

UC IRVINE DIABETES CENTER NEWS

WINTER 2018

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Welcome to the Winter 2018 issue of UC Irvine Diabetes Center News!

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Save the Date

Giving Day 2018

April 25, 2018

More information at:
ucidiabetes.com

12th Annual Celebrate the Center Event

Fall 2018

Details to be announced

Fight For a Cure We can knock out diabetes.

The 11th annual Celebrate the Center Fundraiser and Networking Cocktail Party was held at the Newport Beach Country Club with over 300 guests. The evening was enjoyed with cool coastal breezes, savory heavy hors d' Oeuvres, a prize wheel, opportunity drawings and silent auction.

Attendees were captivated by guest speaker Elizabeth Espinosa, an award-winning television reporter, and her personal story of how diabetes is, for her, a family condition, with everyone dedicated to helping her nonverbal brother, who is unable to describe how he feels or manage his type 1 diabetes.

Rick Reiff, the emcee and Pulitzer Prize-winning journalist, engaged our audience with enthusiasm and rallied them to participate in the matching gift excitement. S. Paul and Marybelle Musco graciously pledged \$50,000 in support of Dr. Wang and

other scientists advancing research in diabetes care. With this gift, the Muscos challenged other supporters to match their contribution, and the result? Five people immediately raised their hands at the \$10,000 level and over 40 more supporters raised their hands to support at different gift levels! It was an overwhelming feeling to see our community support the Diabetes Center. In addition, another generous donor talked to Dr. Wang at the end of the event and gave \$50,000 to match the full gift! It was truly a special evening.

Our successful annual event raised nearly \$709,000 in support of the Diabetes Center. What does this kind of astounding support that you sparked mean to the Diabetes Center? As Orange County's only academic medical center, philanthropic support is vital to the UCI Diabetes Center's

ability to: provide the best quality patient care; be better equipped and more prepared to develop new therapies; advance research to eradicate all forms of diabetes; educate a new generation of innovative healthcare professionals for our community and the world at large.



Elizabeth Espinoza shared her personal story.



Many enthusiastic donors raised their hands to support the Center's research.



Rick Reiff, Pulitzer Prize-winning journalist and Dr. Ping Wang.



Dick and Patty Chatham, Tim and Jane Owen, supporters of the Center.

2008	2009	2010	2011	2012	2013	2014	2015	2016	2017
\$196,472	\$244,544	\$314,749	\$399,724	\$543,618	\$561,689	\$616,257	\$700,095	\$602,010	\$708,690

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*Lists represent 2017 donors as of October 13, 2017, starting at the \$500 donor level.

Pierre Habis, wine; Harbor Distributing LLC, beer; Newport Beach Country Club, food and beverage; Mike Robertson, brand consultation; Suzie Won-Speizer, graphic design; Tyler and Pam Terry, venue; Corona del Mar Girls' Water Polo Team, volunteers; Corona del Mar Middle School Cheer, volunteers; Michael Coburn, volunteer; and to the countless volunteers who helped support this event.

Message from the Director

The new year is upon us and it's a perfect time to reflect on 2017. We celebrated our 11th annual Celebrate the Center event, with over 300 guests, and had a record-breaking year, raising nearly \$709,000 to support the ongoing research to find a cure for everyone with diabetes.

We also had the pleasure of hosting a remarkable scientist at our Research Forum, Edward Damiano, PhD, Associate Professor of Biomedical Engineering at Boston University on his work with the bionic pancreas.

Research continues to be an important part of what we do every day in our center. It keeps us and all who care for diabetes patients, on the cutting edge of medicine and science.

It was an extraordinary year for the Center and I'm thankful for the supporters and volunteers, faculty and staff, and patients for all your continued support. We could not have had such a successful year without you, so I thank you!

Ping H. Wang, MD
Director, UC Irvine Diabetes Center

Leave a Lasting Legacy

You live your life with purpose, you care for others and you make a difference in someone's life every day. Now, you can leave a legacy of hope for others struggling with diabetes. By leaving a gift to the UCI Diabetes Center in your will or trust, you will be remembered for generations to come as someone who made a difference for so many every single day. No gift is too small and it costs nothing now. For more information about a legacy estate gift, please contact Rhonda Halverson at (714) 824-0507 or Rhonda.Halverson@uci.edu.

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If you wish to have your name removed from future Health Advancement fundraising requests, please email us at OptOutHealthAffairs@uadv.uci.edu or call our toll-free number at 855.824.3768.

New Beginnings and Resolutions

As 2018 begins, many of us have made resolutions to improve some facet of our lives. Often these resolutions are related to improving our health. We promise to lose those extra pounds, lower our cholesterol or exercise more. Despite our best intentions, most of these goals are never achieved. According to recent reports, only 7 percent of us achieve our resolution goals. How can we improve these odds? Maybe we set goals too high, or fail to be more specific. Behavior science suggests that small steps toward a goal result in more success. In addition, setting very specific goals are important for long-term success. For instance, instead of promising to exercise more in 2018, set a specific goal like, "I will walk 10 minutes every day after lunch."

Whatever you have resolved to improve this year, we at the UC Irvine Diabetes Center are ready to assist you with achieving your health goals.

Happy New Year!

Whistlestop Minestrone Soup Recipe

1-2 Tbsp. olive oil	1 cup each: sliced carrots sliced zucchini sliced green beans
1 large garlic clove, minced	
1 large onion, chopped	
7 cups low-sodium broth (vegetable or chicken)	1 (15 oz.) can no salt added pinto beans undrained
1 tsp. dried parsley	1 (16 oz.) can no salt added chopped tomatoes undrained
1 cup chopped celery	3/4 cup dry elbow or shell macaroni
1/2 tsp. dried basil	
Dash of dried oregano	Grated Parmesan cheese for garnish

1. In large soup pot over medium-high heat, add olive oil, garlic and onion and saute until tender.
2. Add broth, parsley, celery, basil, oregano, carrots, zucchini, green beans, pinto beans with liquid and undrained tomatoes. Bring to a boil.
3. Reduce heat to low and simmer 1 hour.
4. Add macaroni and cook 30 minutes or until macaroni is tender.
5. Serve garnished with Parmesan cheese.

Servings: 8-10
Serving size: 1 cup; 100 calories, 15 grams carbohydrate