



President's Corner

I've spent the last month dealing with elder care for my father. After my mother passed away in April, my dad was able to live on his own with the help of family, a part-time caregiver and cameras throughout the house. We knew it was only a matter of time, but we wanted to honor his wishes to be accommodated in his own home as long as possible. One fall in the bathroom changed it all. My sister and I were fortunate that we had "the discussion" with our parents 10 years ago and knew their desires and set about putting all the pieces in place to get him into a memory care facility.

If you haven't done this for yourself, I encourage you to:

1. Get a will/living trust completed with an estate planning attorney. It's the best \$1500 for peace of mind you'll ever spend. A living trust is a tool for passing assets to heirs while avoiding potentially expensive and time-consuming probate court proceedings. Once you have these documents, review them annually and update them as your life changes. And while you're at it you can designate AAUW as a beneficiary and become a Legacy Circle Member.
2. Update your beneficiary designations on your assets and review them annually. One of my coworkers had another child and never updated his beneficiary designations after purchasing life insurance. Luckily, the two older siblings shared, but legally they didn't have to.
3. Designate someone who can be responsible as your durable general power of attorney. Don't put off this chore. You must be legally competent to assign this role to someone. Older people worried about relinquishing control sometimes put off the task until they are no longer legally competent to do it. Someone has to pay your mortgage/rent, water, sewer, garbage and light bills.
4. Designate one or more persons to be your health care representative, also called health care power of attorney. Give copies to your health care providers as well as the persons designated so they can legally talk to your health care providers—Health Insurance Portability and Accountability Act (HIPAA) changed everything.
5. Complete an Advance Directive and/or Physician Orders for Life-Sustaining Treatment. This establishes your views on resuscitation, medical interventions, and artificially administered nutrition.
6. Make a list of documents, including where each is stored, and share it with your family. Include papers for: life insurance policies, annuities, pension or retirement accounts, bank accounts, marriage certificates (needed by the IRS when one spouse passes), divorce records, birth and adoption certificates, real estate deeds, and stocks, bonds and mutual funds.
7. Provide a letter of intent with instructions about arrangements for organ donations and how you want your funeral or memorial service to be performed. Pre-pay for your funeral/memorial, which will save you money and simplify the process for your heirs in their time of grief.
8. Another one to consider is a digital asset trust to decide what to do with your electronic property, including your computer hard drive, digital photos, information stored in the cloud and online accounts such as Facebook, Yahoo, Google and Twitter. Create a separate list of your passwords.

Your heirs will thank you for not leaving a legal mess to sort out. I can't say it has been easy, but I at least had a roadmap to follow because my parents planned ahead.



Sonia Wright
President

AAUW Petaluma Presents

Title IX at 50: We Need It As Much As Ever!

January 22 at 3 pm via ZOOM

Jean Reed, San Jose and Petaluma Branches

It's the law! Gender discrimination is illegal. It's been nearly 50 years since Title IX was enacted into law prohibiting discrimination based on sex. Why are we still talking about it today? What needs to be done next? San Francisco Giants broadcaster Amy Gutierrez will be our host in a conversation with three experts in Title IX.



Maya Ibrahim—Equal Rights Advocates, Staff Lawyer

ERA protects and expands economic and educational access and opportunities for women and girls through legislative advocacy, direct services, and litigation. Maya's areas of expertise include civil rights, sexual harassment, gender discrimination and Title IX policy.



Elizabeth Kristen—Legal Aide at Work, Director of Gender Equity & LGBT Rights Program

LAAW is a nonprofit legal services organization that assists low-income, working families facing employment discrimination and harassment based on gender. Elizabeth directs LAAW'S Fair Play for Girls in Sports Project, which spurs schools to treat girls equally on and off the field.



Kim Turner—Coaching Corps, Director of Gender Equity Initiative

Coaching Corps recruits, trains and supports energetic community members to use sport to teach kids living in under-resourced communities valuable life lessons and inspire them to reach their full potential.



Amy Gutierrez—Host

Better known as Amy G, Amy is an eight-time Emmy Award winning producer, reporter and host, covering the San Francisco Giants since 2008 while also serving as a national correspondent for the MLB Network. Born in 1973, she is a direct beneficiary of Title IX.

[Sign up](#) to receive the ZOOM link a few days prior to the event. The link to sign up will also be available at aauwpetaluma.com mid-January.



COFFEE and CONVERSATION For All Members Live on the Back Porch!

Prospective and new members especially welcome! This year we will be holding Coffee and Conversations on the last Saturday of most months – either in person (Covid allowing) or on Zoom – or as a hybrid meeting (technology and expertise allowing).

For new and prospective members, we will cover the highlights of what AAUW San Jose has to offer you: community involvement, advocacy for women and girls, support for education, and interest groups to form new friendships! For ALL members, come connect with those you've missed!

We follow all Santa Clara County Public Health guidelines – we will be gathering on our back porch! Also check our Facebook page for information.

IF Covid prevents meeting in person, or you can't attend in person, we will attempt a hybrid meeting at: <https://us06web.zoom.us/j/83662617794>, Meeting ID: 836 6261 7794, Passcode: 544669.

Welcome to Our Newest Members

Claire Campodonico

MARCA LOMBARDO lives and walks in our neighborhood. Noticing our signage, she Googled us and pleasantly discovered that we have a plethora of activities. Being a longtime member of The Junior League, she was seeking to expand her horizons. From the University of Colorado at Boulder, she earned a BSME, Bachelor of Sciences in Mechanical Engineering, and from Santa Clara University, she received her MBA. Now retired, she looks forward to active participation in AAUW.

EMMELINE BLANCO received her BS in Business Administration with a concentration in Marketing and a minor in Communications from SJSU. She has retired from a career as a Senior Buyer, having worked in Procurement and Purchase Agreements in the semi-conductor field. She is also a very creative watercolorist in her spare time. Emmeline is also a member of Villa Montalvo's service league. A member there referred her to our Branch.

SHERRIE STONE graduated from Brigham Young University with a BS in Microbiology and Chemistry. After a forty-two-year career as a Clinical Lab Scientist at Good Samaritan Hospital in San Jose, she is now retired. Years ago, Sherrie enrolled in the U. S. Army and became proficient in Russian at the Defense Language Institute in Monterey. She met member Monika Ryser at their gym. After attending one of our Zoom meetings, she realized that "These women are my people." Welcome to our kindred spirit!



An Update on Chloe Ettinger Past Local Scholarship Recipient

Cheryl Markman, Local Scholarship Committee

Chloe Ettinger received an AAUW Local Scholarship in the spring of 2021. She is currently enrolled at San Francisco State University, working toward a Bachelor's degree in Biology-Zoology with a minor in Chemistry. She expects to graduate in Spring 2023, or possibly in Fall 2022, depending on the availability of summer classes. Since she aspires to be a doctor of veterinary medicine, she will apply to veterinary school when she finishes her Bachelor's degree.

Focusing on her academics, Chloe is working on a big research project for her Animal Physiology class. The idea is to choose various concepts that she has learned in class, apply those concepts to an animal of her choosing (chickens), and present the information by creating a website. One concept that she chose to focus on was flight. So, she researched scientific articles about chickens' flight abilities, then put together a sub-page in her website.

In addition to her coursework at SFSU, Chloe is the founding president of the Pre-Veterinary Society on campus and has been planning many events with guest speakers for the upcoming semester. She is also currently working as a veterinary assistant at a small animal hospital where she says she has learned many technical skills.

Chloe says she loves volunteering in wildlife rehabilitation at the Wildlife Center of Silicon Valley, where she initially participated in a summer internship. Her duties there include helping with intakes, cleaning/maintaining enclosures, preparing food that meets each species' dietary requirements, administering medications or assisting the staff with treatments and updating medical records, all tasks that should come in handy when she becomes a veterinarian.

During the pandemic, Chloe has fostered many baby songbirds in her home. Her fostering duties included regular feedings and providing them with outside-time so, as she says, they could enjoy the sunlight and get used to the sounds of cars/wind/leaves/etc. Other species that Chloe has worked with are squirrels, opossums, raptors (owls, hawks), predatory mammals (skunks, coyotes, foxes, bobcats, raccoons), waterfowl (geese, ducks, herons, egrets) and other birds (pigeons, crows, ravens).

Just for fun Chloe enjoys roller skating and learning how to do tricks. She also likes to focus her energy on her online sticker store. She has lots of fun designing and producing her own products and is currently in the process of developing a new website for the store.



An Update on Tina Tran

Past Local Scholarship Recipient

Cheryl Markman, Local Scholarship Committee

Tina Tran received an AAUW Local Scholarship in the spring of 2021. A first-generation college student, she graduated just last month, December 2021, from San Jose State University with a Bachelor's of Science in Nursing and a Double Minor in Public Health and Deaf Education. For the past three years at SJSU, Tina was President of her nursing class. Currently she is working hard applying to new graduate residency programs in the Bay Area and has her "fingers crossed for an acceptance soon!"

Since she received her scholarship, Tina has been working as a COVID-19 Vaccinator for the community. Eventually she hopes to make a further impact in her community as a Pediatric Nurse. In addition, she is studying for her National Council Licensure Examination, an exam required in order to receive her RN license, to hopefully get her license as soon as possible.

Tina describes herself as passionate about up-lifting marginalized communities. A recent project she participated in, together with a few fellow nursing students, was curating COVID-19 activity books for the Eastside San Jose community, a COVID-19 hotspot with a predominantly immigrant population. These activity books were created in an effort to combat the misinformation being spread and lack of knowledge about staying safe from COVID-19. Being in the position of having to advocate for her family, as she is the first to speak both English and Vietnamese, she understands the struggle that other young adults experience, especially with over-whelming information regarding the pandemic. The books were distributed to Eastside San Jose schools and community clinics. Due to the overwhelming support they have received, Tina and her friends have since made a sequel regarding the COVID-19 vaccine.

Tina also spent the summer in Rochester, Minnesota at the Mayo Clinic as one of 50 externs in their Summer III Program. This program paired experienced nurse practitioners with the externs in order to enhance their nursing skills by providing supervision during clinical practice and facilitating the application of theory to practice.

For fun, Tina says she loves to go out to try new foods and safely go to concerts!

Women's Reproductive Rights – Where Are We Now?

Claire Noonan, AAUW CA Public Policy

By January 22, 2022, the 49th anniversary of the *Roe v. Wade* decision, the Supreme Court of the United States (SCOTUS) will have heard arguments on Texas SB 8 legislation banning pregnancy termination after six weeks and Mississippi's legislation (*Dobbs v. Jackson Women's Health Organization*) to ban abortion after 15 weeks.

What are the issues? For Texas, it isn't about the constitutionality of the legislation; i.e., the fundamental right decided by *Roe v. Wade*. Instead, a decision will be made on the tactics used by the Texas legislature - delegating their enforcement duties to citizens – to preclude lawsuits against the State.

The decision on the Mississippi legislation will be straightforward. One, SCOTUS could overturn *Roe v. Wade*. Two, the Court could limit legal standing to challenges on state law; e.g., doctors wouldn't be able to challenge on behalf of patients. Three, new legal standards for the evaluation of abortion regulations may be created so states aren't required to show that the benefits of an abortion ban outweigh the undue burden to patients – reversing *Planned Parenthood v. Casey*. (*Women's Health Policy*, 11/21/2021).

106 state laws have been passed to restrict abortion in 2021. Activists, like AAUW, are bringing lawsuits before the Supreme Court. AAUW has submitted an amicus brief for *Dobbs v. Jackson Women's Health Organization* as to the constitutionality of the Mississippi law.

In addition, the ACLU and others have brought lawsuits against other Mississippi abortion-related legislation like regulations for informed consent, a waiting period before the procedure, and ban on telemedicine visits.

Surveys show that 60-70% of Americans approve of abortion in all or most circumstances. Only 20% think abortion should be illegal in all circumstances. (New York Times, Upshot (5/19/2021). AAUW and AAUW California stand with the majority, and the time to act is now. We must pressure the Senate to pass the [Women's Health Protection Act](#). The legislation must become law in this session. Unfair changes in representation have occurred with redistricting. Votes in the 2022 midterm elections that would elect representatives who would vote for this bill could be suppressed.

Detailed information on the current position for women's reproductive health is available from the [Guttmacher Institute](#)



Warm Clothing Drive

Mary Jane Vitkovich, Neighbors Helping Neighbors

We will be collecting warm clothing for our non-profit partner, Santa Maria Urban Ministry. Our drive will be held on Saturday, January 15, from 11 to 1 pm in the AAUW San Jose parking lot. Please bring your gently-used coats, jackets, sweatshirts, sweaters, and gloves to help keep our neighbors warm in the winter months. Contact [Mary Jane Vitkovich](#) if you have any questions.

JANUARY 2022

Submitted by Tynka Dees, Calendar Editor

Organizer of the meeting must request a certification of vaccine status form from each attendee. Details August Bonfire. Everyone needs to wear a mask indoors regardless of vaccination status, unless alone in a private office with the door closed. Open windows to increase air flow when meeting indoors. If you or a member of your group have symptoms or tested positive for COVID, please do not enter the building. Please report such instances if you have been associating with AAUW members so we can file the necessary reporting. Some meetings this month may change whether they are meeting in person or not so please check with organizer.

Mon Jan 3	6:30-8 pm	Neighbors Helping Neighbors ZOOM (Bobbie Baker)
Tue Jan 4	10:30-11:30 am	German Conversation ZOOM (RSVP Barbara Snyder)
Wed Jan 5	6:30-7 pm	AAUW Board Social Hour ZOOM (Sonia Wright)
	7-8:30 pm	ZOOM AAUW BOARD Meeting (Sonia Wright)
Thu Jan 6	1-3 pm	Knitting Know How (RSVP Margaret McCartney)
	7-8:30 pm	Public Policy Committee ZOOM (Susan Karlins)
Sat Jan 8	6:30-9:30 pm	Couples Dining (RSVP Cheryl Markman)
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Sun Jan 9	11:30 am-2 pm	Film Fans (Contact Linda Snashall)
Mon Jan 10	6:30-9 pm	Light Gourmet (RSVP Cheryl Markman)
Tue Jan 11	10-11:30 am	Book Discussion (RSVP Lida Kluzek)
	10:30-11:30 am	Conversacion Espanol ZOOM (RSVP Barbara Snyder)
Wed Jan 12	11 am-1 pm	Art Appreciation (RSVP Jan Bartolotta)
	7-8:30 pm	Wednesday Night Book Group ZOOM (RSVP Margaret Bard)
Thu Jan 13	2-3 pm	Great Decisions AM Zoom (Monique Lee)
Sat Jan 15	11 am-1 pm	Neighbors helping Neighbors parking lot drop off (Mary Jane Vitkovich)
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Mon Jan 17	9:30-11am	Exploring World Literature ZOOM/Hybrid (Diana Taylor)
	6:30-9 pm	International Gourmet ZOOM (RSVP Jan Bartolotta)
Tue Jan 18	10:30-11:30 am	French Conversation ZOOM (RSVP Barbara Snyder)
	1-3 pm	Knitting Know How (RSVP Margaret McCartney)
Thu Jan 20	10 am-12 pm	Family History ZOOM (Susan Brundage)
	7-8:30 pm	Mystery Lovers ZOOM (Sharon Shephard)
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Mon Jan 24	9:30-11 am	Building and Properties Committee ZOOM (Pamela Dougherty)
	1-4 pm	Interbranch Council Margaret Bard)
Tue Jan 25	12-1:30 pm	Lunch Bunch TBA (RSVP Diana Taylor)
	7-8 pm	Great Decisions PM ZOOM (Sharon Shephard)
Thu Jan 27	2-3 pm	Great Decisions AM ZOOM (Monique Lee)
Fri Jan 28	1:30- 3 pm	Local Scholarship ZOOM (Ruth Dusan)
Sat Jan 29	10 am-12 pm	Member and Prospective Members Coffee and Conversation on the Back Porch (Membership@aauwsanjose.org)

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The sole purpose of this publication is to
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AAUW San Jose Branch *Established 1909*



Empowering Women Since 1881
See the San Jose Branch Website at www.aauwsanjose.org for more information