



Texas Governor's Commission for Women Newsletter

Fall 2008

Assisting Women Job Seekers

Program provides assessments and skill building to workers

The Governor's Commission for Women is pleased to announce our collaboration with the AARP Foundation to support Hispanic women, ages 50 and over in Edinburg, Texas and surrounding areas. The program will provide access to training that will allow these women to remain competitive in the job market and provide connections to companies who value their experience.

In 2007, AARP Foundation expanded its focus on helping adult workers receive the direct services they need by launching the WorkSearch program. WorkSearch provides job and career information, training and related employment services to individuals who are seeking to re-enter or remain in the workforce. At no cost to the individual, WorkSearch provides a variety of services for the mature worker including web-based interest and ability inventories, skills assessments, information about the community job market, and connections to both on-line and community-based training. The program also provides links to employers with jobs for mature workers.

"The Texas Governor's Commission for Women is pleased to offer this unique interactive program to assist low income women and their families," said Lesley Guthrie, Executive Director of the Texas Governor's Commission for Women. "WorkSearch fits perfectly into our strategic

Please see AARP on page 2.

Texas Women's Hall of Fame

On October 7, 2008, the Governor's Commission for Women inducted five new members into the Texas Women's Hall of Fame at Texas Woman's University in Denton, Texas. Texas Governor Rick Perry and First Lady Anita Perry joined the Commission in recognizing **Dr. Elsa Murano, Justice Sandra Day O'Connor, Ms. Carolyn Peterson, Ms. Louise Hopkins Underwood, and Dr. Huda Zoghbi** as the 2008 inductees.

The Governor's Commission for Women established the Texas Women's Hall of Fame in 1984 to honor the state's most accomplished women. In March of 2003, the Commission installed a permanent exhibit at Texas Woman's University. The exhibit features the biographies and photographs of the 128 recipients to date, including U.S. and Texas first ladies, teachers, astronauts, and athletes. We invite you to visit the exhibit, which is free and open to the public.

Texas residents submitted nominations, and an independent panel of judges selected the 2008 recipients. More than 250 guests attended the induction ceremony on October 7 to celebrate the accomplishments of these outstanding women.



From left to right: Ms. Louise Hopkins Underwood, Justice Sandra Day O'Connor, Dr. Elsa Murano, Texas Gov. Rick Perry, Ms. Carolyn Peterson, Dr. Huda Zoghbi, Dr. Ann Stuart of Texas Woman's University, and Texas First Lady Anita Perry.



Texas Conference for Women

The 9th annual Texas Conference for Women will be held on October 16, 2008, in Houston, Texas.

The one-day, non-partisan conference, hosted by Gov. Rick Perry and First Lady Anita Perry, features more than 80 dynamic speakers, presenters, and panelists who are nationally recognized leaders in business, media, health, personal development and finance. This year, Meg Whitman, the president and CEO of eBay, will serve as the keynote speaker.

During the conference, six \$5,000 scholarships will be awarded to Texas women who combine academics, leadership and service in their daily lives.

For more information regarding the Texas Conference for Women, please visit www.txconferenceforwomen.org.



AARP

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plan to improve economic opportunities for women across our state, including the Edinburg area. WorkSearch will be an invaluable tool as the Commission works to help Texas women succeed in the professional career paths they choose..”

In addition to reaching out to Hispanic women, the Texas Governor's Commission for Women will be tracking the number of women who utilize the WorkSearch tool, the number who secure employment, and the number who have sustained employment as a result of the program. An Information Navigator will be employed to administer the program, and a marketing strategy is being implemented to recruit women to the program.

Women's Health Issues

Osteoporosis

In May, the State Agency Council, a partner to the Governor's Commission for Women, recently hosted a symposium on bone health and osteoporosis at the Texas Capitol. A guest speaker, Dr. Matthew Crawford from the United States Bone and Joint Decade's speakers bureau gave an educational program on bone health and osteoporosis entitled "Fit to a T."

According to the National Osteoporosis Foundation, osteoporosis is a major public health threat for an estimated 44 million Americans, or 55 percent of people 50 years of age and older.

There are five steps which, together, can optimize health and help prevent osteoporosis. They are:

1. Get the daily recommended amounts of calcium and vitamin D.
2. Engage in regular weight-bearing and muscle-strengthening exercise.
3. Avoid smoking and excessive alcohol.
4. Talk to your healthcare provider about bone health.
5. Have a bone density test and take medication when appropriate.

The Texas Governor's Commission for Women was recognized in July at the National Association of Commissions for Women conference for its commitment to reducing the debilitating effects of fractures resulting from osteoporosis in women. The Commission received the Healthy BONES Committee Platinum Level award.

Heart Disease

According to the American Heart Association, the most common warning signs for heart attacks in women are chest discomfort, discomfort in other areas of the upper body, shortness of breath, and symptoms such as nausea, lightheadedness or cold sweats. The most common heart attack symptom for both men and women is chest pain or discomfort. Women are somewhat more likely than men to experience at least one of the other common symptoms, particularly shortness of breath, nausea, and back or jaw pain.

The Governor's Commission for Women hosted a quarterly meeting at the Brackenridge Medical Center in Austin, the first hospital in Texas to be awarded Primary Stroke Center Certification. There they learned that as many as 1,800 strokes occur every year in central Texas.

The research and care offered by Brackenridge to help treat and prevent cardiovascular disease can certainly make a significant impact. After the meeting, the commissioners toured the hospital's facilities and took a CPR course.



For more information on heart disease and prevention, please visit www.americanheart.org.



NACW Business Meeting and Convention

The National Association of Commissions for Women held its 39th annual business meeting and convention in Albuquerque, N. M., in July. The New Mexico Commission hosted the convention whose theme was "Girls of Today, Women of Tomorrow." Speakers included author Alisa Valdes-Rodriguez and Regional Administrator for the United States Department of Labor Beverly Lyle.

The Texas Commission also accepted a Healthy BONES award for its efforts towards osteoporosis awareness and education. Other benefits to the Commission include new ideas for projects and links for the website.

The 2009 convention will be held in Arlington, VA.



Save the Date!

March 10, 2009

The Governor's Commission for Women is hosting a breakfast to honor female legislators of the 81st Legislature. The event will be held at the AT&T Executive Education and Conference Center in Austin. More details to follow.

Initiatives

Texas Dating Violence Prevention

The Governor's Commission for Women is part of an initiative to promote healthy dating amongst teenagers, and we are pleased to announce the launch of the 2008 Teen Dating Violence Awareness and Prevention Initiative. Tool kits were mailed to principals at all Texas public high schools that contain resource materials to help schools address dating violence. The 3rd Annual National Dating Violence Awareness and Prevention Week is February 2-6, 2009.

October has been named Domestic Violence Awareness Month by Gov. Rick Perry. Please visit www.healthyteendating.org for more information on this important initiative.

Survivors at Work

The Governor's Commission for Women provided \$5,000 of grant assistance through its non-profit organization, the Beacon State Fund, to Survivors at Work, a partnership of the Upper Rio Grande at Work Development Board and the Center Against Family Violence. This initiative connects domestic abuse survivors with workforce programs and services at the Center's Family Resource Center. The main objective of Survivors at Work is to provide domestic violence survivors and their families the opportunity to acquire workforce skills such as training, resume building and interviewing workshops that address the needs of employers.

Domestic violence is an issue that impacts every aspect of a survivor's life, and compromises their self-sufficiency and sustainability. Domestic abuse survivors need training and job search assistance to help them transition into an economically sustainable life, and Survivors at Work offers them that opportunity.



eWomenNetwork What is the Texas Governor's Commission for Women and what do we do? Lesley Guthrie, Executive Director of the Commission, will address these questions and more on October 22, 2008 at the Westwood Country Club in Austin, Texas. You will learn why the Commission was started, its purpose, how it is funded, how it impacts you, and how you can get involved. For more information and to register for the event, please visit www.ewomennetwork.com.

Governor's Commission for Women Internship: Undergraduate students, graduate students, and recent graduates are eligible for an internship in the Governor's Commission for Women office. Please contact women@governor.state.tx.us.

WISER Women: The Women's Institute for a Secure Retirement, or WISER Women, is a non-profit organization that educates women about creating a secure retirement plan. The organization's website provides free resources on retirement. Visit www.wiserwomen.org.

Texas State Small Business Development Center: The SBDC helps small businesses launch and compete in today's economy. The center offers classes in addition to counseling and research services to start up small businesses. Please visit www.business.txstate.edu/sbdc or call 512.716.4820 for more details.

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The Governor's Commission for women is a division of the Texas Governor's Office, designed to promote opportunities for Texas women through outreach, education, research and referral services.

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