



Catherine Cox, President



**October Edition 2023**

## President's Message

Thanks to the Board, Interest Group Chairs, and to all Members, for helping to make our Fall Reception for New and Prospective Members a success. I was delighted to see some of our friends from the Del Mar student group attending. If you did not have a chance to sign up for an interest group or a committee, it is not too late. Please let the chair know that you wish to join, and she will put you on her correspondence list.

The dates, places, and times of our monthly Membership Meetings, as well as meeting information for committees and interest groups, are stated in our beautiful 2023-24 Yearbook. (Thank you, Janet Blanke for editing our Yearbook and Mary Sherwood for the striking photograph on its cover.) Contact information for members is also in the Yearbook. Do download or print the Yearbook. Better still, purchase it in hard copy at our coming Membership Meeting, so that you don't miss out on the fun.

October is here, and with the "turn of leaf," AAUW's committees and interest groups go into full swing. Our Outreach Committee holds its "Peace of Mind" Seminar" the morning of Saturday, October 21<sup>st</sup> at the YWCA. Refreshments begin at 9:30; the program at 10:00. While most of the committee's work throughout the year involves children, teens, and young adults, this one focuses on the needs of our aging population. The program's focus is different than that of last year, so even if you came last year, you should plan to return, and come with a friend who you believe could benefit from the experience and knowledge of experts in the field. We thank the YWCA for helping to sponsor this event.

We will be voting on the 2023-24 Budget at our October Membership Meeting. It is important to have a quorum to pass the budget. The proposed budget will be sent to you along with the minutes of our agenda and the minutes of our September meeting in the next few days.

And finally, thank you, Book Finders and all who worked at the September Book Sale. Your wonderful work has assured us with another successful sale!



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



Corpus Christi Branch Meeting  
Saturday, October 7, 2023, 10:30 a.m.

YWCA, Community Room  
4601 Corona Drive

Topic: Staying Safe Online

Speaker: Tracy Sales

**Tracy Sales** has worked as an information security professional for more than 16 years.

At present Sales leads a team of security engineers for Amazon Web Services who support security testing for new AWS product and feature launches.

Prior to working with Amazon, Sales supported global enterprise, governments, and defense clients as a security consultant with Booz Allen Hamilton for 12 years.

Sales has a Master's Degree in Cybersecurity Technology and a Bachelor's in Information System Security. Originally from San Diego, California, he has lived in Corpus Christi for the last 1-1/2 years.

From Diana Cardenas

## AAUW Community Outreach Committee

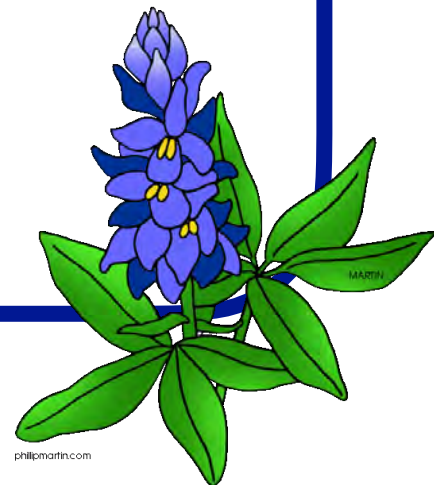
From Kelly Gonzalez

The Community Outreach Committee strives to put the AAUW mission into action in the community through various community projects.

Plans are well underway for this year's Peace of Mind Seminar, Saturday, October 21 at the YWCA. We have two wonderful speakers this year so please mark your calendars and tell your friends. This is an event you don't want to miss.

The Outreach Committee is wrapping up a busy year with the December Holiday Shopping event on Saturday, 9 at the Y from 2:00 – 4:00. We will need volunteers for this event and more details are coming.

The next meeting will be held on Monday, October 9 at 6:00 via Zoom. Meeting information is below. The committee **will not be meeting in December.**



**The AAUW Bookfinders** sale that was held at Neyland Library was a fine success. Thank you to all the members who worked so hard at preparing the books and the Book Nook for the sale. A very special thank you to all who served at the checkout desk each day. We have so many interesting and knowledgeable customers, and if time allows, it is always most enjoyable to visit with them. Also, a huge thank you to Michelle and her staff for their eager and willing support for all we do. They are wonderful and we appreciate them so much. A final thanks goes to KRIS TV, Channel 6, for covering our September sale. It brought in some new customers, including several of their own employees! The next sale is scheduled for November 16-18. See you there:)

From Kris Conlan

 **Book Sale  
Schedule  
2023-2024** 

 ~~September 7<sup>th</sup>-9<sup>th</sup> 2023~~

**November 16<sup>th</sup>-18<sup>th</sup> 2023**

**February 8<sup>th</sup>-10<sup>th</sup> 2024**

**June 6<sup>th</sup>-8<sup>th</sup> 2024**

Thursdays, 10-5 pm

Fridays, 10-5 pm

Saturdays, 10-1:30 pm

***Neyland Library***

1230 Carmel Pkwy 361-826-2370

***For more information, contact:***

Kristin Conlan 361-548-0282  
[corpuschristi-tx.aauw.net](http://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.



# PEACE OF MIND

Hosted by AAUW (American Association of University Women), this presentation helps individuals, families, and caregivers plan for transitions related to aging.

Please join us on  
**Saturday, October 21, 2023**  
9:30AM Refreshments

Program: 10AM-Noon

- Melissa Bergeron, Care Consultant,  
Mir Senior Care Management and Care  
Consultants,  
Navigating Medical Management
- Gene Lopez, PT, DPT, Fall Prevention  
Specialist  
Safety, Mobility, and Preventing Falls To  
Maintain Independence

YWCA  
4601 Corona Dr.  
Corpus Christi, TX 78411.



## PEACE OF MIND SPEAKERS

From Kelly Gonzalez

Navigating Medical Management ensures that your loved one receives the best of care and services from the entire care team that you have in place. Planning now for peace of mind later.

### **Melissa Bergeron, Client Care Manager/Operational Support**

Melissa Bergeron has an Associates of Science degree in Health & Kinesiology. Originally from the Corpus Christi area, she has spent the last 20 years working in senior living in the Austin area as Admissions/Marketing Director with experience in skilled nursing facilities, assisted living, and memory care. In 2012 she received her certification as an Assisted Living Manager and operated a stand-alone memory care community for 3 years.

For the next 4 years she opened and operated a brand-new Assisted Living & Memory Care Community in North Austin. Melissa is most passionate about serving and advocating for the elderly, which has allowed her to be a positive influence in the community.

Outside of work, you can find Melissa and her husband on the ball fields watching their two boys play baseball. In between baseball, Melissa enjoys her workouts and quality time with friends.

### **Gene Lopez, PT, DPT, Fall Prevention Specialist**

Dr. Lopez has devoted his life to the recovery and wellness of others, and fall prevention is a key part of his mission. Previously a nurse, he gained valuable experience in direct patient care, especially with those suffering from Parkinson's, stroke, and diabetes.

Every 11 seconds a senior citizen is admitted to the ER for a fall. Falls can lead to decreased mobility, a loss of independence, and a fear of falling. These challenges often predispose older adults to future falls and greater health concerns. Falls are not an inevitable part of aging! In fact, the most common reasons for falling can be prevented. Dr. Lopez will help you identify if you or a loved one are at risk of falling and provide practical steps for fall prevention or recovery by demonstrating proper body mechanics, appropriate stretching, strengthening, and conditioning exercises.

**SAVE THE DATE**

Peace of Mind Seminar  
Saturday, October 21, 2023



From Susan Birchfield



**Wine and Cheese will be meeting at Joanie Whitmire's home at 5 pm, Sunday, October 8th. Everyone attending is asked to bring either a bottle of wine or an appetizer. Please RSVP to Susan Birchfield if you plan to attend.**



From Susan Birchfield

**The Lunch Bunch will be meeting on Tuesday, October 19th at 12:30 pm, at The Galley Bistro and Bakeshop, located at 924 S Staples St. Please RSVP to Susan Birchfield if you plan to attend.**

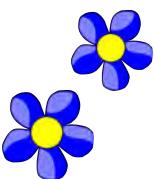


From Michelle Balis

**Playgoers:**

Port Aransas Theater is having *Twist: A Comedy Thriller* October 12-29. Let me know if you want to go for the Sunday matinee on October 22. Tickets are online for \$22 + \$ 2.23.

Port Aransas Theater is having *All Is Calm* (About the Christmas Eve truce during WWI) November 30-Dec 10. I was thinking of going for the Sunday matinee on December 3. Let me know if you are interested.



# FOR YOUR INFORMATION



**Please check your email and phone numbers in the yearbook. If you find an error, please email Janet Blanke with the correction. We will email a list of corrections in the next few weeks**

## Check out the monthly book club offerings at Neyland Library! From Michelle Balis

- Banned Book Tea on Wednesday October 4<sup>th</sup> at 4pm. The Neyland Banned Book Club celebrates National Banned Books Week. Come and enjoy cookies, iced tea, and lots of discussion on Banned Books!
- Hooked on Yarn Club: Every Thursday at 3:00. Come learn or share your crafting skills with crochet or knitting. Lots of fun conversation with all ages of crafters.
- Taste of Murder Book Club (2<sup>nd</sup> Monday at 10:30 - share the mystery books you are reading!), Neyland Library Literary & Pie Society (2<sup>nd</sup> Tuesday at 4:00 -- share the books you are reading - that are not mysteries!)
- Banned Book Club (3<sup>rd</sup> Wednesday at 4:00 -- ask at the library for the monthly selection and join us for a lively discussion!)

Anita & W.T. Neyland Public Library  
1230 Carmel Pkwy  
Corpus Christi, TX 78411

