

SDRI UNVEILS AMBITIOUS \$20 MILLION CAMPAIGN

Sansum Diabetes Research Institute (SDRI) is thrilled to announce a groundbreaking \$20 million campaign that promises to reshape the future of diabetes research.

Message from the Campaign Co-Chairs

Each of us has witnessed firsthand the impact of diabetes on our loved ones, and because of the work of SDRI, in partnership with others, we have seen many advances in the treatment and management of the disease.

We celebrate these advances with our loved ones every day, and we acknowledge that because of these advances, millions of people are living their lives focused on interests and ideas and not singularly on management of "their disease".

As significant as those advances are, the truth is, as we can attest, living with any form of a metabolic disease remains a challenge. The people we love live with those challenges every single day. We know our work is not yet done. Now is not the time for complacency.

What's ahead? How will we address this challenge? With vision. With determination. With investment.

We are honored to serve as co-chairs of **Innovative Research, Inspiring Hope**, a bold new campaign supporting SDRI. At its heart, this is a campaign that will provide the necessary resources to fund the brilliance of world-class scientists, providing them with

the cutting-edge technology and a modern environment where they can work together to transform the way people live with diabetes. Learn more about this vision from SDRI's Chief Scientific Officer, Dr. Sam Klein, on the following pages.

We encourage you to learn about this work and invite you to join us in investing in the science that we believe will shape the future of diabetes research, ultimately enhancing the lives of individuals and families.

Sincerely,



Michael Paskin



Deborah David, Esq.



Alex DePaoli, MD



IN THIS ISSUE

- 1 SDRI Unveils Ambitious \$20 Million Campaign
- 2 Message From the Chief Scientific Officer
- 3 SDRI's Plans Are Ambitious
- 4 15th Annual Taste of Vine
- 6 Thank You Sponsors
- 7 Evaluating the Impact of Plant-Based Nutrition
- 8 A Personal Mission at SDRI That Goes Beyond Employment
- 9 Welcoming New Board President and Team Leaders
- 10 Donor Spotlight: The Robert and Rita Elmen Foundation
- 11 Discover The Benefits of Giving Through Planned Gifts



MESSAGE FROM THE CHIEF SCIENTIFIC OFFICER

This edition of the Quest marks a significant milestone in our history of diabetes research by launching our \$20 million campaign: *Innovative Research, Inspiring Hope*. Despite the remarkable advances in diabetes therapy made by the discovery of insulin over 100 years ago, there is a need to develop novel therapeutic approaches that go beyond the use of insulin to achieve glucose control and improve multi-organ system health. SDRI is expanding our current research in type 1 and type 2 diabetes, diabetes in pregnancy, and establishing new research directions in precision nutrition and metabolism aimed at preventing and treating all forms of diabetes, taking into account the metabolic differences among individuals.

Research at SDRI is a team effort that involves an interactive group of investigators, research nurses, dietitians, clinical research coordinators, community health workers, laboratory technical staff, regulatory experts, and administrative support. This campaign will provide crucial funding needed to recruit additional outstanding investigators with specialized expertise, provide them with the equipment and technologies needed to support

their research programs, and establish a state-of-the-art clinical research unit needed to conduct intensive and complex clinical studies.

In this edition of the Quest, we provide a summary of our Taste of the Vine (TOV) fundraising event, the first in-person TOV since 2017. It was impressive and moving to see the spirit, generosity, and support that occurred at this event. You will also be able to read a patient story from our Director of Development, Kara Hornbuckle, an update on our research studies, including research being conducted in our community, a donor spotlight story, and an introduction to new staff members.

This work could not be done without the generosity of our donors. On behalf of SDRI, I thank you for your support, which makes it possible for us to continue to make discoveries and conduct activities that improve the healthspan and lifespan of people with diabetes.

Samuel Klein, MD
Chief Scientific Officer

"SDRI is embarking on an aggressive program of sophisticated clinical research that requires an appropriate and modern research unit. Updating our research facilities is critical for conducting leading edge clinical research and is necessary to recruit top-tier clinical investigators. We have developed the architectural plans to establish a state-of-the-art clinical research unit and look forward to being able to proceed with construction."



SDRI'S PLANS ARE AMBITIOUS

We Will:



Establish a center of excellence for sophisticated, leading edge clinical research in people, becoming a major hub in California and nationwide.



Expand our successful existing research programs with industry focusing on devices and therapeutics to advance the care and clinical advances for type 1 diabetes.



Establish a new initiative in comprehensive organ systems biology research and become a major hub for this research in California and the U.S.



Conduct groundbreaking studies directed at developing effective nutritional and metabolic therapies to treat those with type 1 and type 2 diabetes, including the culturally-tailored approaches needed for underserved populations.



Train the next generation of clinical investigators who will become the future leaders in diabetes research.

To learn more about our programs or to view our building renderings for SDRI's \$20 million campaign, please visit sansom.org/campaign.

15TH ANNUAL TASTE OF THE VINE

The 15th annual Taste of the Vine fundraising event, held at the picturesque Santa Barbara Historical Museum on September 23, 2023, was a resounding success. Taste of the Vine brought together a passionate community of supporters, donors, and advocates for an unforgettable evening. This remarkable event raised over \$400,000, a testament to the unwavering commitment of our supporters and advocates to advancing life-saving diabetes research. The event also served as a platform to unveil SDRI's ambitious \$20 million campaign, which seeks to elevate the institute's capabilities and impact.



Taste of the Vine Committee

Taste of the Vine is a signature fundraiser for SDRI. Its success directly contributes to SDRI's ongoing mission of improving the health and quality of life for individuals impacted by diabetes, both locally and globally. SDRI continues to make profound contributions in diabetes research today, building upon the legacy of its founder, American medical pioneer Dr. William Sansum, established 79 years ago. With over 37 million people living with diabetes in the U.S., and 370 million worldwide, SDRI's research, education, care, pediatrics, and pregnancy initiatives are more important than ever.

SDRI would like to extend heartfelt gratitude to the generous in-kind sponsors of the evening, including Camins 2 Dreams, the Central Coast Group Project, Chanin Wines, Cutler's Artisan Spirits, duo catering & events, Forage Florals, Chris Fosseck, GoGi Wines, Grimm's Bluff, Hand on Heart, The Hilt Estate, Kimsey Vineyard, Kyle London Photography, LaBarge Winery, Lepiane Wines,

Lindquist Family Wines, Native9 Wine, Paul Lato Wines, Rusack Vineyards, Santa Barbara Historical Museum, Signature Parking, Storm Wines, Two Wolves Wines, Validation Ale, Vega Vineyard & Farm, Verdad Wine Cellars, and Zaca Coffee.

The success of this special event would not have been possible without the meticulous planning and coordination by Joy Full Events, and the dedication of our passionate volunteer committee, including Wendy Thies Sell (co-chair), Tamara Free (co-chair), Judy Anticouni, Joan Arnold, Sydney Bush, Phil Carpenter, Deborah David, Marina Delio, Katie DeWitt, Elena Engel, Deb Gibson, Connie Gillies, Mike Karmelich, Christy Madden, Christian Menard, Sherrill O'Neill, and Natalie Rowe.

SDRI looks forward to continuing its journey of making a meaningful difference in the world of diabetes research and care, and none of it would be possible without your unwavering support.





THANK YOU SPONSORS

Sansum Diabetes Research Institute extends its sincere appreciation to the sponsors and supporters who made our 2023 Taste of the Vine event possible.

Estate Sponsor

Redman Family Trust

Vintage Sponsor

Brian and Kate Groat

Magnum Sponsor

Jim and Kim Cherry
Dr. Alex and Laura DePaoli
Eric and Tamara Free
Norman Kurland and Deborah David
The Ogle Family
Ontario International Airport

Cabernet Sponsor

Brownstein Hyatt Farber Schreck, LLP
Insulet Corporation
Joy Full Events, Inc.
Mechanics Bank

Rosé Sponsor

Float Luxury Spa
Montecito Bank & Trust
Pacific Western Bank
Alex Parraga and Jenny Edwards
Amy and Jim Sloan
Dr. Ken and Shirley Waxman
Yummy Mummy Kitchen
Zegar Family Fund

Chardonnay Sponsor

American Rivera Bank
Anonymous
George Burtness, Bill Burtness,
Bob Burtness, and Nollie Lei Dawson
Cottage Health
Frank Schipper Construction Company
David Himelberg Foundation
Tracy and Jan Hornbuckle
Mike and Carolyn Karmelich
Lois S. Kroc
One Story Architect, Inc.
Sandra Svoboda

Patron Sponsor

Bruce and Judy Anticouni
Joan Arnold
Tim and Louise Casey
Andrea Eltinge and Dana Newquist
Elena Engel and Andrew Konigsberg
Ken and Peggy Faulk
Jim and Penny Kay
Andrew Kurland and Roxy Wright
Dorothy Largay and Wayne Rosing
Mary Maxwell
Dr. Lowell and Shirley McLellan

Jim Mitchell and Judy Wainwright
Mosher Foundation
Price Postel & Parma, LLC
Santa Barbara City College Fdn.
Santa Barbara Foundation
Chris and Joe Slaughter
Middleton and Carol Squier
TC's Precision Painting
Dr. Angelina Trujillo
Xeris Pharmaceuticals



Special Thanks To Our In-Kind Sponsors:

Camins 2 Dreams, The Central Coast Group Project, Chanin Wines, Cutler's Artisan Spirits, duo catering & events, Forage Florals, Chris Fossek, GoGi Wines, Grimm's Bluff, Hand on Heart, Kimsey Vineyard, Kyle London Photography, LaBarge Winery, Lepiane Wines, Lindquist Family Wines, Native9 Wine, Paul Lato Wines, Rusack Vineyards, Santa Barbara Historical Museum, Signature Parking, Storm Wines, The Hilt Estate, Two Wolves Wines, Validation Ale, Vega Vineyard & Farm, Verdad Wine Cellars, and Zaca Coffee.

EVALUATING THE IMPACT OF PLANT-BASED NUTRITION: A SDRI CLINICAL RESEARCH STUDY

In our continued quest to improve healthcare for underserved populations living with diabetes, SDRI has initiated Plant-Forward Lifestyle Intervention Studies.

This program addresses the critical need for affordable, nutrition-based solutions to reduce weight gain and unhealthy food consumption. Its core goal is to develop, implement, and evaluate an effective plant-forward lifestyle intervention program, delivered by bilingual community health workers (CHWs), to enhance outcomes in adults living with diabetes. Emerging research indicates that plant-forward diets lead to sustained weight loss, mitigate metabolic issues, and result in high participant acceptance. Additionally, these diets have proven effective in reducing hypertension, lowering plasma lipids, improving insulin sensitivity, and optimizing glycemic control while promoting lower body weight.

Since launching the Plant-Forward Lifestyle Intervention Studies, SDRI has achieved key milestones including the creation of a culturally tailored, bilingual (English and Spanish) curriculum spanning 20 sessions, covering dietary, behavioral, and educational aspects of the intervention. This tailored curriculum addresses obesity and type 2

diabetes. SDRI has also developed a bilingual training program to educate CHWs to proficiently deliver the curriculum to small groups within their community. This accomplishment resulted from a collaborative effort involving experts in weight management psychology, cognitive behavioral therapy, community engagement, dietetics, palatable plant-based meal preparation, and metabolism and obesity research.

Furthermore, SDRI has partnered with Casa de La Raza, a vital hub for Latino community engagement in Santa Barbara, as a satellite recruitment site. This partnership resulted from collaboration with the Santa Barbara Hispanic Chamber of Commerce and the wider Latino community in Santa Barbara. Spanish-speaking staff have initiated almost 300 outreach calls to engage potential participants. Following recruitment, we anticipate launching the inaugural 9-week program in early 2024, marking significant progress in our commitment to diabetes research and community health improvement.

October is Hispanic Heritage Month



October is **Hispanic Heritage Month**, and SDRI takes great pride in spotlighting our esteemed board member, Miguel Avila, for his remarkable contributions to the local Hispanic community.

With a legacy spanning nearly three decades, Miguel's visionary leadership as the founder of the Santa Barbara Hispanic Chamber of Commerce and co-founder of the Santa Barbara Greater Hispanic Chamber of



Commerce has empowered countless Hispanic businesses. His commitment to cultural enrichment of his community is further exemplified through his founding role in the Santa Barbara Mariachi Festival as well as his enduring dedication to Old Spanish Days. Miguel Avila's tireless advocacy and service continue to inspire and uplift our community during this important celebration of Hispanic heritage.

A PERSONAL MISSION AT SDRI THAT GOES BEYOND EMPLOYMENT: KARA HORNBUCKLE

For Kara Hornbuckle, the Director of Development at SDRI, her connection to SDRI goes beyond employment.



Living with type 1 diabetes for over 35 years, Kara first encountered SDRI when she aspired to become a mother, 15 years prior to joining the team.

Under the guidance of world-renowned specialist, Dr. Lois Jovanovic, SDRI's former Chief Executive Officer and Chief Scientific Officer, Kara received exceptional care throughout both of her pregnancies. Dr. Jovanovic's protocols enabled Kara to fulfill her dream of having children, defying the advice given to women a generation older who were told not to do so.

In August 2012, SDRI's mission became even more personal to Kara when her son, Lucas, was diagnosed with type 1 diabetes at just 2 years old. Kara and her husband Jeff faced nights of interrupted sleep, constantly checking Lucas' blood glucose levels. Fearing the worst, they would even place their hands on his heart to make sure they could still feel it beating.

Mealtimes were exceptionally difficult, as Lucas would hide under the dinner table and Kara or Jeff would have to pull him out to give him an injection of insulin before meals. Despite his agonizing fear of needles, this treatment was not optional for him.

"With type 1 diabetes, everything impacts your blood glucose levels - sleep, nutrition, exercise, stress, illness, hormones, and the list goes on," shared Kara. "Managing diabetes felt like a 24/7 job. It was so overwhelming, and our family now had to manage this for two people with diabetes. I felt powerless, worried, and scared."

Despite the challenges, Kara remains hopeful due to the remarkable breakthroughs she's witnessed in the 11 years since Lucas' diagnosis, many as a result of SDRI's research.

Both Kara and Lucas now use an artificial pancreas system, a product of SDRI's research and development efforts. This innovative technology has allowed them to focus less on the constant demands of diabetes management and embrace life more fully.

Tragically, a third family member now relies on this system as well. In December 2021, just days before Christmas, Kara's 7-year-old daughter, Kamryn, was also diagnosed with type 1 diabetes. Although devastated, the family was better prepared this time thanks to advancements in diabetes technology.

"After Kamryn's diagnosis, I was able to place a continuous glucose monitor on her arm within hours," said Kara. "This device alerts my cell phone when her blood glucose levels are too low or too high, requiring some sort of action to prevent a severe consequence. Only a month later, we were able to start Kamryn on the same artificial pancreas system that Lucas and I both wear. This is a true game changer - something that would have made our experience with Lucas 11 years earlier an entirely different story. In fact, due to this technology we rarely need to check blood glucose levels at night because the system keeps all of us safe and in range."



Kara credits her husband for his unwavering support in managing their family's diabetes, and she remains hopeful for the future.

"Our team at SDRI conducts critical life-changing research that will ultimately yield better therapies for managing and treating all forms of diabetes," said Kara. "I'm proud to be associated with such an extraordinary organization."

WELCOMING NEW BOARD PRESIDENT AND TEAM LEADERS

SDRI is pleased to welcome five exceptional individuals to our esteemed team as we remain committed to enhancing our leadership and strengthening our impact in the field of diabetes research.



Kenneth Waxman, MD, a distinguished leader in the field of medicine, has assumed the role of SDRI's new Board President. As a renowned surgeon, Dr. Waxman served as a professor of surgery at UC Irvine, and for over 15 years he served as the program director of surgery at Santa Barbara Cottage Hospital. In 2010, Dr. Waxman went on to establish Future Doctors of South Sudan, a non-profit organization dedicated to supporting the medical school and postgraduate medical education for South Sudanese medical students.

Andrew Koutnik, PhD



Andrew Koutnik, PhD, joins SDRI as a Research Scientist, and brings a wealth of knowledge and expertise in metabolic therapies for health, disease, and performance outcomes in the field of diabetes to SDRI. Dr. Koutnik is well-positioned to drive substantial advancements in type 1 diabetes. Having earned a Doctor of Philosophy (Ph.D.) in Molecular Pharmacology and Physiology from the University of South Florida Morsani College of Medicine, Dr. Koutnik's work has consistently demonstrated his commitment to improving the lives of individuals affected by metabolic disorders.

Sarintha Bell, MSN, FNP-C



Sarintha Bell, MSN, FNP-C, joins SDRI as a Clinical Nurse Practitioner, providing critical support to our clinical trials. Sarintha, whose background lies in ICU nursing at Cottage Hospital, joined SDRI as a part-time RN in 2021 while pursuing her master's degree at UCLA. Her introduction to research at SDRI and the collaborative team left a lasting impression, and she eagerly accepted a full-time position as a Nurse Practitioner at SDRI in 2023. Sarintha's passion for diabetes research is driven by its potential to make a significant positive impact on the community's health.

Kaitelyn Kelly



Kaitelyn Kelly joins SDRI as the Human Resources Manager, bringing an impressive background as a strategic human resources and talent management

Ted Connaughton



leader with a passion for fostering compassionate and supportive work environments. Kaitelyn's experience in local, state, federal, and international employment laws, along with her expertise in systems implementation support and management for HR software platforms, as well as full lifecycle recruitment, will not only further strengthen our team but also advance SDRI's impactful initiatives.

Ted Connaughton joins SDRI as Facilities and Operations Manager. Ted's extensive background in overseeing and optimizing facility operations, most recently at the Santa Barbara Airport, will play a vital role in ensuring the smooth functioning of our research infrastructure. In addition, Ted has a strong background in implementing cutting-edge technological solutions and a proven track record in successfully managing organization relocations offsite.

SDRI extends our warmest welcome to Kenneth Waxman, MD, Andrew Koutnik, PhD, Sarintha Bell, MSN, FNP-C, Kaitelyn Kelly, and Ted Connaughton. We look forward to a future filled with innovative discoveries and meaningful advancements under their guidance.

DONOR SPOTLIGHT: THE INSPIRING JOURNEY OF THE ROBERT AND RITA ELMEN FOUNDATION

Robert and Rita Elmen always had a passion for giving back and being actively involved in their community.



Their goal was simple, “to do better for themselves, others, and the community they lived in,” reflected Sarah Kopp, the daughter of Robert and Rita.

“Ultimately, it was my father’s strong desire to help others paired with my mother’s unyielding drive that led them to establish their charitable foundation in 2006.”

The Robert and Rita Elmen Foundation’s philanthropic giving priorities include education, Alzheimer’s, mental health, social services, and diabetes. While the foundation primarily directs its philanthropic efforts towards their local community in South Dakota, in 2020, the Robert and Rita Elmen Foundation generously chose SDRI as a recipient of their charitable contributions.

The Foundation was compelled to extend their philanthropic reach as SDRI’s mission is personal to Robert and Rita; their granddaughter, and Sarah’s daughter, Julia, was diagnosed with type 1 diabetes at the age of 9. Sarah, who serves on the board of the

Foundation, is intimately familiar with the challenges faced by individuals living with diabetes. Sarah encouraged her daughter Julia to do some research on organizations making a positive difference in the field of diabetes. Julia ultimately decided to support SDRI after conducting a comprehensive evaluation on Charity Navigator and GuideStar, where SDRI stood out among other diabetes organizations for its exceptional financial accountability and transparency, having consistently earned 4 stars from Charity Navigator and the prestigious Platinum Seal of Transparency from GuideStar.

“Both my parents were adamant about carefully choosing recipients for our philanthropy, rather than merely responding to solicitations,” noted Sarah. “I encourage others to also do research to ensure they have an adequate understanding of the organization they are giving to.”

While her parents have passed on, the legacy of the Robert and Rita Elmen Foundation continues to thrive through their enduring generosity and community impact. SDRI remains incredibly grateful for the Foundation’s support to further our mission.

ONE TALK

OneTalk offers a welcoming support group for individuals living with type 1 diabetes (T1D) or caregivers of children with T1D, whether newly diagnosed or managing diabetes for over 50 years. OneTalk provides a vital platform for sharing experiences, fostering connections, and gaining valuable insights into managing T1D, offering a lifeline of understanding and empathy in the journey of diabetes care.

Learn more at <https://www.sansum.org/type-1-diabetes>

Clinical Research Trials

Participating in clinical research trials at SDRI offers a unique opportunity to contribute to cutting-edge advancements in diabetes research while receiving personalized care from our expert medical team.

“Clinical diabetes research at SDRI is not just our mission; it’s an imperative for the health and well-being of millions worldwide,” said Dr. Kristin Castorino, Senior Research Physician at SDRI.

Diabetes is relentless, affecting people of all ages and backgrounds, with its complications reaching far beyond blood sugar control. Our commitment to unraveling its complexities and finding innovative solutions is driven by the knowledge that every breakthrough, every



discovery, can transform lives. The urgency of our work cannot be overstated, as diabetes continues to exact a heavy toll on individuals, families, and healthcare systems.

“Together, with dedication and unwavering focus, we forge ahead to advance science and improve outcomes, because the stakes are high, and the lives we aim to touch are countless.”

To learn more about our current clinical trials, and how you can get involved, please email us at info@sansum.org or visit <https://sansum.org/t1d-clinical-trials>

DISCOVER THE BENEFITS OF GIVING THROUGH PLANNED GIFTS

Join us in shaping a healthier future by including SDRI in your estate plans today.

Discover the innovative giving options that leave a lasting impact on SDRI and your loved ones, both today and in the future. Through careful consideration, many supporters like you have already established an enduring legacy with SDRI, ensuring a **transformative future for SDRI** for years to come.

If you do not currently have a will, consider creating one and if you already have or plan to include SDRI in your

estate plans, reach out to us! Join SDRI’s Legacy Society and be a part of something truly transformative.

Please contact Donor Relations Manager, Teri Creath at tcreath@sansum.org or (805) 419-1338, to learn more about your giving options.

SCAN ME!**DONATE TODAY***A Global Leader in Diabetes Research, Education, and Care.*

DEBORAH DAVID, ESQ. CAMPAIGN CO-CHAIR



"As the daughter of a mother who had adult-onset type 1 diabetes (T1D) and the wife of a man who also has adult-onset T1D, I have lived in close proximity to the consequences of diabetes since I was 10 years old. Although people with T1D who receive regular treatment appear normal most of the time, it is a very difficult disease to manage, and periods of out-of-control blood sugars are inevitable, scary, and ultimately very dangerous. My husband's and my lives changed dramatically, and for the better, when we moved to Santa Barbara and became associated with SDRI. Because of their artificial pancreas trials and their incredible care managing low blood sugars, I have not had to call an ambulance in more than four years. Encompassed in that statement are the many reasons my family donates to SDRI."