

# West Side Stories

Western Sussex (DE) Affiliate



## September Highlights:

Our Aerospace scholarship winner, Destiny Wyatt and her mother were able to visit and share with us at our September meeting. It's always a treat to see our recipient and hear about their experience.



Michele Procino-Wells, an attorney who specializes in estate and asset protection planning, gave a very informative talk on the 3 phases of estate planning and tips for women. Now, more than ever, women have personal assets and income separate from a spouse. They are also accumulating wealth and statistically live approximately 6 years longer than men. It's in their best interest to plan accordingly for the future to ensure that their assets are serviceable to them while living, as well as serviceable to their heirs. Michele spoke about "Lifetime Planning" - having a power of attorney and an advance health care directive. "End of Life Planning" - having a will and testament as well as a revocable living trust. "Asset Protection Planning for Long Term

Care" - having an irrevocable asset protection trust and Medicaid and Veterans aid and attendance pension.

If you are not sure if you are fully covered for the future in terms of your assets, it's imperative that you make an appointment with a trusted attorney to clarify and plan.

Michele Procino-Wells is the lead attorney at Procino-Wells & Woodland, LLC here in Seaford. She can be reached at (302)628-4140.



November  
Issue 2017



**2017-18**

## Meeting Dates

**Nov 29**

**Jan 24**

**March 28**

**May 23**

**November**

**Program**

## The Science of Essential Oils

**Mikki Madden**



Hello and thanks to all of you, my dear friends. So many of you have reached out to me over the last two months through cards, e-mails, text messages, and phone calls. Even though I may not have acknowledged receipt of them, please know that they were all read or heard and greatly appreciated. I know some of you have followed my son Jeff's posts on Facebook and may have even seen Greg's short video, but I wanted to make all of you aware of Greg's great progress.

Greg was admitted to Wilmington Hospital Rehab on September 7 which was three weeks after his stroke. At that time he had no feeling or movement in the right side of his body, and his speech was limited. He was discharged last Wednesday, October 18, and now has in-home therapy. The rehab was a great facility, and he had four or five therapies every day with a lighter schedule on weekends. Greg worked very hard and constantly pushed himself to go as far as he could. I still remember when he told me that he was going to be able to walk when he left the rehab, and how I just couldn't bare to tell my son that there was no way that could happen in that short amount of time. But because of God's grace, all your prayers, the dedicated physical therapists, and Greg's hard work, much to my pleasure he proved me wrong. He is walking with a cane and getting better at it every day! Beth and I have walked with him around the apartment complex and he goes farther and farther and can even get up and down the curbs. He continues to amaze me with his determination. Progress on his right arm is slower, but he has movement in three of his fingers, can move his wrist, and can lift his bent arm up to his chest. He sits in his wheelchair and works on that consistently throughout the day, and God willing, that too will come soon. He speaks best when he isn't stressed or under pressure to answer a question. When his friends come for a visit and they are talking about things that happened or games they play or movies or sports, he is right there in the conversations with them. He has both aphasia and apraxia so even though he knows the word he wants to say, sometimes it will not come out. Other times he just can't find the right word. All of that is very frustrating as you can imagine. However, they tell us the brain just needs time to heal and hopefully with time things will come easier. He comprehends what he reads, and his writing with his left hand actually is pretty good. And throughout this ordeal Greg has really kept his spirits up. Sure he gets down at times, but generally he is just determined to come out of this as close to 100% as possible.

I know some of you have asked for an address where I could be reached and probably never got an answer. Please don't think I did not want to hear from you. Beth and I actually stayed at the rehab center with Greg and went to his therapy sessions with him so we would know what we should do to continue his work in his room and later at home. I was unable to get mail there. I hesitated to give out their apartment address because in the midst of all of this they had to move. Their apartment was a third floor walk up and that wasn't going to work for Greg for quite some time. They were able to stay in the same complex but moved into a first floor apartment. However, they could not move until the weekend before Greg was discharged. I came back to Seaford about four times, but each time I was only here for a day or two. I will continue to stay with them as long as they would like me to help out. I do think I will be at home a little more often than before though. So feel free to call me at home or contact me on my cell if you would like. I may not always respond right away. Just remember that our days are pretty full because even when the therapists aren't there we continue to work on things with Greg on our own. There is little time to just sit around and be idle. Greg has progressed so well, and he wants to keep moving forward. We still have a long way to go. So as I said before please keep the prayers and good thoughts coming. We love them and greatly appreciate them all. Thanks to all of you.



Gerry

629-6920 home phone

249-7197 cell phone

203 S Paula Lynne Drive Seaford

601 Clifton Park Circle Wilmington, DE 19802

# A Message from Penny...

Dear AAUW Members,

I wanted to take this opportunity to with you what I know about what is going on at the state and national level.

**A National Perspective:** AAUW is going through a major reorganization. They are in the process of downsizing staff moving from 14 senior positions to 6. National is beginning the process of strategic planning and they will begin to collect information from branches in the spring 2018. Kim Churches, the new CEO, is concerned about mission creep and wants to ensure that AAUW, national, states and branches, maintain their focus on the mission. We need to remain focused to be impactful and the emphasis is on these four areas: Title IX, the pay gap, the STEM gap and the leadership gap. Work Smart and Start Smart will continue to be a strong focus. AAUW is looking at major contributors to support these with large donations. The goal is to expand these and by 2020 to have millions of women trained through these programs. One particular partnership is with Luna (they make Luna bars).

**State Biannual Convention: Save the date: March 10, 2018:** The state program committee is focusing its energy on the state convention. On November 10, Karen Hurst, state program vice president, Patsy Warner, Middletown president, and Penny Deiner will be going to St. Andrews School in Middletown to look at the location and the rooms we will be using for the state convention. (Some of you may remember the movie The Dead Poets Society with Robin Williams. It was filmed at St. Andrews.) The theme for the convention is STEM. We have two speakers lined up. Dr. Jenni Buckley is an Assistant Professor in Mechanical Engineering at the University. She is the co-founder of the Perry Initiative which uses hands on activities to help girls get involved with mechanical engineering. She discussed "Designing for Diversity" in a TEDxYale Talk. (If you put in TEDxYale Talk Jenni Buckley you can get a sneak preview.) Dr. Meredith Warner, an orthopedic surgeon, has a private practice in Baton Rouge. She invented a flip flop for people with plantar fasciitis. She served as a Major in the United States Air Force with two deployments; one Iraq and Afghanistan performing combat surgery. Dr. Warner also performed surgery on a disaster relief mission to Haiti. We are inviting two AAUW fellowship winners who are doing their dissertations at the University of Delaware. Rachel Riley, an engineering major in the biomedical specialization, was awarded an American fellowship to study Nanotechnology, cancer research and gene regulation. Her goal is to develop personalized treatment strategies for cancer patients. She is passionate about supporting women in STEM. (I will meet with her on November 10.) Xinhui Jiang was awarded an International Fellowship to study gender and politics. She collected information from women in four different counties in remote parts of China (she had to rent three donkeys to carry her belongings). She is looking at political opportunities that shape women's pathways in authoritarian countries.

The committee is also looking at opportunities to engage graduate students who share the STEM mission at the convention.

*Penny*

Penny Denier, AAUW State President



## TREASURER'S REPORT NOV 2017

### Operating Expenses Acct:

Beg. Bal. = \$1990.82

Income = \$408.00

Sept Dinner = \$266.00

Dues = \$142.00

Expenses = \$284.90

Manor House = \$284.90

**Ending Balance =  
\$2133.92**

### Scholarship Account:

Beg. Bal = \$5109.58

Income = \$.42 (interest)

Expenses = \$0

**Ending Balance =  
\$5109.00**

Respectfully Submitted:

Ellen Wright

Treasurer







# President's Message

## November 2017

It seems like autumn may finally have arrived and our second general meeting will be coming up soon. Our first meeting was very well attended. We heard Michell Procino speak on Estate and Asset Protection Planning. We also met our most recent Delaware Aerospace Academy Summer Camp scholarship recipient, Destiny Wyatt who attended with her mother, Pamela Wyatt. Marcia presented to us a certificate of appreciation from the Delaware AeroSpace Education Foundation for our continued support of students to attend the camp. Also at the meeting we passed our 2017-2018 budget.

We were please that most of our previous members have renewed their commitment to Western Sussex AAUW. We will miss Sue Manlove, a longtime branch member who has moved to the beach. Please continue to invite friends to attend a meeting and consider joining our branch. We have many great programs and activities planned. Our book group continues meeting every other month opposite our general meetings. Rajani Purandare has volunteered to be our Diversity/International coordinator and will be hosting our first Diversity social at her home on November 8th. We will have the opportunity to meeting two exchange students and learn about their culture, educational system, and the role of women in their countries. All members are encouraged to attend.

The board and members have voted to put our offering of a Continuing Education scholarship at DTCC on hold for now. The reason is two-fold. The biggest reason is we have just not had many applications. In addition, for the past few years, we have been offering more in scholarships than we are earning from our geranium sale. To help remedy this, our fall fundraiser will now benefit our scholarship fund instead of our operating fund. We also discussed that in order to continue our scholarship offerings we will need to increase our branch dues to adequately cover branch operating expenses. An increase in branch membership would also be very beneficial. Thank you to Jean Gandek who worked tirelessly to encourage applicants for this scholarship.

Speaking of scholarships, Lisa is chairing a committee to review our high school scholarship purpose, requirements, and selection criteria. The first meeting was held and was very productive. If anyone is interested in helping with this please contact Lisa.

Lastly, we encourage your attendance at our November 29th general meeting. We will have a nice dinner and a presentation by member Mikki Madden on the use of essential oils which has become very popular of late. We will also be distributing the raffle tickets for our fall fundraiser mentioned above. The drawing for the \$100 gift certificate will be held at our meeting on January 24th. This gives you plenty of time to sell your tickets, or perhaps purchase them as stocking stuffers for friends and family. See you on November 29th.

Joyce



Sexual harassment in the workplace is something that has become a national issue of late. While unfortunately not a new problem, brave women are coming forward to share their stories, in hopes of giving a voice to this crisis.

AAUW has a wonderful resource on their national website which gives valid LEGAL information. If you or someone you know is experiencing this type of harassment, this is a great resource to use or recommend as a first step.

AAUW is committed to helping all women, especially those that make up approximately 47% of the workforce in this country. Visit the website link below to find out more.

<https://www.aauw.org/what-we-do/legal-resources/know-your-rights-at-work/workplace-sexual-harassment/>

BEHIND EVERY  
SUCCESSFUL WOMAN  
*is a tribe*  
OF OTHER SUCCESSFUL  
WOMEN WHO  
HAVE HER BACK

@BusyMomGetsFit

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## Western Sussex AAUW 2017 Fall Scholarship Fundraiser



For our fall fundraiser we will once again be raffling off one **\$100 gift certificate to Bon Appétit Restaurant** on High Street in Seaford. The proceeds from this raffle will benefit our Scholarship Fund.

You will receive 9 raffle tickets to sell. The tickets are \$5 each or 3 for \$10. We are asking that each member try to sell at least 9 tickets. When you need additional tickets, please call Joyce Mackler (work: 629-7177) or stop by the Seaford Endoscopy Center to pick some up Monday thru Thursday, 7am – 5 pm.

Please return the tickets and money before the drawing on January 24th. You can also bring the tickets and money with you to our meeting on January 24<sup>th</sup>.





The AAUW Delaware State Biennial Convention will be held on March 24, 2018 at St. Andrews in Middletown, DE. The focus this year will be celebrating women in STEM. As more information is released, we will keep you up to date.

### DTCC Scholarship News

Thanks were sent, on behalf of our branch, to the DTCC Financial Aid personnel for their help with our scholarship. For over twenty years, their committee chose seventeen accomplished recipients (one repeating a second year), all of whom we enjoyed meeting.

However, during the past seven years, there have been three years with no applicants, including this year. We are also finding that the people supporting our main fund raiser, the sale of geraniums, are getting older and sales are diminishing. So, the Board voted and, at our recent meeting, the Branch concurred, that we need to discontinue our DTCC scholarship until further notice. Please contact me if you have any questions.

Jean Gandek



Cooking a turkey is typically a Thanksgiving tradition, however, food borne illnesses tend to increase around this time of the year. Usually, food poisoning sets in around Friday or Saturday after the big day on Thursday. While not totally preventable, there are steps to take to greatly decrease your chances of illness.

#### Steps to follow when cooking a turkey:

- Wash hands with warm water and soap for 20 seconds before touching any food to prevent the spread of many types of infection and illness.
- **Do not wash the turkey.** This only spreads pathogens onto kitchen surfaces. The only way to kill bacteria that causes foodborne illness is to fully cook the turkey.
- Keep raw turkey separated from all other foods at all times.
- Use separate cutting boards, plates, and utensils when handling raw turkey to avoid cross-contamination. Wash items that have touched raw meat with warm soap and water, or place them in a dishwasher.
- Cook the turkey until it reaches 165 °F, as measured by a food thermometer. Check the turkey's temperature by inserting the thermometer in three places: the thickest part of the breast, the innermost part of the thigh, and the innermost part of the wing. Don't rely on any "pop-up" probes already in the turkey. They are only used as an initial gauge.

#### Steps to follow when consuming leftover Thanksgiving food:

- Refrigerate leftovers within two hours to prevent bacteria from growing on the food.
- Store leftovers in shallow pans or containers to decrease cooling time. This prevents the food from spending too much time at unsafe temperatures (between 40 °F to 140 °F).
- Do not store stuffing inside a leftover turkey. Remove the stuffing from the turkey, and refrigerate the stuffing and the meat separately.
- Avoid consuming leftovers that have been left in the refrigerator for longer than 3 or 4 days (next Tuesday to be exact). Use the freezer to store leftovers for longer periods of time.

Keep leftovers in a cooler with ice or frozen gel packs if the food is traveling home with a guest who lives more than two hours away.

# Season of Giving

Students in Transition identified through the Federal McKinney-Vento Act are those students in our schools that have had a change in their living conditions. These children need supplies and items the community can help supplement so that these children will be successful in their home school environment.

**Items that are needed at this time are: New please**

Socks (any size)  
Underwear (any size)  
Gloves  
Alarm clocks (battery powered) with batteries  
Blankets  
Wash cloths and hand towels  
Shampoo  
Conditioner

Marcia Windley will collect items at our next AAUW meeting and give to the District Liaison for distribution to students in the Seaford School District.



**Rajani has graciously invited our membership to attend a speaking event at her home on Wednesday, November 8th. The students pictured here, from Germany and Spain, will talk about the education systems in their countries at 6:30 in the evening. Rajani's address is 428 North Hall Street, Sea-**



## SUNSHINE NOTES

For publication in our next newsletter, please send any articles, news items, and Sunshine Notes to Mikki Madden @mikki.madden@wsd.k12.de.us

It's with a grateful heart that we share that Gerri's son, Greg, has come home from the hospital after suffering a stroke. While he is on the road to recovery, please continue to keep him in your thoughts and prayers. He has a wonderful attitude and is working hard at therapy and recovering. Please read Gerry's letter on page 2 for more information and addresses.



## STATE AAUW INFORMATION:

The Delaware AAUW website has a variety of information that is helpful to membership.

You can access the website at:

<http://aauw-de.aauw.net/>



# Public Policy Information

## Letter: Title IX Protections on College Campuses

October 17, 2017 - 4:35pm

*University of Delaware*

*Delaware State University*

*Delaware Technical Community College*

*Wilmington University*

*Wesley College*

*Goldey-Beacom College*

Dear Delaware Colleges and Universities:

We write to you today genuinely troubled by Secretary Betsy DeVos' decision to rescind the Dear Colleague Letter of 2011 and the subsequent guidance provided by the U.S. Department of Education. While we agree that discussions to improve the guidelines to make them clearer and official through regulations or statutory changes are needed, we are highly concerned with how this decision will impact future victims and survivors of sexual violence on our college campuses right now.

In Secretary DeVos' letter, she stated that due to the 2011 Dear Colleague Letter, the processes established by these institutions are "overwhelmingly stacked against the accused." This is an alarming statement that reveals how the Secretary does not understand the devastating obstacles victims face if they choose to come forward to report their assault. Many victims find that their accusations are not believed, or they are blamed for the actions of their attacker. Additionally, many have faced severe retaliation from other students and members of their communities when filing a report.

As your campus sexual assault advocates and Title IX coordinators can attest, most women and men do not come forward to report an incident of sexual violence to their institution, and for those that do many are reluctant to follow through the process.

Even fewer victims report to the police because of these immense obstacles.

The 2011 Dear Colleague Letter made it abundantly clear that victims deserve basic protections on their campuses after they report a sexual assault, and to undermine those protections that have been in place for more than six years would be a devastating and dangerous step backward. We are asking each institution of higher education across the First State to remain steadfast in your commitments to the protections you have put into place, particularly around the following items:

- Maintain the standard of proof of the administrative process for sexual assault at "preponderance of the evidence."
- Ensure that immediate protections for victims can be utilized, including removing a respondent from the same living quarters or class of a victim of sexual assault.
- Continue to allow complainants to appeal not-guilty findings.
- Do not allow for cross-examination by the parties during hearings.



Continue to investigate these cases and make decisions in an expedited manner. Secretary DeVos has not shown any interest in addressing the underlying crisis not only on our college campuses, but in our K-12 schools: that women and children are being sexually assaulted at alarming rates. **We are committed to working together to address these underlying problems.** To that end, we believe rigorous consent education and bystander intervention training for students before they take their first steps onto college campuses is vital to ending this epidemic of sexual violence on college campuses. We hope you will join us in doing more to change the culture that allows these sexual assaults to occur in the first place, and again, we ask you to maintain the existing protections for victims of sexual assault on your campuses. If possible, please let us know if you are amenable to this request by Friday, October 20<sup>th</sup>.

We look forward to a productive dialogue as we all continue to grapple with this complex issue and work to identify solutions that focus on prevention, as well as protecting and supporting all victims of sexual violence.

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Sincerely,  
Valerie Longhurst  
State Representative 15<sup>th</sup> District  
House Majority Leader

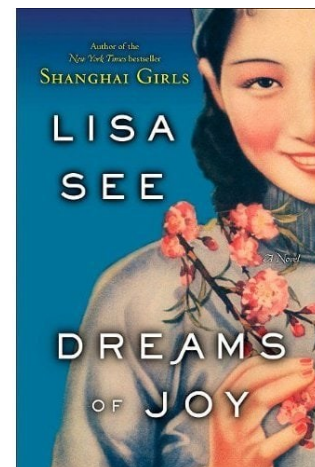
Kimberly Williams  
State Representative 19<sup>th</sup> District

John L. Mitchell  
State Representative 13<sup>th</sup> District

The next book selection will be Dreams of Joy by Lisa See. Four copies are available at the Dollar Tree - I stashed them together on the 3rd shelf down, far left side of row of books, back row. Next to children's books. Only \$1!!!! I also saw the book at dollar tree in Delmar. The dollar tree in Seaford is loaded with books!

#### December 6th—Next Book Group Meeting!

The novel is set in 1957 with a nineteen year of girl, Joy, leaving LA to go to China, searching for her birth father and becoming involved in the New Society of Red China. It is the love story between a mother-daughter and aunt-daughter who come to her rescue.





**AAUW IS A TOP-RAT-**



## NOVEMBER MENU:

**\$14.00 for your meal**

Preset tossed salad  
Broiled Flounder with lemon  
Baked Lasagna  
Mashed Potatoes with gravy  
Green Beans  
Asparagus  
Carrot Cake  
Lemon Raspberry Cheesecake  
Coffee, Tea, and Water



*Please RSVP for dinner (by Nov. 24) to Ellen Wright at 629-9300. Please let Ellen know if you will be bringing a guest.*

# Let's Build Membership!

AAUW membership is a great way to share a woman-centric community organization with friends and family. Invite a woman you admire to a meeting to see what we do. Make it casual and welcoming, without pressure to join. Let the camaraderie speak for itself. If you have any questions, please call or see Josie Hunsberger, Membership Chair.

