

Women's Health Issues As We Age

Saturday February 3, 2018

Pam Rayburn & Lindsay San Miguel
Co-Program Vice-Presidents



Healthcare matters, and for women, certain health issues specific to women, such as pelvic floor conditions, i.e. pelvic pain, pelvic organ prolapse, pain with sex, incontinence, as well as pre and post-menopausal and pre and post-partum symptoms, are often overlooked or misdiagnosed by doctors. ¹ Why? And what can be done about this?

Women of any age and in any stage of life can be affected by pelvic floor muscle (PFM) dysfunction. One study found that the prevalence of pelvic floor disorders increased with age, and “40 percent of women aged 60-79, and 53% of women 80+ suffered from at least one symptomatic disorder”. ² Many women suffer in silence, or become frustrated by a lack of answers and help in



the medical community. However, there is hope. Physical Therapy for Pelvic Floor Dysfunction is helping women heal from life altering conditions. ³

February's Branch meeting Program will discuss many of the pelvic floor conditions and shed light on physical therapy treatments. The program will also include the most up-to-date information on the state of women's healthcare policies in light of changes to Obamacare, and how you can advocate for your healthcare. Join us at the Old Ranch Country Club on February 3rd to learn more about your own health! See additional Speaker information on page 6.

¹ <https://www.rd.com/health/conditions/pelvic-floor-dysfunction/>

² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3970401/>

³ http://npwomenshealthcare.com/wp-content/uploads/2015/05/Pelvic_M15.pdf

AAUW's Mission Statement: *AAUW advances equity for women and girls through advocacy, education, philanthropy and research.*

AAUW's Value Promise: *By joining AAUW, we belong to a community that breaks through educational and economic barriers so that all women and girls have a fair chance.*

Courtesy Best wishes to February Birthdays



- 2— Groundhog Day
- 4—Super Bowl Sunday
- 14— Ash Wednesday / Valentines Day
- 19—President's Day

**"The best thing to hold onto in
life, is each other."**

- Audrey Hepburn

CALENDAR EVENTS

Meetings are the first Saturdays, except in December and March 8 in the evening. Next meeting is February 3.

AAUW-LONG BEACH website:
www.aauw-longbeach.org



AAUW email address:
AAUWLongBeach@gmail.com

We're on Facebook!
www.facebook.com/aauwlongbeachca

Follow AAUW on LinkedIn
<http://www.linkedin.com/groups/AAUW-Long-Beach-CA-Branch-7001584/about>

AAUW California's biennial convention will be **April 27-29, 2018** at the Irvine Marriott (18000 Von Karman Avenue in Irvine). The convention theme is "Educated. Reasoned. Active.". There has never been a time in which we have been more challenged to advance our mission, nor has there ever been a greater opportunity.

Celebrate the advocacy, education, philanthropy, and research we do to achieve equity for women and girls! Meet state and national leaders. Attend revitalizing workshops. Hear inspiring and entertaining speakers, including plenary sessions on grassroots advocacy, women peacebuilders, advancing equity for all, and this year's Speech Trek competition: "How Can We Stand Up to Sexism?" And we will top it off with a celebration of the 20th anniversary of Tech Trek!

EXECUTIVE COMMITTEE MEETINGS—All meetings will be held on the third Monday of the month, social time at 6:30pm with meeting at 7:00pm. All meetings will be at the Unitarian Universalist Church at Atherton and Bellflower Blvd. Room 2.
Dates: February 19— April 16.



FULL BOARD OF DIRECTORS MEETINGS—All meetings will be held on the third Monday of the month except January. That will be on the 4th Monday—Jan. 22nd.
Social time 6:30pm with meeting at 7:00pm.
Meetings will be at the Unitarian Universalist church, Room 2.

Has any of your contact information changed? Phone? Email? Address? Help us to keep you informed in a timely manner. Send your changes to Database Coordinator George Jackson, at georgeljackson@gmail.com or call 562-377-1670.

Send any Branch news or Courtesy items to Editor: Rebecca Low rlow1@hotmail.com



Sharon and I are in the last few months of our two-year presidency and we want to sincerely thank all of you for making our job so memorable and rewarding this past year and a half. We are particularly grateful for this year's fantastic board: to Pam and Lindsay for bringing us enlightening programs; to Denise and Carol for bringing us interesting new members; to Lois for bringing us the money (for the AAUW Fund) and Deloris and Daphne who make sure we don't spend it all; and to Anne, our wonderful scribe, for memorializing the important actions of our branch. We also wanted to thank the over two dozen appointed officers and administrative chairs that are the backbone of our branch – your amazing hard work and dedication is truly appreciated.



I also have the pleasure of being the Chair of the 2018-2019 Nomination Committee and look forward to working with this year's Committee to seek the elected officers for the coming year. We need your time and expertise to keep the momentum going and for our branch to thrive. So please keep the following in mind when you get a phone call from the Nominating Committee:

*Every individual matters. Every individual has a role to play.
Every individual makes a difference. ~ Jane Goodall*

And remember the State Convention is right around the corner and almost in our own backyard! Block off April 27-29, 2018 on your calendars as you will be at the State Convention at the Irvine Marriott.

Pat Ferrer, Anne Supple
Tech Trek Co-Chairs

Thank You, Thank You, Thank You!

Anne Supple and I thank you so much for your generous donations to Tech Trek. As a result of our fundraising for the January Branch meeting, we received **\$5,615.00!** This is in addition to our carryover from 2017 of \$6,690.50. As a result of your generosity, we have our 7 guaranteed camper spots at UC Irvine fully funded and enough for the requested additional 3 spaces PLUS a carryover for 2019.

A special thank you to our Tech Trek Angels: The Rossmoor Woman's Club that donated \$1,800 and Ellen Mathis who donated \$1,000, enough for a full campership! We appreciate any donation, no matter the size, but we would also like to recognize the following members that donated \$100 or more towards 2018 camper scholarships: Fay Denny, Helene Goodman, Karen Gustafson, Anne Ingalls, Charlotte Joseph, Cacilia Kim, Linda Patten, Frances Rozner, Linda Silver, Betty Thompson, Melanie Wertz, Sharon Westafer, and Judy Willis.

"Tech Trek made me aware of all the possibilities in career choices. I realized how much of the world is dependent upon researchers and engineers."

—Former attendee



If you were unable to contribute at the January meeting, you can still make a 2018 tax deductible donation to fund future Tech Trek camperships; please send your check, made payable to AAUW CA SPF, to AAUW Long Beach Tech Trek, c/o Patricia Ferrer, 365 Ultimo Ave, Long Beach, CA 90814.

AAUW Work Smart Project Update

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Mary Lamo, Frances Rozner & Sharon Westafer

Our grassroots AAUW Work Smart program is moving ahead with generous sponsorships from LUNA®, City Councilwomen Suzie Price and Jeannine Pearce, and LA County Supervisor Janice Hahn; plus with supportive hosts Junior League of Long Beach, LBCC Feminist Club, Councilwoman Stacy Mungo, and The LGBTQ Center. We held **eight workshops in 2017**, with the final workshop at the El Dorado Senior Center, at which we had 28 registered with 12 actual attendees. We finished the year with 159 women and 4 men having learned how to effectively negotiate their pay and benefits.



AAUW has provided us with two more LUNA sponsorships to be used by March 31, so we are actively seeking locations for February and March workshops. The Port of Long Beach has graciously volunteered their training room for LA County Supervisor Janice Hahn's 2018 sponsored workshop to be held on Equal Pay Day, Tuesday, April 10. The workshop sponsored by Lynn Shrum will be held in May. We are also in the process of submitting a grant request for workshop support to Wells Fargo under their workplace development category.

AAUW Long Beach is currently the only branch in Southern California offering AAUW Work Smart. Just recently, AAUW, Friends of the Commission on the Status of

Women, and the San Francisco Department on the Status of Women have launched a large-scale, grassroots initiative to train 20,000 women by 2020. They are starting their ambitious effort with 3 LUNA-sponsored workshops.

Based on what we are learning, most of those who attend the workshops come through personal contacts. Please keep promoting our branch's AAUW Work Smart in Long Beach workshops to the women you know in all your circles of influence – one-on-one and through social media. As the calendar develops, please continue to send prospect names to salary.aauw.org/longbeach.

Looking forward in 2018 to building the momentum to actively close the gender wage gap in Long Beach – with everyone's help!

Use of Endowment Fund Interest

All AAUW Branch members have the opportunity to suggest how to use the interest proceeds from the Endowment Fund held in a Certificate of Deposit. The Endowment Fund consists of a principal amount of \$33,000 and is currently held at Banc of California. A small bank, but it allows our Endowment Fund to earn at a rate of 1.29%, which is higher than other area banks. Some banks in our community have offered a rate that is less than 1%.

The fund was started many years ago by AAUW members who left a part of their estate to Long Beach Branch upon their passing. The fund is comprised of 3 such contributions from our late friends Ethel Black, \$25,000; Irene Holmes, \$3,000 and Neva Blust, \$5,000. The interest earned can be designated to a mission based Branch activity. Please give some thought to which activity you want to designate. Send your suggestions to **Daphne Ching-Jackson** at dchingjackson@verizon.net or call at 562.209.2221.

The LB Branch STEM Career Conference Turns 15

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Call for Volunteer photographers, speaker facilitators, registration assistants, goodie bags and snack bags preparers. Your time and effort make the 15th annual AAUW Long Beach STEM career conference possible.

The STEM Career Conference gives members the opportunity see 250 STEM oriented 7th & 8th girls, from 7 different schools, who will become inspired by women STEM professionals on a college campus discussing their careers and giving the girls a hands-on activity to learn about that career.

Once we complete our 15th STEM Career Conference, we will have given 2000+ girls the opportunity to learn through hands-on workshops about exciting STEM careers. They learn STEM careers are attainable, with dedication to a goal. This year the 10 workshops include: architect, astrophysicist, aerospace engineer, civil & environmental engineer, dietitian, speech-language pathologist, paleontologist, environmental scientist, mechanical engineer, and human factors researcher.

The Conference is scheduled for **Friday, February 23, 2018** from 4:30pm - 7:00pm. (volunteers arrive earlier!) at Long Beach City College (Liberal Arts Campus). Some of the volunteer opportunities occur during the week prior, if you can't attend on Friday. If you are interested in being a volunteer or have any questions about assisting at the STEM Conference, please email Darlene Daclan at darlene_daclan@yahoo.com or call at 562/673-6909.

~ Mary Lamo and Frances Rozner

Flo Pickett
Chair—Public Policy

Public Policy



Public Policy will NOT meet in January.

We are encouraging people to go to the Women's March on Saturday January 20th in LA or Santa Ana. Join your friends! The Women's March has been a galvanizing event for women and men of all ages and backgrounds. Many have decided to become involved, to run for their city councils or for Congress, or to join advocacy organizations.

Come together can be more than just a slogan!

I recently met with local leaders from **LWV** and **NCJW**. Neither group, like **AAUW**, works on behalf of candidates or parties, but we all work for public policy issues that we value. i.e. health care, fair pay and good, safe working conditions for all, quality public education, voting rights, civil rights in a diverse world, ERA etc. AAUW has always been active in improving the world. AAUW looks forward to working with other organizations with similar goals.

We may try a new idea borrowed from NCJW's Policy and Advocacy group. Members attend occasional "**Pastry and Policy**" discussions at a private home or a local bakery in addition to sponsoring one good Branch program for the year. How does that sound?!

Stay involved and share your thoughts!

www.womensmarchla.org. www.aauw.org **Take Action**

New Member Dinner: On January 27, 2018 new and potential branch members will be welcomed by our branch to a festive time of socialization and dinner at the home of Lamis Hashem. These events for new and potential members are always lovely gatherings of active and involved women, with laughter, sharing and personal connection. Lamis is a wonderful hostess and a wonderful cook, as those who have been guests at her dinners will attest. We look forward to welcoming and connecting with our new and potential members and engaging them in active involvement in our branch activities and programs.

2018 Women's March-LA: In the past year we've noticed an uptick in the number of younger working women who are self-referred to our branch web site and who inquire about membership in AAUW. In the past, most of our newer members have joined because they were recruited by our branch members. It will be interesting to see if there is an increase in potential members who are self-referred after the January 20, 2018 Women's Marches in Los Angeles and Orange County. Come and join!

More information about the Speakers for February 3rd:

Dr. Lindsey Liggan, PT, DPT, WCS, PRPC

Lindsey earned her Doctorate of Physical Therapy degree from Western University of Health Sciences after graduating from CSULB with her BS in Kinesiology with an emphasis in Exercise Science. Following her graduation from Physical Therapy school Lindsey has focused on pelvic floor treatment for both women and men. Lindsey has undergone training in manual therapy, pelvic floor rehabilitation, orthopedics, pain modulation, and visceral mobilization. She earned her Pelvic Rehabilitation Practitioner Certification (PRPC) from the Herman and Wallace Pelvic Rehabilitation Institute in 2016. She also went on to become one of just 400 physical therapists certified by the American Board of Physical Therapy Specialties as a Women's Health Specialist (WCS) in 2017.

Lindsey is currently serving as an Instructor and Clinical Faculty for the Department of Physical Therapy at Western University of Health Sciences in Pomona. Her areas of teaching include anatomy, physiology, and medical screening. She is committed to continual growth as an educator and a clinician, while promoting the advancement of the profession and cultivating the future generation of physical therapists.

Gerrie Schipske

Gerrie Schipske is certified both as a nurse and an attorney. She is a CSULB adjunct faculty member, author, former board member to LB Community College. Gerrie was a former City Councilwoman and is now running for the 34th State Senate District. She is married to her longtime partner Flo Pickett.

Gerrie has taught at CSULB off and on since 1978 – in public policy and administration, political science, women's studies and for the past three years at both Health Care Administration and the Senior University. She was honored at President Barack Obama's White House in 2013 as one of seven Champions of Change for Open Government.

Gerrie founded several local nonprofit organizations to help the community including, The Long Beach Rosie the Riveter Foundation, which raised funds for the design and development of the Long Beach Rosie the Riveter Park and Interpretive Center located at Clark and Conant in East Long Beach. This three acre park is the only site in the US to honor the women who worked in the aircraft industry and the Women Airforce Service Pilots (WASP).

Her book, "Rosie the Riveter in Long Beach" takes a look at the unprecedented number of women who took jobs at aircraft plants, shipyards, munitions factories and other concerns across the US during WWII. Affectionately and collectively called "Rosie the Riveter" after a popular 1943 song, thousands of these women came to the US Army financed Douglas Aircraft in Long Beach to produce an astonishing number of the aircraft used for the war.

BRANCH INTEREST GROUPS

Joining an AAUW members-only interest group (or many) is a great way to get to know other members on a more personal level. Make friends while participating in fun, informative and educational activities. To start a new interest group, submit a description to the President and it will be passed along to the Interest Group Coordinator, for help with implementation.

Reminder: All interest group participants MUST be AAUW Long Beach members. Guests may attend a meeting group or an interest group a maximum of three times before they are required to join AAUW. Interest groups are for the benefit of AAUW members.



Book Chat Plus Group members present the most interesting book they have recently read, film they have seen or the most exciting travel experience they have had. If time allows, all three! Light refreshments are served along with the intriguing conversation. We meet the 1st Tuesday at 10 a.m. Contact **Betty Thompson**, 562 - 430 - 8438 or bettythom@aol.com



Cultural Adventures Group plans trips to museums and other points of interest. It is usually a mid-week tour & lunch scheduled several times a year. Join a group that enjoys checking out museums and other cultural interests. Contact **JoAnn Koroda** at 562-429-6923 at email sojoinlb@aol.com



Great Decisions Group meets weekly to discuss, share opinions and ideas on a critical global issue. To all Great Decisions Group members: Great Decisions book information will be available at the branch meetings. If you plan to participate, you may also contact a group coordinator or Norma Grady at nsgardy1@verizon.net.



International Cuisine Group meets and dines at restaurants of different ethnicity in the local area. It is usually scheduled every few months on a Wednesday within an easy drive of LB. Car pooling is an option. Come join a group who enjoys unique flavors of the world. Contact **Fay Denny** at 714-894-0416 at email faydenny@yahoo.com. See the notice for the February event below.



Literary Ladies Group meets to discuss and compare thoughts on a selected book, fiction or non-fiction. The group comes together to hear thoughts and insights from others in the group. Each member takes a turn recommending and leading the group. They meet the 2nd Monday of the month at 12:30 p.m. There is a maximum of 10 and currently a waiting list. Contact **Sharon Westafer**, 562-493-4749 or sharwest1@hotmail.com if interested. The book selection is *Cooking for Picasso* by *Camille Aubray*.



Public Policy meetings, explore, discuss and support the active legislative issues of AAUW, which underscore our mission of promoting equity and education for all women and girls. The group passes on knowledge and information to all branch members and encourage them to become involved with AAUW issues. Next meeting is Feb 15 - Contact **Flo Pickett** flopickett@gmail.com



Residential Rentals Discussion Group meets the 3rd Wednesday of odd months year round from 10:00-11:30 am. Our next meetings for 2018 are March 21 and May 16. Anyone with an interest (owner or not) in residential rental is welcome. We cover current landlord/tenant topics, share experiences and work to keep current in the housing industry all in an informal setting. Co-Chairs **Ellen Mathis**—epmathis@verizon.net - and **Joan Gustafson** — jwg221@aol.com - invite you to check the group out.



International Cuisine invites you to an Asian Buffet!

The next exciting International Cuisine excursion is at **East Buffet Seafood & Grill!** This is a restaurant that buffet fans will love, but especially for those of you who love Asian food. The restaurant features over 120 items to choose from and includes Chinese, Japanese, Mongolian BBQ and Korean dishes. To finish off your dinner, East Buffet also offers an array of desserts that will really "wow" you. The cost for dinner is \$15.99. Plan for this next wonderful experience with International Cuisine and get it on your calendar now!

Date: **Thursday, February 15, 2018**
Time: 6:30 pm
Address: 12100 E. Carson Street Hawaiian Gardens 90716
RSVP: **JoAnn Kuroda**, 562-429-6923 or email at sojoinlb@aol.com

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AAUW Long Beach Branch

In principle and practice, AAUW values and seeks a diverse membership. There shall be no barriers to full participation in the organization, on the basis of gender, race, creed, age, sexual orientation, national origin or disability

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RESERVATION RETURN FORM

Send registration and check payable to
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Lee Tsao 4306 Fairway Drive Lakewood, CA
lee.tsao@hotmail.com or 562-425-7613

Member Name (s) / Guest

Amount Enclosed _____

_____ I choose the Vegetarian salad
_____ \$5.00 reservation for meeting / program only

Use PayPal account/ send \$ to aauwlong-beach@gmail.com Select Family and Friends to avoid usage fee to the branch.

Make RESERVATION by January 23

*A meal reservation is a financial commitment
and refunds shall not be made.*

AAUW BRANCH EVENT Saturday, February 3, 2018

9:30 a.m. Check-in and Mingle
10:00 Program
11:00 Meeting
11:30 Lunch
12:30 Adjourn

Location: Old Ranch Country Club
3901 Lampson Avenue
Seal Beach, CA 90740
Sierra Salon (Upstairs)

Lunch Menu: Grilled Chicken Caesar Salad Carrot Cake. Coffee, ice tea, and water
Vegetarian: Salad without chicken

Price: \$33.00

Questions about the location?
Daphne Ching-Jackson at
dchingjackson@verizon.net

