



Catherine Cox, President



President's Message

November Edition 2022

Let's Vote! Just a reminder that early voting in Texas for the 2022 mid-term election began on Monday, Oct. 24 and ends Friday, Nov. 4. Election Day is Tuesday, Nov. 8. You will, of course, need one of the seven forms of identification to vote. I use my driver's license for proof of identity, but there are others that count as well. Please make your plans to vote and help other women get to the polls if you can. If you need a ride to the polls, please reach out to one of us. What a great privilege it is to be able to vote for our representatives.

Next, I want to say, "Brava, "Peace of Mind" organizers! Helped by Shirley Selz, Diana Cardenas, Susan Birchfield, Nancy Wesson-Dodd, Dottie Ewing, Kat Pettaway-Clarke, and Amy Rose, Sylvia Rendon guided us through an enlightening series of lectures on Saturday morning, October 15. After coffee, doughnuts, and conversation with attendees, our three speakers – Susan Hutchinson, Attorney-at-Law, specializing in Wills, Estate Planning, and Probate; Nestor Praderio, M.D. and specialist in Psychiatry and Neurology; and Shanice Mendoza, representative from the Coastal Bend Area Agency on Aging – gave us excellent information and advice regarding preparing for the end of life. We had 35 attendees, including quite a few AAUW members, at the event. I thank the YWCA for helping to sponsor the program.

As you may recall, the "Peace of Mind Presentation" was the brainchild of Janis Wood. She and Sylvia Rendon organized our first event prior to the outbreak of Covid 19. The following year, The Outreach Committee decided it wanted to plan another session, but the pandemic disrupted our plans. We, however, are back now and hope to make this a permanent part of what we do. The "Peace of Mind Presentation," which focuses on adults, helps to balance Outreach's offerings. We also obtained two new members from the endeavor. Welcome to AAUW, Cecilia Cueva and Diana Reyes!

I am looking forward to our next Book Finders' Book Sale, November 10-12th. We have declared the first two of these days, Thurs. Nov. 10 and Friday, Nov. 11 as "tax free" days. Please let your friends know about the book sale. I wish to thank all of our Book Finders as well as Neyland Library, which houses the Book Nook, our site of operation, and our book sales. Our many scholarships are funded by these sales.

Finally, please don't miss the coming branch meeting on Saturday, November 5. Our program will be "Women Entrepreneurs Society of Corpus Christi: Empowering Women in Business and Life" by Nikki Riojas, Founder of the Women Entrepreneurs Society of Corpus Christi. We will meet at the YWCA at 10:30. Please come early to enjoy refreshments and conversation.



Mission: To advance gender equity for women and girls through research, education, and advocacy.



Corpus Christi Branch Meeting

Saturday, November 5, 2022

10:30 a.m.

YWCA, Community Room

4601 Corona Drive

***Topic: Women's Entrepreneur Society of Corpus Christi:
Empowering Women in Business and Life***

**Speaker: Nikki Riojas, Founder of the Women's Entrepreneur
Society of Corpus Christi**



Nikki Riojas is the founder of the Women's Entrepreneur Society of Corpus Christi, a non-profit organization dedicated to advancing the mission of women-owned businesses in the Coastal Bend, and is the owner of Made in Corpus Christi, a local brand that uplifts designers, makers, and creatives throughout the city. She is no stranger to the world of small business,

having built three successful ventures over the past 20 years. She is also a marketing consultant for Small Business Development Centers in South Texas and is a member of the United Corpus Christi Chamber of Commerce and the American Advertising Federation–Corpus Christi. Nikki and her team received the Dream Big Woman-Owned Business Achievement Award by the U.S. Chamber of Commerce in 2021 and received the U.S. Small Business Administration's District Woman-Owned Small Business of the Year in 2022.

A mom, wife, and big thinker, she says she knows the value of work-life balance, even if she rarely gets it.

2022 Peace of Mind Seminar

Story and photos by Dr. Vickie Natale

On Saturday, October 15, 2022, the Community Outreach Committee of the AAUW Corpus Christi Branch presented a seminar on “Peace of Mind” at the YWCA. The free seminar was open to the public, and more than 30 individuals attended. The Seminar was designed to encourage individuals to plan for the end of life – for themselves and their loved ones. Attendees learned that planning for one’s own end of life and helping loved ones plan for theirs will bring to all greater peace of

The speakers for the event included:

•**Susan E. Hutchinson, J.D.**, an attorney with Davis, Hutchinson, and Wilkerson, L.L.P., who specializes in wills and probates and who is a former Y Women in Careers recipient. Hutchinson discussed relevant topics including: transferring assets into a living trust; creating a joint tenant with survivorship account; statutory power of attorney; medical power of attorney; directive to physicians; and executors for your will.



•**Dr. Nestor Praderio**, a geriatrician who has been in practice for over 48 years, specializing in psychiatry and geriatric psychiatry. As a geriatrician, Dr. Praderio focuses on the unique health needs of the elderly, including chronic diseases, such as dementia. Dr. Praderio discussed the progression of dementia and that, currently, there is no known treatment or medication that will cure or stop progression of the disease. The greatest risk factor for dementia is aging. Other high-risk factors include hypertension, diabetes, high cholesterol, alcohol use, and a person’s connection to others. Ways to help reduce the risk of dementia include a healthy diet, regular exercise, limiting alcohol, and keeping your blood pressure at a healthy level. Dr. Praderio stated that it is important to see a doctor early for diagnosis, to receive education and guidance about the disease.



•**Shanice Mendoza**, a benefits counselor from the Coastal Bend Area Agency on Aging. Mendoza discussed the support services for the elderly that are provided by the agency. Many of the services are in high demand, resulting in a wait list for specialized services, such as assistance for clients needing environmental or medical equipment modifications to meet their needs. The agency runs a “Hope Closet” that has medical equipment that has been donated by others and is available for those in need. If you have medical equipment that you no longer need, they will accept donations for the Hope Closet.



AAUW member Shirley Selz also developed a Planning Guide and made copies for attendees that can be used to assist with practical considerations regarding the needs of individuals as they age, face health issues, and approach the end of life. The Guide is intended to help users organize and gather information in a timely manner before last minute decisions must be made.

The AAUW Branch sincerely thanks members Kelly Gonzalez, Dr. Sylvia Rendon, Dr. Diana Cardenas, Shirley Selz, and Dr. Catherine Cox who planned and coordinated the event, as well as Nancy Wesson-Dodd and the YWCA for providing the venue for the event. The seminar was well received, and several attendees indicated that they would like to hear more.



L to R: Shirley Selz, Sylvia Rendon, Shanice Mendoza, & Catherine Cox

WELCOME TO AAUW CORPUS CHRISTI

New Members for 2022-2023

Cecilia Cueva M.S., LPC

I enjoy spending time with my three children and five grandchildren. I also enjoy playing golf, tennis and pickleball. My favorite spots in Texas are Lost Maples, Inks Lake, and Enchanted Rock State Parks.

Degrees: 1977 B.S. - Kinesiology, Texas State University – San Marcos; 1995 M.S. - Counseling, Texas A&M-Corpus Christi; 1999 Licensed Professional Counselor (LPC).

Work experience: Incarnate Word Academy (1980 – 1984; 1996-1998). Retired CCISD High School Counselor (1998 – 2018). Region 2 Director, Texas Counseling Association (2010 – 2016) . ParentCorps Program Implementer (2019 – 2022).



Hello my name is Diana Reyes. I earned my Bachelor of Social Work from Texas State University in San Marcos, Tx. I hold a Master of Social Work from Our Lady of the Lake in San Antonio, Tx. I'm a Licensed Master Social Worker. As a social worker, I have helped people with various disabilities live as independently as possible. I have also worked with homeless children, helping them enroll in school and advocating for their academic success. Many of my positions gave me the opportunity to manage programs and provide leadership to staff members.

I retired four years ago and have been enjoying spending time with my family. My husband and I have had the privilege of raising our amazing son and daughter. We have two grand pups and can hardly wait to have grandkids!

I enjoy spending time in my garden, listening to audio books, taking walks in my neighborhood, visiting with friends, practicing my meditation and yoga. Recently our rescue pup, Shadow, came into our lives. Shadow is a very good boy who just wants to love us and get belly rubs!



BOOK FINDERS

From Kris Conlan

The next book sale will be held at the Neyland Library according to the following schedule.

Thursday, November 10 10:00-5:00 TAX FREE
Friday, November 11 10:00-5:00 TAX FREE
Saturday, November 12 10:00-1:30 (not tax free)

The Special Sale categories will be Children's Books, Rare and Collectible Books, Texana, and a large number of books suggested for Holiday Gift Giving. All varieties of books are available in the Book Nook at our sale. We encourage you to visit us and bring a friend or two to begin your holiday shopping.

We are still in need of more fiction books, both hard cover and large paperbacks, as well as books for young readers between the ages of 8 and 18. If you have any books of these types to donate, please drop them off at Neyland Library. Call Kris Conlan for assistance if needed.

Volunteers are needed on any Tuesday to shelve books. This is a great opportunity to participate in the income producing segment of our AAUW membership. The work done on Tuesday afternoons by AAUW members helps fund the scholarships, the Y-Teen activities, the end of year graduate support program, and library programming and other community needs. Join the Bookfinder team and be part of this important work in fulfilling our mission. Any personal time you can donate will be deeply appreciated.



Book Sale Schedule

- March 9-11
- June 8-10



INTEREST GROUP NEWS



From Janet Blanke

Wine & Cheese: November Wine & Cheese will be a special Wine Tasting at Total Wine & More on Saturday, Nov 12 from 3-5pm. The cost is \$20 and you must register for the event asap. The Wines we will be tasting are all Sparkling Wines.



From Susan Birchfield

The Lunch Bunch will be meeting at 12:30 pm on Tuesday, November 15th, at Bellino Ristorante Italiano, located at 3815 S Alameda St.



From Agnes Hamilton

The Gardening Divas will be meeting in February, March and April to support the interest in spring planting. We will be discussing the propagation of plants, starting for seeds and container gardening which could include Hoyas. Spring has been our best attendance season and we hope all interested plant lovers will attend.



From Dottie Ewing

Page Turners will not meet in November and December. Join us in January to hear a review by Maggie Gibson at the home of Shirley Selz. Enjoy your holidays!





From Michelle Balis

PLAYGOERS— Our next two plays will be a celebration of William Shakespeare:
Romeo and Juliet at TAMUCC Wilson Theater on Saturday, November 12 at 7:30.
Midsummer Night's Dream at Del Mar College Finley Theater on Friday, November 18 at 7:30.
Let me know if you want to go. We will meet at 7:10 and buy our tickets at the door.

Contact Michelle Balis for more information.



Members of the Classics group gathered at Katz 21 in September to dine and discuss *Love in the Time of Cholera* by Gabriel Garcia Marquez. November's selection is *The Winter's Tale* by William Shakespeare. Contact chair Catherine Cox if you wish to join the Classics group.



For more information on the interest groups of AAUW CC Branch, refer to the Branch 2022-2023 Yearbook. Members will find descriptions of interest groups, gathering days and time, and contact information for interest group chairs. The yearbook is a valuable tool for information about our Branch.





Book Sale

Nov. 10th-12th

Thursday Nov 10th: 10 – 5pm

(Tax Free)

Friday Nov 11th: 10 – 5pm

(Tax Free)

Saturday Nov 12th: 10 – 1:30pm

\$ 2 and up + Special Sales

Featured Books:

Holiday Gift, Children's, Texana, and Rare & Collectible

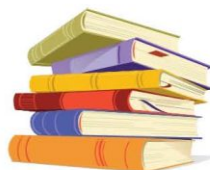
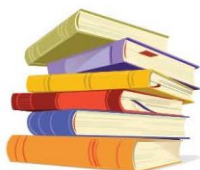
Neyland Library

1230 Carmel Pkwy 361-826-2370

For more information, contact:

Kristin Conlan 361-548-0282

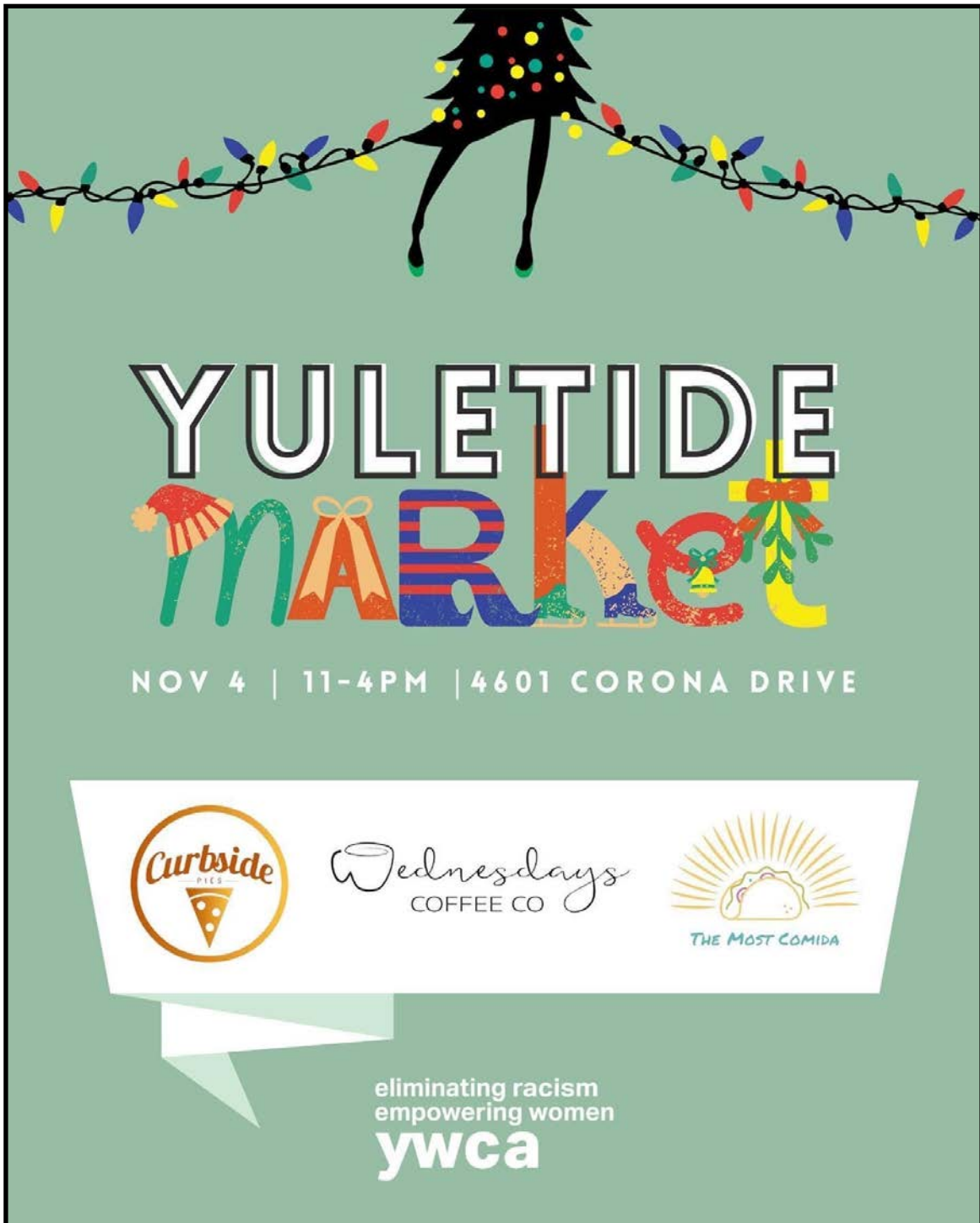
corpuschristi-tx.aauw.net



All proceeds benefit the Corpus Christi Public Libraries, local women's scholarship funds, and AAUW Community Outreach projects for women and girls.

Persons requiring an accommodation should contact the library 48 hours in advance: 361-826-2370.

YWCA FUNDRAISER



•Public Market Shopping—Admission only \$5

•Individual Luncheon Tickets— \$100 includes Market admission and Lunch by Marco & Co. Catering LLC

To read more about the event and to register, please click on the link below:

<https://www.ywcacc.org/blog/event/yuletide-market-at-the-ywca-2/>