

impact

REPORT VOL. 4 | SUMMER 2018 ★



HEALTH, INDIVIDUALLY INSPIRED.



Mission & Vision

MISSION

The Laura W. Bush Institute for Women's Health is dedicated to improving the lives of women and girls in Texas and across the nation by advancing multidisciplinary science in women's health. Recognizing that differences matter, we promote health, individually inspired, through scientific investigation, translation of science into practice and providing outreach that impacts the community today and tomorrow.

VISION

To maintain a national position as leaders in women's health and gender-based medicine throughout Texas and the nation, while remaining committed to enriching the lives of women and girls in our communities.

WHAT AN EXCITING SPRING WE HAVE HAD!

It was standing room only in San Angelo for a rare appearance from baseball great Nolan Ryan. He was funny and engaging as he shared stories about his great baseball career and loving family life. The same qualities of hard work, perseverance and optimism have guided him personally and professionally. What an inspiration!

In April, Mrs. Laura Bush shared her signature humor and wisdom with over 1,000 fortunate women and men in Amarillo as we celebrated our 10th Anniversary. The Power of the Purse Luncheon and Auction surpassed expectations and resulted in funding for a non-invasive medical device that treats drug resistant anxiety and depression with magnetic brain stimulation. It will be particularly helpful for pregnant women and others who have run out of options. Also, a check for \$10,000 was presented to Shannon Herrick, M.D., for her "Reach Out & Read" program. In her pediatric practice, Herrick sends each child home with a book and a prescription to read a little each day.



Our regional office teams and volunteers are also fully engaged with the needs of our communities. That includes addressing the imperfections and tragic consequences of mental illness, poverty and lack of education. The Laura W. Bush Institute for Women's Health joined law enforcement, social services and hospitals to provide programs for professionals on the front lines combatting child abuse, domestic violence, human trafficking, hunger and suicide. Nothing is more important than promoting life changing and life saving strategies and services.

It is wonderful to be part of an organization that is making a difference in the lives of women, girls and families. Our work is made possible by the generosity of the men, women, businesses and foundations whose names you can read in this issue. On behalf of those who receive the blessing of assistance from this institute, thank you for your selfless support of others.

SINCERELY,

Laura W. Bush Institute for Women's Health

Connie Tyne

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SEX & GENDER

SPECIFIC *Health*



Building on the 2015 Summit, this year's Sex and Gender Health Education Summit at the University of Utah in Salt Lake City grew in scope and influence. **Convening health education leaders from five major professions – medicine, nursing, pharmacy, dentistry and allied health –** the institute expanded its multi-disciplinary opportunities to support the integration of sex and gender differences into the education of health professionals. With over 250 attendees from 170 education institutions participating, this summit was live-streamed, allowing health care professionals from 35 countries to dial in and experience the wealth of information in real time. Chief Scientific Officer Marjorie Jenkins, M.D., served as co-chair for this event and once again the Laura W. Bush Institute for Women's Health was proud to be a premier sponsor.

The institute and Texas Tech University Health Sciences Center had great representation. In addition to Jenkins, Executive Director Connie Tyne and SexandGenderHealth.org curriculum director Linda Gilmore attended. The Sex and Gender Specific Health co-chairs, Cynthia Jumper, M.D., and Simon Williams, Ph.D., along with Rebecca Sleeper, Ph.D., from the TTUHSC School of Pharmacy, provided presentations and facilitated the breakout sessions. Enthusiasm for the summit is at an all-time high, with three universities currently vying to host in 2020.

INSTITUTE'S NEW PARTNERSHIP WITH AMWA

For the past several years, The Laura W. Bush Institute for Women's Health has proudly sponsored the Sex and Gender Women's Health Collaborative, a group of medical professionals whose vision is "to integrate sex and gender knowledge into medical education and practice to improve healthcare for all." This year, the collaborative merged with the American Medical Women's Association (AMWA), an organization that at the local, national and international level functions to advance women in medicine and improve women's health. Since 1915, AMWA has been a powerful association and the institute is excited for this merger.

As the Laura W. Bush Institute for Women's Health continues to sponsor the collaborative and AMWA, the institute will generate traction in terms of exposure. **In the future, all the AMWA members – premedical students, medical students, residents and physicians –** will have an introduction to the Laura W. Bush Institute for Women's Sex and Gender Specific Health Curriculum. The institute is confident that this continued partnership will increase the traffic to the multi-unit, web-based programming, which features a blend of interactive exercises, graphics and videos that engage learners in a way textbooks and lectures cannot.

AMWA The Vision and Voice of
Women in Medicine
since 1915
American Medical Women's Association

We are pleased to share news about the outstanding recognition our founder and chief scientific officer Dr. Marjorie Jenkins continues to garner!

This past spring she received the Policy and Advocacy Award for Women's Health by the Women's Health Congress in Washington, DC. She also provided a keynote speech at the Cedars Sinai Barbra Streisand Center in Los Angeles where she received the Linda Joy Pollin Women's Heart Health Leadership Award. We are proud to have Dr. Jenkins on the national stage where her reputation and influence continue to grow!





Mimi Zumwalt, M.D.

HOW THE RAVAGES OF WAR CREATED A PASSION FOR HEALING

Most surgeons have a personal history filled with challenges, but few can top the life story of Mimi Zumwalt, M.D.. In 1973, eleven-year-old Zumwalt and her little brother were evacuated from war-torn Vietnam to be reunited with their mother and foster father in the United States. Zumwalt's mother, who married a U.S. soldier in the mid-1960s, had tried unsuccessfully to return for them during the Tet Offensive of 1968. For five years, Zumwalt lived amongst the ravages of war in her grandparent's small home. When her mother was finally able to bring her children to safety in Little Rock, Arkansas, a new set of trials emerged. Zumwalt struggled with language and cultural barriers as she began her assimilation into the American way of life.

As a young girl, she had witnessed so much death and destruction; she decided at a young age that she wanted to be a doctor to help others heal.

Being a child from a foreign country, Zumwalt sensed that she would need to work harder and be smarter to get the recognition needed to attend college. With the help of a tennis scholarship, she was successful at the University of Arkansas in Little Rock, graduating with two bachelor's degrees in science. Subsequently, her only financially viable option for medical school came with a 4-year scholarship and time commitment to the U.S. Army.

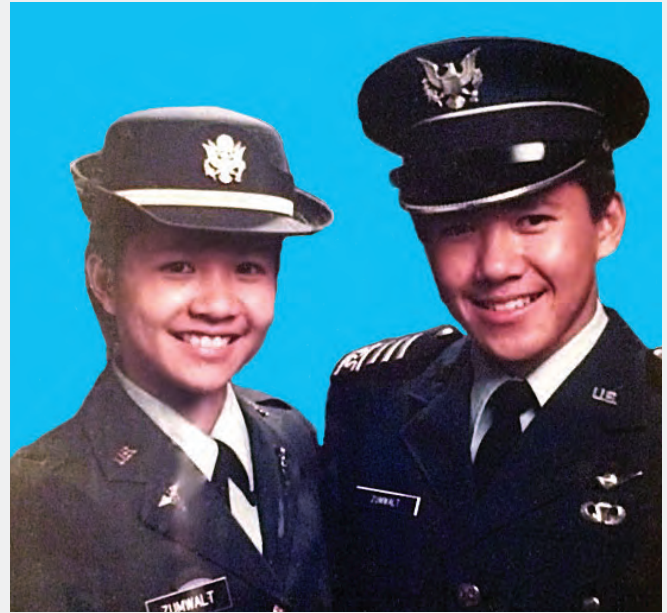
Following her internship at William Beaumont Army Medical Center in El Paso, her military service continued as a flight surgeon stationed at Fort Rucker in Alabama. From there, Zumwalt was deployed to the Persian Gulf to assist the troops in combat during Operation Desert Shield/Storm. Suffering from terrible flashbacks from the war of her childhood, she did not think she would survive the war in Iran/Iraq. Somehow, her determination and focus on other



“Coming home to America was even sweeter than coming to America the first time...”

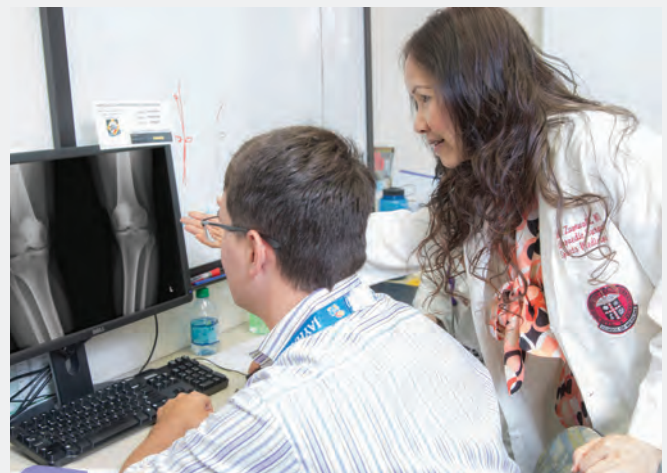
soldiers earned Major Zumwalt the Combat Medic Badge, Meritorious Service Medal and a return flight to the U.S.. Her younger brother, Lt Col Michael Zumwalt, proudly served his country and retired from the USAF after an impressive career as a jet pilot.

Back stateside, Zumwalt completed her orthopedic surgery residency, began her orthopedic surgery practice at Fort Benning in Columbus, Georgia, and later completed a sports medicine fellowship in Lake Tahoe, California. The American Board of Orthopedic Surgery, American College of Sports Medicine and other professional organizations have recognized her academic/athletic achievements with their highest certifications.



In 1992, Zumwalt attended an Orthopedic conference and met Eugene Dabezies, M.D., Texas Tech University Health Sciences Center (TTUHSC) professor, orthopedic surgeon and department chair. Who can say what he saw in the young female surgeon, but he kept in touch with her yearly, and in 2000 recruited Zumwalt to come teach and practice Orthopedic Surgery/Sports Medicine at TTUHSC in Lubbock, Texas.

For Zumwalt and the West Texas community, these past 18 years have been fulfilling and rewarding. Zumwalt has done numerous surgical repairs for both adults and children. Additionally, she even started an education/training program to help prevent serious knee injuries. Her research led her to find that male and female athletes have significant biomechanical differences that cause more girls to have ACL tears than boys. Also, there are differences in effective pain



management and some areas of rehabilitation. Her findings led to a grant from the Laura W. Bush Institute for Women's Health for her research: "Gender/Ethnic Differences in Procedures for Shoulder/Knee/Ankle Conditions." Zumwalt is a sought-after writer/speaker nationally and internationally.

As a person of diminutive stature and a former Army soldier, she developed an interest and a commitment to lifelong strength and fitness. She has served as team physician, fitness consultant,



exercise leader/instructor for the local community and trainer for the Aerobics & Fitness Association of America. She is a fierce competitor

who has participated in more than 25 Tri-Fitness Challenges, while serving as the volunteer doctor for these events. Zumwalt holds the title of reigning champion in the "Over 40" and "Over 50" categories in the Tri-Fitness World Challenge, a hybrid obstacle course and physique competition held each year in Florida. Additionally, she has won state/national titles in tennis, bodybuilding and powerlifting.

A few years ago, Zumwalt was chosen as the YWCA Woman of Excellence in Medicine. "Now in my mid-50's, I'm in the best shape of my life—physically and mentally," she says. "My charge is to continue inspiring others to fight for success and overcome any/all obstacles to achieve their own American Dream."

Zumwalt is a fitness consultant at the Texas Tech University Robert H. Ewalt Student Recreation Center, as well as a professor of orthopedic surgery and rehabilitation and director of sports medicine. She is the author of several fitness publications as well as multiple books, including "Pain in Women – The Female Athlete & The Active Female." Zumwalt is very proud of her son and daughter who are currently in college and hope they too will succeed and achieve their own American dreams!



SIGNATURE EVENTS



LAURA W. BUSH PRESENTS:
NOLAN RYAN

More than 680 baseball fanatics came to hear Nolan Ryan, the keynote speaker for the 6th annual Laura W. Bush Institute for Women's Health Presents luncheon. With Angelo State University's baseball coach, Kevin Brooks, holding a "fireside chat" with Ryan, the former Texas Rangers pitcher told funny and touching stories from his career including "fan-favorite" moments.

Brooks asked Ryan about facing former San Angelo College player Norm Cash for the final out of his second no-hitter. Cash famously went to the plate with a table leg as a bat! "He was one of the pure characters of the game," Ryan said of Cash. "I walked to home plate and told the umpire, 'He can't hit with that.' He said, 'What are you talking about?' I said, 'Check the bat.' He looked at the table leg and said, 'It doesn't make any difference. He can't hit you anyway.'"

Ryan said his two best memories from his career were his two world championships - with the 1969 New York Mets as a player and last year with the Astros as part of the front office.

When Brooks tried to close the talk on a serious note, Ryan wouldn't have it. Brooks noted that Kelly Gruber, who was the final out of Ryan's seventh and final no-hitter, said after the game: "I hate to lose, but my respect and feelings for Nolan Ryan are so

great, I'm actually happy to have been here. He's a model for what we all should be. He's a great man." Ryan then said, "I appreciate Kelly for saying that. But the real reason he said that is I hit him in the head one time, and I think he was afraid I was going to do it again."

Ryan told a few stories about growing up the youngest child in a family of six in Alvin, Texas. "Being the last kid, my sisters and brother thought I got away with murder and that I was my mother's favorite, which I may have been; I don't know," Ryan said with a laugh. Ryan shared a challenge he had in school that pushed him toward athletics and away from academics. His dyslexia was not diagnosed until he was an adult and he recalls being embarrassed to be the first student disqualified at every Spelling Bee. Nolan's two sons Reid and Reese were tested at an early age and received treatment for their dyslexia. Playing baseball required constant travel and in the Ryan family, that meant road trips all summer for the whole family. It was a happy time. "I've been very blessed," said Nolan. "Because of my success, I got put into a position to be an influencer. And I always said that if you have that opportunity, why wouldn't you be a positive influence?" It's like the Laura W. Bush Institute for Women's Health. Why wouldn't you want to better people's lives?"



SPECIAL THANKS TO OUR TOP EVENT SPONSORS:

Premier:

Liz & Devin Bates
Pollyanna & Steve Stephens

Platinum:

Angelo State University
Archer Foundation
Susan and Randy Brooks
San Angelo Community Medical
Center
Drs. Genny & Brian Mejia
Drs. Dinah & David Cummings and
Dr. & Mrs. Kendal Jasdtrow

Gold:

CalTech
Freedom Group
Kam and Travis Stribling

SIGNATURE EVENTS



POWER OF THE PURSE

FEATURING LAURA BUSH

Celebrating the 10th Anniversary of the Laura W. Bush Institute for Women's Health in Amarillo, with founder Marjorie Jenkins, M.D., Mrs. Bush reminisced of meeting Jenkins at the White House in 2007. "You proposed a health institute that would improve the lives of women in West Texas, where George and I grew up and have deep roots. It seemed like the perfect opportunity to come full circle and support women's health in our home state," said Mrs. Bush.

After inquiring about the Bush family, their grandchildren and pets, Jenkins spoke to the institute's work across West Texas. Mrs. Bush said warmly, "It is an honor to be the namesake for this institute but I would add that it is more than the name – it's the over 1,000 volunteers across our communities plus the hundreds of Texas Tech clinicians, students and researchers who contribute to the institute's success. Knowing the Laura Bush Institute brings people together to achieve its important work is most fulfilling."

Mrs. Bush fondly recalled the first "Power of the Purse" luncheon nine years ago, which was led by the event's current co-chairs Mrs. Sharon Oeschger and Mrs. Charlotte Rhodes. The funds raised at that time helped launch the InfantRisk Center at TTUHSC founded by Tom Hale, Ph.D. Today, the InfantRisk Center and the MommyMeds App have become valuable world-class resources for pregnant women, breastfeeding mothers and their physicians in Texas and around the world.



The institute's programs such as Girl Power, Girl's Night Out and Night at the Rec were also recognized for making a difference in the lives of vulnerable young people. Unique to Amarillo, the institute provides program support to select individuals and groups from funds raised at the Lunch 'n Learn activities. The institute was able to recognize local pediatrician Shannon Herrick, M.D., for her "Reach Out and Read" program with a check for \$10,000. Her program provides children's books to her young patients along with a "prescription from the doctor" to read a little each day.

The over 1,000 guests agreed the luncheon was a great success. The beneficiary this year was the TTUHSC Department of Psychiatry who was awarded \$120,000 for a Transcranial Magnetic Stimulation machine. It provides non-invasive, FDA approved treatment for chronic anxiety and depression that has been resistant to drug therapy. With minimal side effects it is safe for pregnant women and young adults. Future treatments may include bi-polar disorder, schizophrenia, PTSD, ADHD, addiction and autism. This is an incredible resource for the Amarillo mental health community.

In closing, Mrs. Bush addressed the crowd: "I would like to extend my thanks to this community which provided an example and a road map for other communities to follow. The support of the Panhandle through its generous giving of time and resources has been and continues to be vital to the success of the institute."

SPECIAL THANKS TO OUR TOP EVENT SPONSORS:

Chanel

Amarillo National Bank, Downtown Athletic Club

Louis Vuitton

ASCO, Dr. Kent Roberts and Ilene Roberts Balliett Foundation, High Plains Christian Ministries Foundation, Josephine Anderson Charitable Trust, KAMR Local 4 News|KCIT, Legett Foundation, Laurie and Bill McWeeny, Sharon and Larry Oeschger, Texas Tech University Health Sciences Center, Lee Ann White|PlainsCapital Bank

SIGNATURE EVENTS



WOMEN'S HEALTH SYMPOSIUM: DALLAS

WHAT'S A TELOMERE GOT TO DO WITH IT?

The institute loves to bring the latest health information to the ladies in Dallas and this spring was no exception! The fifth annual Women's Health Symposium "What's a Telomere Got to Do With It?" featured TTUHSC professor and Dean, Brandt Schneider, Ph.D., who explained what telomeres are and why they are important. In sharing his lab's research, Schneider said, "Simply put, telomeres are the small ends of the individual strands of DNA that determine how you age." **Until recently, most people had no idea they could preserve or reverse the aging process of their telomeres.** That good news came from Elissa Epel, Ph.D., co-author of the best-selling book "Telomeres: The New Science of Living Younger." Epel detailed her research on the effects your environment, lifestyle choices and even your disposition can have on telomeres. Besides good nutrition, regular exercise and seven-hours of sleep, she encouraged the use of all manner of stress management techniques. It was no surprise that people who practice meditation see a benefit, but so do those who take several relaxing vacations each year. "When you are upset, your cells are listening," said Epel. "Take control of every area of your life that is eroding your DNA!"

WOMEN'S HEALTH SYMPOSIUM: FORT WORTH

STEM CELLS: WHEN, WHY & HOW THEY MIGHT BE RIGHT FOR YOU

The Laura W. Bush Institute for Women's Health was thrilled to have Doris Taylor, Ph.D., director of Regenerative Medicine Research at the Texas Heart Institute in Houston, speak at the "Stem Cells: When, Why & How They Might Be Right for You" luncheon in Fort Worth. **Giving a passionate presentation on stem cell therapy and organ regeneration, Taylor addressed the myths surrounding the use of stem cells and the important scientific advances that have resulted from stem cell studies.** She gave warnings about finding reputable health care providers for stem cell therapies, as well as advice when considering treatments in the U.S. verses overseas. Providing an update on the current legislation in Texas, Taylor was happy to report that state lawmakers unanimously passed a new law called "Charlie's Law" which allows for certain chronically ill and terminally ill patients to receive experimental stem cell therapies. While this legislation will potentially open many doors for persons with chronic or terminal illnesses, she warned us that there is still a long way to go before the FDA approves additional treatments. Taylor graciously stayed after the event to answer questions from attendees.

WOMEN'S HEALTH SYMPOSIUM: DALLAS

OH BABY! HOW THE FIRST SUCCESSFUL TRANSPLANT OPENS NEW DOORS

The institute was delighted to collaborate with the Dallas County Medical Society Alliance Foundation to host the famous team of physicians whose successful uterine transplants resulted in the first babies born in the U.S. It was remarkable to see and hear these specialists share their unique medical challenges with the Dallas community in an informal setting. The transplant and OB/GYN team of Giuliano Testa, M.D., FACS, Liza Johannesson, M.D., Ph.D., and Robert Gunby, Jr., M.D., FAOG, discussed the infertility issues that led to the clinical trials that began in Sweden. About 5,000 baby girls are born each year without a uterus, making it impossible to look forward to motherhood. This type of infertility can also result from tumors and cancer treatments. The surgeons described what the donor and recipient have to endure to make the transplantation and birth possible including years of anti-rejection medication. For the parents of the baby boy and baby girl born this past year in Dallas, the difficulties were well worth it. Women and men, regardless of age, seemed fascinated by this new transplantation option. The institute is especially proud that the Dallas physicians were the first in the U.S. to perfect this difficult technique.

CPRIT *Update*

HIGH PLAINS

Texas Tech Breast Center of Excellence in Amarillo held the first annual Amarillo Pap Day in January 2016, a model for targeted single-service programs in future years. By January 2018, Pap and HPV Vaccination Days expanded to five events, two utilizing the mobile unit dubbed as the “Papmobile” by local Texas Panhandle communities. Uninsured women, children and young adults from 13 counties were screened for cervical cancer or vaccinated against HPV. Special thanks to the ABC²4 WT program and the Cancer Prevention Research Institute of Texas for funding this important work!

From January 20th through March 3rd, 129 cervical cancer screenings and diagnostic services were provided, resulting in six diagnoses of dysplasia (pre-cancer) and one diagnosis of cervical cancer. An additional 68 children and young adults received HPV vaccinations. **This work is important because the human papilloma virus is responsible for up to 80% of all cervical cancers and the Texas Panhandle has one of the highest rates in the United States.**

CONCHO VALLEY

Big changes have come to the Concho Valley. The CPRIT Grant, known as Access to Breast & Cervical Care for West Texas, closed on May 31st. The grant provided breast and cervical health education and screenings to women in 21 counties for the last six years and the Laura W. Bush Institute for Women's Health in San Angelo has been excited to be a part of it. Fortunately, the women of the Concho Valley need not fear because a new grant took over June 1st. Read about the new program next!

MAMMOGRAM PROGRAM FOR WEST TEXAS

The institute is excited to announce a new program funded by the San Angelo Health Foundation that provides free breast cancer screenings for women who qualify. **Not only does this program cover women who do not have insurance, but also those who have high deductibles on their insurance.** This means more women are being served! Equally motivating is that both healthcare systems in San Angelo are participating in this new program. The Laura W. Bush Institute for Women's Health is honored to be a part of the continuing support of women in West Texas. Look for updated reports under the Laura Bush Institute Mammogram Program for West Texas in upcoming IMPACT issues!

LOCATIONS - CAMPUS WIDE EVENTS - WOMEN'S SYMPOSIUMS



SERVICE AREAS

Abilene • Amarillo • Corpus Christi • Dallas • Fort Worth • Lubbock • Permian Basin • San Angelo

ABILENE

PREVENTING CHILD ABUSE



The Laura W. Bush Institute for Women's Health was honored to sponsor "Kids Count on Us: A Conference on the Prevention of Child Abuse," in partnership with Hendrick Health System. The conference focused on the recognition and evaluation of child abuse, human exploitation via the internet and successful collaborations between CPS, law enforcement and medical professionals.

One of many presenters at the event, Capt. Brian Baxter with the Department of Public Safety Education and Training Division, discussed how to prevent internet solicitation and exploitation of children in an increasingly digital world. "To be relevant in 2017-2018, we have to have a digital footprint. Our kids are growing up in an age where it's not even an option. It's not a choice, it's just the way things are," said Baxter. His presentation emphasized the importance of parental control software for parents of minors.

The conference also included presentations about babies who are addicted to drugs at birth. There was information about recognizing and medically evaluating children who could be victims of child abuse or sex trafficking. More than 200 attendees from communities throughout Texas participated in the event including doctors, nurses, law enforcement, Child Protective Services, nursing students, social workers and crisis intervention agencies. Plans for the fourth annual Kids Count on Us event are underway and will take place in Fall 2018.

INTERDISCIPLINARY SYMPOSIUM ON CANCER AND BIOMEDICAL RESEARCH

A coalition of researchers from Abilene and across the nation, joined students and members of Abilene's medical community, at the TTUHSC Abilene Campus for the inaugural Abilene Interdisciplinary Symposium on Cancer & Biomedical Research, sponsored by the institute.

Keynote speaker Elizabeth Petri Henske, M.D., of Harvard Medical School, is a champion of gender-specific women's health issues. Henske leads a team of researchers at The Henske Lab in Boston where they work on tuberous sclerosis complex (TSC) and related disorder, lymphangioleiomyomatosis (LAM). She is world renowned for her groundbreaking



discovery of mutations in the TSC₂ gene cause the sporadic form of LAM, a rare lung disease that generally affects women of childbearing age.

A first of its kind for the institute and Abilene, this event made available information about cutting-edge research and education opportunities to over 100 undergraduate and graduate students from each of Abilene's colleges and universities. On the importance of the event, institute regional director Pearl Merritt, Ed.D., said, "Through collaboration, we can help the researchers from other Abilene colleges and universities provide learning opportunities for area students. This is a great way for us to share our expertise and resources with other local universities, and we are happy to do so because it's the students and the community who ultimately benefit."

FIGHTING DOMESTIC ABUSE IN ABILENE AND SURROUNDING COUNTIES



Did you know that 25% of women will experience violence from their partner within their lifetime? For women at high risk, up to 68% are also likely to experience near-fatal strangulation. Strangulation is one of the leading causes of death in domestic violence, yet it is the most difficult

to prosecute. Side effects including stroke, vision change, memory issues and even delayed death can occur days or weeks after the assault.

The institute is committed to changing these odds for victims in Abilene and West Texas. The Laura Bush Institute for Women's Health provided education on strategies to increase abuse prosecution rates and prevent loss of life from strangulation. Former prosecutor and national consultant Kelsey McKay, J.D., spoke to more than 150 first responders, prosecutors, judges, sheriffs, forensic nurses, victim advocates, social workers and community members to better equip them with tools needed to develop and implement protocols for prosecution. Participants traveled from Lubbock, Midland, Wichita Falls, Brownwood and surrounding communities for the training.

As a direct result, local law enforcement officers have pledged to implement new Strangulation Protocols to improve evidence collection and prosecution of this crime.

AMARILLO

LUNCH 'N LEARN

The institute's spring luncheon, "YOU, Matter," drew more than 100 guests to hear an innovative message from TTUHSC Department of Psychiatry senior administrator Tim Bowles. Speaking about depression, he described the difficulties that patients and their families can face with the disease. Bowles illustrated current treatment options, including the new therapy using the Transcranial Magnetic Stimulation (TMS) machine. The TMS machine offers non-invasive treatments that stimulate

the brain region responsible for depression. It has been shown to bring significant improvement to patients who did not improve with drug therapy. The Laura W. Bush Institute for Women's Health was proud to purchase a TMS machine for the Department of Psychiatry with proceeds from the 2018 "Power of the Purse."

All Lunch 'n Learn events are free of charge and all guests are invited to support these events through an annual community partner membership. Shannon Herrick, M.D. of the TTUHSC Department of Pediatrics recently recognized for her consideration of the whole child. In her practice, Herrick gives books to her young patients as part of the "Reach Our & Read" program. The books are first used to assess motor skills and reading levels. The children then take their books home as a gift along with a prescription from the doctor to "read a little every day." Herrick was honored at this year's "Power of the Purse" with a \$10,000 check to keep the program going for many months to come.

DAY OF THE WOMAN

Continuing a focus on mental health, the institute hosted Terry Bentley Hill, J.D., as guest speaker for the "EleMental Health





for Ultimate Peace of Mind” presentation during the annual “Day of the Woman” event. Hill is a nationally recognized mental health advocate and attorney living in Dallas. After the tragic death of her first husband and later her 14-year-old daughter, Terry helps other families suffering the effects of family mental illness by sharing her story of pain and healing.



National Advisory Board member Laura Street, BNS, MSN, is the Chairman of the Panhandle Behavioral Health Alliance Board and is passionate about changing the paradigms of mental health stigma for the Panhandle of Texas. She joined Hill, Tim Bowles, senior administrator for the TTUHSC Department of Psychiatry, Pam Kirby, Psy.D., a practicing psychologist, and Margie Netherton, president of the National Alliance on Mental Illness (NAMI), for an engaging presentation and panel discussion. Attendees gained a better understanding of severe depression and sound advice about helpful ways to support family and friends who are suffering.

PAP SMEAR DAY

In partnership with the TTUHSC Breast Center of Excellence, the institute provided funding for free pap smears, cervical cancer screenings and HPV vaccines in Amarillo, Hereford and Pampa. Using the SiMCentral mobile unit and Heal the City (free health clinic), the Breast Center of Excellence went to work. With a grant and funding from the Cancer Prevention and Research Institute of Texas, physicians and nurses provided more than 40 health screenings and vaccines to 51 patients in the Panhandle.

These events have been highly successful due to the dynamic partnership between the Breast Center of Excellence, Heal the City, the Laura W. Bush Institute for Women's Health and Toot'n Totum. The convenience store owners allowed the SiMCentral mobile unit to park in their downtown locations making it convenient to offer services to people who have no insurance.

LUBBOCK

WOMEN'S NIGHT AT THE REC

One of the institute's favorite events is the annual “Women's Night at the Rec” with the Texas Tech University and TTUHSC community. This evening of fun is open to all female students, staff and faculty and encourages everyone to try fitness classes, weight lifting, wall climbing and even a “Knocker Soccer” game without feeling intimidated. The free event was a night of inclusive and healthy activities for over 1,200 women.

To add value to the experience, TTUHSC medical students had tables with information about mental health, self-care, good nutrition and exercise tips. There were free gifts, student surveys, door prizes and more.

Special thanks to all the volunteers and vendors who helped make this a must-do annual event. With growing attendance each year, this can only be described as a great success!



SAN ANGELO



GIRL POWER - OH, THE PLACES SHE'LL GO!

The 7th Annual GiRL Power event was better than ever! Over 535 girls from 4-7th grade and their power women were in attendance. Featured speakers included "Lipstick Gospel" author, Stephanie May Wilson and Miss Dallas, Madison Fuller. These ladies shared their experiences and inspiring messages following the theme of doing your best in everything you do, building healthy relationships and navigating challenges in life in a positive and effective way.

Stephanie May Wilson, author, blogger and speaker, inspires others to live the life they desire; as the women, they want to



be. She said that some childhood friendships last a lifetime so try to be a caring friend to others.

Miss Dallas, Madison Fuller, strives for excellence in all things, including academics. She shared tips to stop bullying, such as always telling a grown up if you feel uncomfortable and speaking

up when you hear hurtful words. Adding to her inspiration, Fuller, a talented ventriloquist, used her boy and girl "dummies" to add humor to a serious subject.

GiRL Power was developed to bring positive voices into the lives of girls in the Concho Valley, and every year this event brings inspiration and value to women and girls. Past attendees have reported an increased mother-daughter bond, better communication skills and stronger tools for overcoming conflict in their relationships.

WEST TEXAS HUNGER SUMMIT



The Laura W. Bush Institute for Women's Health is proud to continue its support of the summit. This year, more than 100 attended giving agency representatives, school districts, churches and individuals an opportunity to share their knowledge and expertise about food insecurity and prospective methods to overcome it. Designed to encourage exchanging ideas and strengthening partnerships, the summit's goal is to move the community closer to ending hunger altogether.

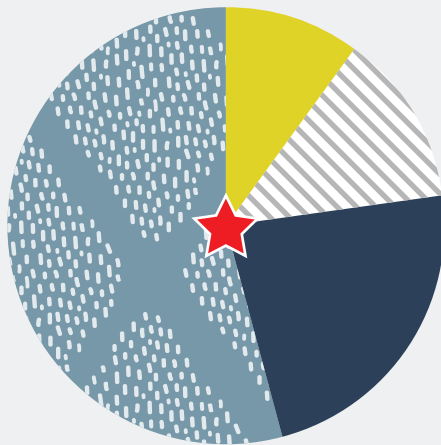
Featured speaker Eric Cooper, President and CEO of the San Antonio Food Bank, delivered an impactful message entitled "Food for Today, Food for Tomorrow and Food for a Lifetime." Additionally, Jimmy Dorrell, founder and president of Mission Waco, presented on "Entering the Struggle When I Prefer My Privacy and Options."

The West Texas Hunger Summit offered networking opportunities throughout the day and a panel on Hidden Hunger featuring speakers from agencies around the Concho Valley.

 **San Angelo
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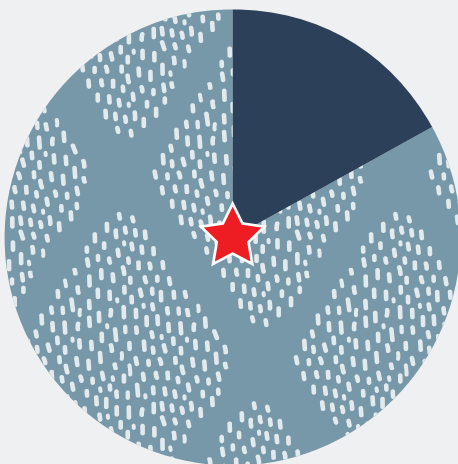
FINANCIALS

FISCAL YEAR 2017 EXPENSES



13% | RESEARCH
23% | EDUCATION
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