresch, who at age 85 has been living with Type 2 diabetes for more than 30 years and is in excellent health. Contributions may be made directly to The Whittier Institute in acknowledgment of Bill Kaduson, CPA, and in recognition of Marilyn and her husband Lou, area residents and community supporters since 1989.

Anna Stern Endowment Opens Doors for Diabetes Research

Thanks to Anna Stern and the foundation established in her name, diabetes research is now \$2 million stronger – and poised to take a significant step forward.

The Stern Foundation, a private foundation set up at the death of La Jolla philanthropist Anna Stern, awarded grants to support basic research in five areas: diabetes, cancer, psoriasis, emphysema and arthritis.

"Anna Stern was specifically committed to funding programs that supported basic research in these areas, rather than administrative or clinical programs," explains Christopher Calkins, president and director of the Stern Foundation.

Anna Stern was a major benefactor of The Whittier Institute during her lifetime, and the foundation continued her support. When its 15-year lifespan ended in July 2002, the foundation made final distributions in the form of three large endowment gifts to continue the research objective; The Whittier Institute received a one million dollar endowment.

"We determined that The Whittier was strongly committed to research and utilized funds wisely," noted Calkins. To illustrate its commitment, The Whittier agreed to match the gift for a total of \$2 million to support basic research – specifically, Calkins notes, young researchers.

"By young, we are not referring to chronological age," Calkins explains. "We are talking about researchers who are young in terms of professional development. The endowment provides funding so that researchers who are not traditionally awarded research grants from the NIH or other institutions have the opportunity to pursue significant work early in their careers."

According to John Engle, president of The Whittier Institute, the Stern endowment is a perfect fit with The Whittier's goals. "We share the same philosophy about funding young researchers and innovative projects that wouldn't necessarily be funded otherwise," he notes. "We're looking forward to bringing to fruition projects that will make a meaningful difference in the lives of people living with diabetes."



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Calculated Cooking

by Jeanne Jones

Banana Cinnamon Toast

This easy-to-make broiled toast is tasty, simple and quick – you can even prepare it the night before, cover tightly and refrigerate until you’re ready to cook it. I’ve used whole grain bread here because it offers the maximum amount of fiber. For variety, try English muffins or raisin bread.

- 4 slices whole grain bread, toasted
- 1/2 cup low-fat ricotta cheese
- 1 medium banana, peeled and sliced
- Ground cinnamon

1. Preheat broiler oven. Spread each slice of toasted bread with two tablespoons of ricotta cheese.
2. Arrange the sliced banana on top of the cheese. Sprinkle with ground cinnamon.
3. Place on a baking sheet or broiler pan and broil until the banana starts to bubble and lightly brown. Serve warm.

Makes 4 servings
Each serving contains approximately:

- Calories: 115
- Fat: 3 grams
- Cholesterol: 9 mg.
- Sodium: 125 mg.
- Carbohydrates: 17 grams
- Protein: 6 grams
- Fiber: 1 gram

Diabetic Exchange:
1.0 Carbohydrate
1.0 Protein
<1.0 Fat
Low-fat/Low-carbohydrate

Jeanne Jones has been involved with The Whittier Institute for Diabetes since 1981, when she was named the first president of “Whittier Friends.” She was diagnosed with type 2 diabetes in her 30s. After the initial shock wore off, Jeanne learned to control her diabetes through an exchange diet and has parlayed her success into a promising career. Jeanne has written numerous books about light cuisine, appeared on national television programs, and is an internationally renowned nutrition consultant. Her syndicated weekly column, “Cook it Light,” reaches millions of readers. Jeanne, along with her mother, Kathryn Fishback, and her sister, Cheryl Harris, established the Kathryn C. Fishback Family Foundation. Their foundation has contributed handsomely to ongoing research and other projects at The Whittier Institute.

by Daniel Einhorn

Daniel Einhorn, M.D., is Medical Director for the Scripps Whittier Diabetes Program, focusing on assessment, prevention, self-management education, and care of diabetes.



Insulin Resistance Syndrome

Recommendations of the American College of Endocrinology Taskforce

The American College of Endocrinology, chaired by Scripps Whittier Medical Director Daniel Einhorn, met in Washington, D.C., where national and international experts addressed the causes, diagnosis, and treatment of individuals with the Insulin Resistance Syndrome (IRS). The 200+ conference attendees included leaders of the National Institutes of Health, the Office of the Surgeon General and Health and Human Services, the presidents of most of the major medical organizations, and virtually all of the diabetes-related industry. In August, Dr. Einhorn presented the following findings at the National Press Club:

The Insulin Resistance Syndrome (IRS) describes a cluster of clinical abnormalities with many serious clinical consequences, including type 2 diabetes (DM), atherosclerotic cardiovascular disease (CVD), polycystic ovary syndrome (PCOS), and non-alcoholic fatty liver disease (NAFLD).

One out of four American adults has IRS and the incidence is growing in epidemic proportions, parallel to the epidemic of obesity. While most people with IRS will not go on to develop diabetes because they make enough insulin to overcome the resistance, they are still at significant increased risk for CVD and the other diseases.

Unfortunately, there is no simple test for IRS. The Taskforce was charged with identifying the best diagnostic criteria currently available.

The Scripps Whittier Institute remains at the national forefront of this research from the basic science to clinical medicine to public policy. The work will be published early in 2003 and will be the basis of extensive physician and public education efforts. The Whittier Report will continue to publish updates on this groundbreaking research.

For a complete summary of the conference findings or more information, please contact: Daniel Einhorn, MD, FACP, FACE, Medical Director, Scripps Whittier Institute for Diabetes, at 858-622-7200.