


**WILL ROGERS
INSTITUTE**

Humanitarian

E D U C A T I O N F O R T O D A Y . R E S E A R C H F O R T O M O R R O W .


The Will Rogers Institute's Grants Help Support Neonatal Care

Representatives from the Will Rogers Institute presented checks for \$50,000 to both Sinai Children's Hospital and Northwestern Memorial Hospital's Prentice Women's Hospital in April.

As one of four children's hospitals in Chicago, IL, Sinai Children's Hospital annually cares for 400 premature or low-birth-weight infants in its Neonatal Intensive Care Unit (NICU). As part of its family-centered approach to quality healthcare and patient satisfaction, the NICU established a Small Baby Room with space for eight beds in order to focus on the most vulnerable and at-risk patients. An important piece of equipment used in caring for the babies assigned to the Small Baby Room is an OmniBed, a high-tech infant bed designed to serve as an isolette or an open bed. Another specialized type of equipment for critically ill babies is a Neopuff™ infant ventilator, which delivers an even flow of oxygen at lower pressures to



Tony Kerasotes, President and CEO of Kerasotes Theatres, visits the NICU unit at Sinai Children's Hospital.



Rita Terterian, Philanthropy Director, Northwestern Memorial Foundation; Pat Samuelson, Will Rogers Institute; Tony Kerasotes, President and CEO of Kerasotes Theatres; and Jean Przybylek, Vice President of Operations, Prentice Women's Hospital.

the baby's lungs. The WRI gift will enable Sinai to purchase an OmniBed and 10 Neopuff™ infant ventilators.

The gift from the Will Rogers Institute to Northwestern Memorial Hospital's Prentice Women's Hospital, also in Chicago, IL, will help defray the costs associated with delivering inhaled nitric oxide (iNO) therapy to low-birth-weight babies with respiratory problems in the Renée Shine Crown NICU.

A recent study published in the *New England Journal of Medicine* showed that carefully monitored use of iNO therapy helps ease breathing by relaxing the blood vessels in the lungs. iNO has been shown to decrease the development of chronic lung disease, reduce total days on a mechanical ventilator, reduce time in the hospital and result in improved lung outcomes at one year of age.

To read more about other neonatal grant recipients, and research and fellowship awards, please visit wrinstitute.org.

The immediate outcome and quality of a newborn's life will be much improved with the help of state-of-the-art neonatal equipment.

The Inside Story:

- WRI GRANTS AND FELLOWSHIPS ■ COPD: WHAT YOU NEED TO KNOW NOW
- WRI PARTNERS WITH BOYS & GIRLS CLUB ■ HEALTHY NEWS: ARE YOU GETTING YOURS? ■ FLAVORS OF SUMMER: BERRY COFFEE CAKE ■ AND MORE...



Will Rogers Institute Awards Grant and Fellowship to Two Innovators Recognition for Lung Research and Health Education



The Will Rogers Institute's Annual Prize for Outstanding Contribution to Lung Research was created to honor individuals for extraordinary work leading to advancements in treatment for lung diseases. Dr. Peter Agre (left), university professor and director at John Hopkins Malaria Research Institute, Bloomberg School of Public Health, is the

second recipient of the prestigious \$50,000 prize from the Will Rogers Institute.

In 2003, Dr. Agre shared the Nobel Prize in Chemistry for discovering aquaporins, protein channels within membranes that allow the movement of water across the membrane. Chronic lung injury and lung fibrosis are associated with aquaporins in the lung. Thanks to Dr. Agre's work, researchers around the world now study aquaporins in many species of plants, bacteria and animals, and have linked them to a multitude of human diseases and conditions. Currently, Dr. Agre heads a team of more than 20 scientists working on everything from designing malaria vaccines to engineering a malaria-resistant mosquito.



The 2009 Will Rogers Institute Fellowship was presented to Karissa D. Horton (left) by the American Association for Health Education. Ms. Horton is currently a doctoral candidate in Behavioral Health at the University of Texas at Austin. Ms. Horton's previous degrees, a Master of Arts in Health Education and a Bachelor of Science in

Kinesiology, also were earned at the University of Texas at Austin. She is serving at the university as a graduate research assistant on vocational student tobacco use, funded by the National Cancer Institute.

In her own words, "My research interests include health disparities in underserved populations, with a particular emphasis on the relationship between perceived racial discrimination, stress and tobacco use. It is my hope that through my efforts and my research we can gain new insights into both the predictors and the protective factors associated with tobacco use among populations that are often under-represented in tobacco and lung health research."

How We Help: Notes of Thanks

NuStep Trainer for Fort Sanders Rehabilitation

The patients wanted me to pass on how very grateful they are for the new NuStep recumbent trainer! It helps them build up their upper and lower body strength, especially since so many of them have a difficult time walking on a treadmill. The NuStep allows them to build up strength so they can walk. It is also easier to teach them how to use the proper breathing techniques.

Thank you,
Fort Sanders Pulmonary Rehabilitation

Chantix Quit Smoking Program

As I get closer to my second smoke-free year, I wanted to share with you that I just competed in the Covenant Health half-marathon. I would never have considered doing this two years ago. I had a great time and walked most of the way, but plan on scoring a better half-marathon time later this month. I feel great!

Thank you again for changing my life,
Kim

WRI Partners With the Boys & Girls Clubs of America



The Will Rogers Institute is partnering with the Boys & Girls Clubs of America to honor one B&G Club that has shown exemplary methods of promoting healthy and active lifestyles with a \$5,000 cash award. This gift will be awarded annually over the next five years (2008–2012) to support the B&G

Clubs' sports, fitness and recreation programs.

The 2008 "Be Healthy, Be Fit, Be Great" award was given to the Boys & Girls Clubs of Monterey County (BGCMC). The wellness initiative will assist in further achieving the BGCMC's goal of facilitating improved nutrition, health, fitness and overall wellness of club members, their families and club staff. The BGCMC will offer internships for its Triple Play interns to help provide fun, high-quality and impactful wellness activities to 5,000 youths. In addition to an annual \$5,000 cash award for an exemplary club, the WRI will grant \$15,000 to the Boys & Girls Clubs of America national fund in order to provide health-related materials in clubs across the country.

Enjoy the Sun—Avoid the Burn

Overexposure to the sun's ultraviolet radiation (UVA and UVB) can damage your skin and increase your risk of skin cancer. Sunscreen will offer some protection (though some researchers say that it doesn't prevent melanoma, the most dangerous type of skin cancer), but you need to follow the directions:

- Apply at least one ounce of sunscreen before going out — enough to fill a shot glass.
- Reapply every two hours, after swimming or when exercising enough to raise a sweat.
- Apply sunscreen to often-overlooked areas of your body like your ears, lips and feet.
- Sunscreen is actually your second line of defense against sunburn and skin damage. Wear a broad hat and sunglasses, protective clothing, and try to avoid direct sunlight between 10:00 AM and 4:00 PM, when the sun is strongest.

SUN BLOCK BY THE NUMBERS

- SPF 15 blocks out 93% of harmful UVB rays.
- SPF 50 screens out 99% of harmful UVB rays.
- Apply your sunscreen 30 minutes before going out to give your skin enough time to absorb it.

COPD: Take a Deep Breath — and Learn What You Need to Know Now

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) IS ONE OF THE LEADING CAUSES OF DEATH IN THE UNITED STATES. LEARN HOW YOU CAN HELP YOURSELF AND YOUR LOVED ONES.



Chronic obstructive pulmonary disease (COPD) is the fourth leading cause of death in the U.S., according to the U.S. Department of Health and Human Services' National Heart, Lung and Blood Institute. The disease kills more than 120,000 Americans each year — that's one death every four minutes — and causes serious long-term disability. The number of people with COPD is increasing. More than 12 million people are living with COPD, and an additional 12 million people are likely to have it without even being aware. Take a deep breath and learn the facts about COPD.

COPD is a slowly progressing disease of the airways that, over time, makes it difficult to breathe. COPD is actually a group of lung diseases that includes chronic bronchitis, emphysema and asthma.

Symptoms of COPD include:

- Constant coughing, sometimes called “smoker’s cough”
- Shortness of breath while doing activities you used to be able to do
- Feeling like you can't breathe
- Wheezing
- Excess sputum production
- Not being able to take a deep breath

COPD develops slowly and can worsen over time, so it is important to report any symptoms to your doctor as soon as possible, no matter how mild they may seem. When COPD is severe, shortness of breath and other symptoms can get in the way of doing even the most basic tasks, such as light housework, taking a walk, and even bathing or getting dressed. Some of the things that put you at risk for COPD include smoking and secondhand smoke; environmental exposure and air pollutants; and genetic factors. Consider your risks, and talk to your physician if you or a loved one is at risk.

— U.S. Department of Health and Human Services, National Heart, Lung and Blood Institute

“Will Said: Pick the Quote Made Famous by Will Rogers”



- A) “There ain't nothing to life but satisfaction.”
- B) “Empty pockets never held anyone back. Only empty heads and empty hearts can do that.”
- C) “In skating over thin ice, our safety is our speed.”

Answers: A) Will Rogers B) Norman Vincent Peale C) Ralph Waldo Emerson

Healthy News



Are You Getting Yours? Ten a Day, the Easy Way!

Jackie Keller, Founding Director, NutriFit

Looking for ways to get more fruits and vegetables into your diet? Vegetables are far too important to be used only as side dishes or garnishes. Virtually fat free, veggies are loaded with fiber, vitamins and minerals that are linked to disease prevention. They are some of nature's true super foods! Choosing and using the best veggies is not an exact science — branch out and experiment. Try eating vegetables both raw and

cooked, as some, like carrots, yield 30% more beta carotene after cooking and 50% more after pureeing.

Fruits aren't far behind vegetables as anti-carcinogens. Many fruits contain vitamins and minerals that act as antioxidants, the fighting molecules that can help your body's natural healing ability. Fruit can replace high-sugar, high-fat treats, satisfying your sweet tooth naturally. Eating luscious, perfectly ripened fruit is one of the best ways to welcome the

day. For best flavor, choose what's in season.

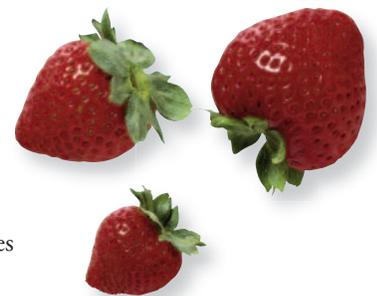
To get a maximum number of servings into your diet, plan to eat at least five times per day, or about every three hours. For each meal period, plan two fruit or vegetable servings, or one of each. Remember, a serving is only one cup of raw or a half-cup of cooked vegetables. If choosing fruit, a serving is considered one small whole fruit, or 3/4 cup of juice. Here are some creative suggestions for getting your "ten a day, the easy way."

- **Meal Period One:** Eat one-half of a grapefruit cut into sections, or a small orange, before your breakfast. Oranges and grapefruit contain pectin that slows down the absorption of fats, which in turn lowers dietary cholesterol. Then have some fresh berries, a small banana or dried fruit on your breakfast cereal. You could put those berries and banana in a blender with 100% fruit juice and have a delicious smoothie. Add in some tofu or yogurt for protein. It's a great way to start the day!
- **Meal Period Two:** Have a leafy green salad with cut-up veggies (you can add some sliced apple for additional fiber) topped with a berry vinaigrette dressing. Choose all types of veggies and a variety of salad greens. Think about adding sprouts and seeds!
- **Meal Period Three:** Time for raw veggie sticks with peanut butter or cottage cheese! Or try a small handful of nuts with dried fruit or a whole piece of seasonal hard fruit.
- **Meal Period Five:** Here's the chance for a small baked potato topped with steamed broccoli, mushrooms, peppers or zucchini (or all of them), and some grated cheese and chunks of sautéed turkey sausage.
- **Meal Period Six:** End the day the healthy way — sautéed pineapple rings topped with vanilla yogurt! Or perhaps chocolate-dipped strawberries... Sweet dreams!

Flavors of Summer: Berry Coffee Cake

Fresh berries blend with moist, vanilla-scented batter in this cinnamon streusel-topped coffee cake.

3 tbsp. cup unbleached all-purpose flour	1 1/2 cups unbleached all-purpose flour	1/4 cup canola oil
1/4 cup brown sugar, firmly packed	3/4 cup sugar	3/4 cup fat-free milk
1/2 tsp. ground cinnamon	2 1/2 tsp. baking powder	1 tsp. vanilla
2 tbsp. trans-fat-free, reduced-calorie margarine	1/4 tsp. salt	1 cup diced strawberries or whole blueberries
	1 large egg	



- Position rack in the center of the oven and preheat to 375° F. Grease and flour bottom of a 9-inch square or round baking pan.
- To make the topping, in a small bowl combine flour, brown sugar and cinnamon. Using a pastry blender or two knives scissor-fashion, cut in the margarine until the mixture resembles coarse crumbs.
- To make the batter, in a large bowl blend together the 1 1/2 cups flour, sugar, baking powder and salt. In a medium bowl, beat the egg until foamy before beating into the oil, milk and vanilla. Fold in strawberries or blueberries. Combine the two mixtures, blending until the dry ingredients are just moistened.
- Spread the batter into the prepared baking pan. Sprinkle on the topping mixture. Bake for 25 to 30 minutes, or until a cake tester or toothpick inserted into the cake comes out clean. Remove the pan from the oven and cool on a wire rack for 5 to 8 minutes.

Will Rogers Kicks Off Summer Campaign



Sharon Stone

SHARON STONE IS 2009 PSA SPOKESPERSON FOR WILL ROGERS SUMMER THEATRICAL FUND-RAISING CAMPAIGN TO FIGHT COPD

Sharon Stone is an actress, film producer and former fashion model. She first achieved international recognition for her performance in the thriller *Basic Instinct*. She was nominated for an Oscar™ and won a Golden Globe for her role in *Casino*, and has also been given an Emmy.

Sharon is equally well known for her philanthropic work. She has been the spokesperson for the American Foundation for AIDS Research since 1995. With her sister, Kelly, she has created the nonprofit organization Planet Hope, which provides free medical and dental care, new clothes, counseling, and makeovers to homeless and abused women and children at an annual summer camp.

She has also donated her time and money to causes such as Habitat for Humanity, Angel's Place, Lupus LA, the World Economic Forum and many others.

We are proud that Sharon has included the Will Rogers Institute on her extensive list of good works. As our 2009 Summer Theatrical Spokesperson, she will help to address public awareness of COPD (chronic obstructive pulmonary disease), the fourth leading cause of death in the U.S.

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Summer Family Movies at AMC and Regal

- AMC Theatres offers \$1 Summer Movie Camp every Wednesday at 10:00 AM. All proceeds benefit Will Rogers Institute and Variety – The Children's Charity.
- Regal Theatres offers free family movies on Tuesdays and Wednesdays at 10:00 AM. First-come, first-served basis and seating.

Please visit amcentertainment.com and regmovies.com for more information.



You can help! Join us in the fight against COPD, the fourth leading cause of death in the nation. Make a donation this summer at a theater near you.

Our Mission

TO PERPETUATE THE MEMORY OF WILL ROGERS BY PROMOTING AND ENGAGING IN MEDICAL RESEARCH PERTAINING TO CARDIOPULMONARY DISEASES AND BY EDUCATING THE GENERAL PUBLIC ON TOPICS OF HEALTH AND FITNESS.

Free Health Booklets

Helpful Educational Booklets Available From WRI:

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- WALKING FOR FUN AND FITNESS
- YOUR CHILD'S HEALTHY WEIGHT

There is a 25-booklet maximum per order.

Visit www.wrinstitute.org or call (877) 957-7575 to order.



COPD: Are You at Risk?

This quick reference guide explaining the risk of COPD (chronic obstructive pulmonary disease) will be distributed for free in theaters across the country this summer during Will Rogers' annual Summer Fund-Raising Campaign. Look for it in a movie theater near you!

(This is a National Heart, Lung and Blood Institute publication.)

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