



Catherine Cox, President



November Edition 2023

President's Message

If you have not yet read the article, “Deeper in Debt: Women & Student Loans” on our AAUW National website (<https://www.aauw.org/>), I encourage you to do so. According to AAUW research, female college graduates earn 81% of what male graduates make. One of the repercussions of this imbalance is that women encumber more debt. “Women,” we learn, “hold about 2/3 of U.S. student loan debt.” The more debt, the longer it takes to pay back the loan. It takes them approximately two years longer than men to repay their student loans. With lingering debt, a woman delays her ability to accumulate wealth. The article goes on to recommend how we can begin to address this problem. Supporting Pell Grants for low-income students is one way. Another is membership in organizations like AAUW that advocate for gender equality. In our branch, we help women by offering college scholarships to deserving students and celebrating, with small scholarships, college bound seniors. Just as it is important to keep in mind the multiplying effects of gender inequality, it is crucial to recognize the multiplying effects of moments of female empowerment. One opportunity tends to create others. We can probably look at our own lives and see how that has worked. Similarly, we can see in the faces and words of the girls and women that we help, pride in their achievements and a growing hope for their future.

I thank the Community Outreach Committee for sponsoring in October their third “Peace of Mind” seminar. The program focused on preparing for health crises as one ages, finding good advocates, who can help to bridge the needs of a senior in crises, their family, and the medical profession, and maintaining physical balance as one ages. I am grateful to the committee for their planning, to the speakers for their informative and enriching presentations, and to the YWCA for offering us the ideal venue.

On your calendars, please hold Saturday, Dec. 2, for our annual Winter Holiday Luncheon. We will be meeting at the Retama Room in the Harvin Student Center at Del Mar College. Stay tuned for more information about the food, silent auction, and raffle.



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



Corpus Christi Branch Meeting
Saturday, November 4, 2023, 10:30 a.m.

YWCA, Community Room
4601 Corona Drive

Topic: Planning Teen Bookfest by the Bay

Speaker: Lisa Ann Lawhon
President, Planning Committee for the
Teen Book Fest by the Bay



By Diana Cardenas

A librarian, Ms. Lawhon, and another school librarian established the organization to create an event that celebrates reading by organizing panels and workshops where teens meet and interact with authors and illustrators. She will speak about the history, purpose, and scope of the event and its many activities that engage teens.

Teen Bookfest by the Bay won the 2023 Texas Center for the Book Literacy Award, founded by the Texas Library and Archives Foundation, for its contribution to increasing literacy in the state. President Ana Lisa Lawhon accepted the award and noted the mission of the literacy event: "Aside from advocating reading, we hope that those kids who dream of being a writer can come and meet and interact with their favorite author about their journey and find out how things work" (Texas Library and Archives Foundation, Jan 26, 2023).



Linda Ibarra
AAUW Direct Scholarship Recipient
2023-2024

Del Mar College 2023 Scholarship Dinner

by Vickie Natale and Dottie Ewing



Standing (l to r): Deanne Purcell, Linda Ibarra, Cheryl Sanders. Seated (l to r) Shirley Selz, Dottie Ewing.

Branch members Dottie Ewing, Shirley Selz, and Deanne Purcell attended the Del Mar College Foundation Scholarship Dinner held on Thursday, October 19, 2023. The annual dinner is hosted to give scholarship donors an opportunity to meet their scholarship recipients. One of our direct scholarship recipients for 2023-24 was able to attend. Linda Ibarra is a second-semester business administration major, and she holds the office of treasurer for the AAUW student organization. In addition, Linda exhibits her leadership skills as an officer in the Del Mar College Chapter of Alpha Beta Gamma, a national business honor society, and she is a member of the National Society of Leadership and Success (NSLS). Linda is on the Del Mar College President's List, and she is a volunteer at the Corpus Christi Literacy Council. Linda has four children and is currently enrolled full-time at Del Mar College. Her son is also enrolled in one of the same classes she is taking – she had asked for his “permission” before signing up for that class. Our Branch members were delighted to meet Linda and learn what an excellent role model she is for other female students and her children!

PEACE OF MIND PRESENTATION

by Diana Cardenas



Standing: Catherine Cox, President Diana Lopez, Dr. Gene Lopez, Diana Cardenas, Melissa Bergeron, Frances Mir.

AAUW's Planning Committee for the 3rd Peace of Mind presentation--Kelly Gonzalez, Diana Reyes, Shirley Selz, and Diana Cardenas—hosted two experts in the field of senior care on October 21, 2023: Ms. Melissa Bergeron, Care Consultant with Mir Senior Care Management and Care Consultants and Dr. Gene Lopez, PT, DPT, Fall Prevention Specialist and owner of FYZICAL Therapy.

Melissa Bergeron: “Navigating Medical Management.”

In her segment Ms. Bergeron outlined four basic foundational pieces necessary to function as an effective advocate for a loved one: (1) Establish a Care Team You Have Confidence In. (2) Get Organized by creating a medical binder, a financial/legal binder, and a helper contact list. Identify specific documents for access to medical information and finances to conduct business for a loved one. (3) Understand the wishes and goals of

a person in need of services. Practice continuous communication with the person and care team. (4) Practice Self-Care –Take care of yourself to minimize stress and burnout.

Ms. Bergeron described three scenarios for effective advocacy: preparation, appropriate medication management, and managing hospital discharge: (1) Preparation - The Book. A simple three ring binder to house all the collected information will eliminate turning the house upside down trying to find essential documents. (2) Medication Management - Gather all medications, vitamins, OTC meds, and supplements into one location and utilize pill boxes that fit a person's needs. (3) Hospital Discharges - The best time to start planning for discharge is just after a family member is admitted. While it may seem too soon, planning allows time to be prepared and to minimize stress.

Gene Lopez, DPT (Doctor of Physical Therapy: “Safety, Mobility, and Preventing Falls to Maintain Independence.”

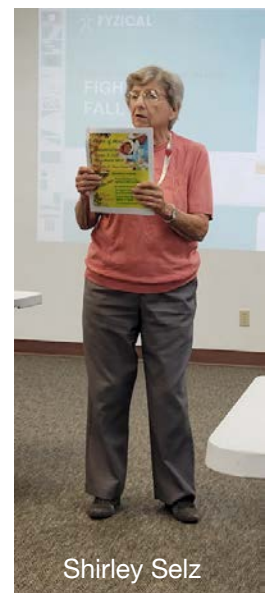
In his presentation Dr. Lopez described common falls and injuries that lead to incapacity, fear, injury, and hospitalization. He showed specific exercises to improve the balance of his clients to minimize falls.

Dr. Lopez demonstrated, physically on a mat, the kinds of falls with their shoulder, back, leg, and head injuries. He simulated the process involved in stumbling and how to react—by using leg muscles--to minimize the impact on the body. In his explanation of orthopedic rehabilitation. Dr. Lopez described the special equipment--suspended harnesses--that help clients who use canes, wheelators, and rollators overcome pain and immobility and strengthen muscles to gain motion.

Dr. Lopez stressed his emphasis on research findings to shape his team approach with its active therapies. Clients and therapists develop a sense of family, a factor that aids physical improvement.

Ms. Diana Lopez with the clinic explained the anatomy of the ear, ailments, and their effects on balance and sense of well being. Also, she provided data, numbers of people needing medical care and admittance to hospitals for severe injuries from falls.

Shirley Selz gave out a handout to help individuals, families, and care givers gather and organize essential legal, medical, and financial information to minimize crises and to promote peace of mind.



Shirley Selz

Staying Safe Online

By Diana Cardenas

At our branch meeting on October 7, 2023, Mr. Tracy Sales, an information security professional for more than 16 years, spoke to 28 of our members about online cybersecurity threats and shared tips to protect ourselves online. He recommends that we review our online activity, strengthen our passwords, and educate ourselves about the latest threats. He provided the following information to stay safe online:

Credential Stuffing – Stuffing occurs when you use the same password on many accounts, and one of those accounts gets compromised, allowing attackers to use your password to access other accounts. To prevent attacks (1) use 2-factor authentication and (2) use a unique password on each of your accounts.

Below are some links to help:

1. <https://mashable.com/article/how-to-enable-two-factor-authentication>
2. Use a password manager. You can download Bitwarden.

Phishing – Remember that attackers prey on your emotions so stay aware.

- Greed: Promises of a reward, too good to be true. “Get the latest iPhone 15 for free.”
- Curiosity: Beware of lures to something tantalizing.
- Urgency: Be suspicious of strict deadlines designed to alarm you.
- Fear: Be suspicious of emails that threaten negative consequences

Safety Tips

- Create passwords that are greater than 20 characters.
- Install updates quickly.
- Do not reuse passwords. Each account needs a unique (different) password.
- Be suspicious of emails that threaten negative consequences.
- Do not open links or attachments unless you expect a document from trusted sources.

Social Media Privacy – Reduce the amount of information you post online and limit who can access it to reduce your risk.

Backups – Backups are a key protection for individuals who might be affected with Ransomware. Backing up your data is easy with cloud backups that are built into many devices.



Catherine Cox, President; Judy Herral; Diana Cardenas, VP of Programs; Speaker Tracy Sales

Mr. 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, he supported global enterprise, governments, and defense clients as a security consultant with Booz Allen Hamilton for 12 years. He has a master's degree in Cybersecurity Technology and a bachelor's in Information System Security.

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.

The Outreach Committee is wrapping up a busy year with the December Holiday Shopping event on Saturday, December 9 at the Y from 2:00 – 4:00. Information on how you can help is listed below and I encourage all of you to come participate. It will make a difference to our YW Teens.

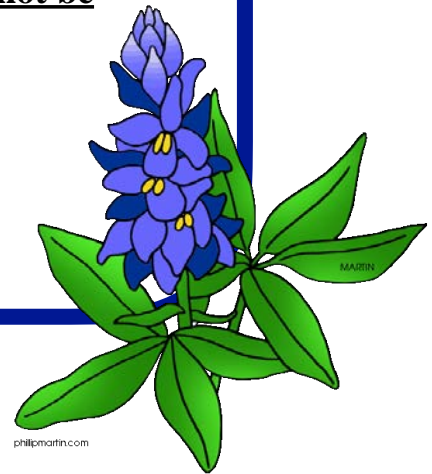
YW Teen Holiday Shopping Needs

Cookies for participants (50 participants x 2 each)

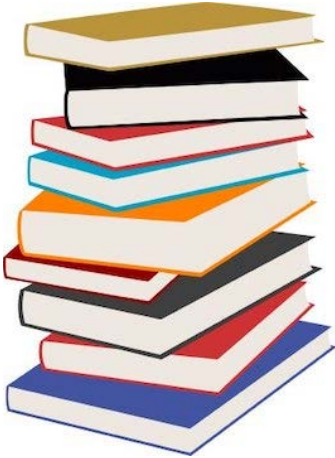
Volunteers (minimum 3) to work the store

Volunteers (minimum 5) to work the giftwrap area

The next meeting will be held on Monday, November 13 at 6:00 via Zoom. Meeting information is below. The committee **will not be meeting in December.**



Happy Thanksgiving



From Kris Conlan

The final book sale of 2023 will be held at the Neyland Library on November 16-18. The Thursday and the Friday sales will be TAX FREE !! The Saturday sale will be taxed as usual since we are only allowed by the state to have two days of tax-free sales. We are very busy selecting some of our most interesting and attractive books for the gift-giving and coffee table books for the special sale. A wide selection of holiday themed books will also be available. This is a wonderful opportunity to shop for wonderful holiday gifts at reasonable prices.

See you there!!



BOOK SALE



Nov. 16 - 18

*Thurs., Nov. 16: 10 – 5 pm**

*Fri., Nov. 17: 10 – 5 pm**

Sat., Nov. 18: 10 – 1:30 pm

Featured Books:

***Gift Giving Books,
Rare/Collectible, Texana &
Children's Books***

****Thursday & Friday Tax Free Days***

Neyland Library
1230 Carmel Pkwy 361-826-2370

For more information, contact:
Kristin Conlan 361-548-0282
corpuschristi-tx.aauw.net

Three smaller stacks of colorful books, each with about five books.

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.

INTEREST GROUP NEWS



From Susan Birchfield

Wine and Cheese will be meeting at Donna Mehl's home at 5 pm, Sunday, November 12th. 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 is scheduled to meet on Tuesday, November 21st, at 12:30 pm, at Saltgrass Steakhouse, located at 6729 SPID. But because that day is right before Thanksgiving, I will be contacting the Lunch Bunch to change the date to the prior week or cancel. Please RSVP to Susan Birchfield if you plan to attend



From Michelle Balis

Playgoers:

- TAMUCC is having *Journey's End* on Nov. 10-12 and 16-18. Let me know if you want to go Saturday, 11/18. "Set over the course of four days leading up to a massive German attack on the British trenches in 1918, *an* is a powerful and moving tribute to the men who fought what was called "the war to end all wars."
- "A Musical Mystery" with the Del Mar College Music Department Singer's Theatre On Friday 11/17 at 7:30 at Wolfe Recital Hall. It's Free
- 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.

Please let me know if you signed up for Playgoers and are not getting my emails.

FOR YOUR INFORMATION

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

- 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 (2nd Monday at 10:30 - share the mystery books you are reading!).
- Neyland Library Literary & Pie Society (2nd Tuesday at 4:00 -- share the books you are reading - that are not mysteries!).
- Banned Book Club (3rd 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

