

impact

REPORT VOL. 11 | SUMMER 2023 ★



HEALTH, INDIVIDUALLY INSPIRED.



Front Cover: Lana Andrews, Donna Williams, Jan Rees-Jones, Trelita Perry, Jeanne Cox

THE LAURA W. BUSH INSTITUTE

Leading the Way for the Future of Women's Health

LOOK WHATS NEW!

NEW REGIONAL
DIRECTOR



NEW INNOVATIVE
PROGRAMS



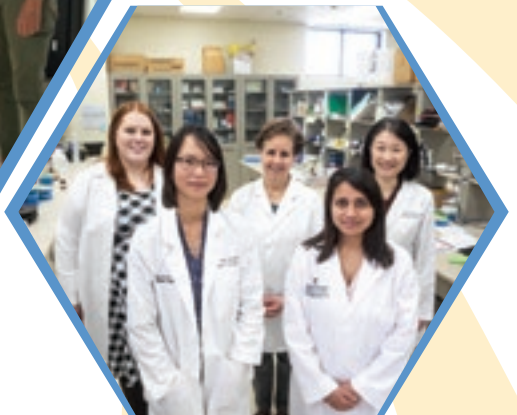
NEW TEAM MEMBERS



THE Women's
CARE CENTER 
at CovenantChildren's



NEW HOSPITAL
PARTNERS



NEW RESEARCH

National Advisory BOARD MEMBERS



Standing left to right: Larry Gill, Sondra Eoff, Kit Moncrief, Debbie Francis, Connie Tyne, Jackie Martin, Lee Ann White, Nancy Neal, Janet Tornelli-Mitchell, Norm Dozier, Maggie Murchison, Jeanne Cox, Karmen Bryant
Seated left to right: Margaret Purvis, Lana Andrews, Mrs. Laura Bush, Meredith Land, Diane Scovell
Not Pictured: Gloria Hick, Marjorie Jenkins, Elizabeth Webb, Diana Strauss, Laura Street, Lea Wright, Donna Williams, Christy McClendon, Nancy Weiss, Sheryl Pfluger, Jan Rees-Jones

Dear Friends,

We are thrilled to reach out to you as the co-chairs of the National Advisory Board. It is a true privilege to work closely with our esteemed board members and dedicated staff. This year, we have had the pleasure of welcoming Karmen Bryant from Midland and Sondra Eoff from Odessa as new members, whose remarkable business expertise and strong community leadership truly enrich our team. They, alongside our long-time member Margaret Purvis, are instrumental in laying the foundation for our expansion in the Permian Basin.

We want to extend our deepest appreciation to each city and express our heartfelt gratitude to our donors, staff, and volunteers. It is through their hard work and unwavering commitment that we are able to make a significant impact on the lives and health of women throughout Texas.

Together, we are united in our collective efforts, and we take great pride in the progress we have made. We eagerly look forward to the continued progress and success that lies ahead in the coming years.

Sincerely,

Lana and Meredith

Co-Chairs



Angela Knapp Eggers, Laura Street,
Lea Wright, Lori Rice-Spearman



Candy Gibbs, Gloria Hicks, Amy Stark



Suzy Childress, Sheryl Pfluger, Diane Scovell



Elisa Brown, Marjorie Jenkins, Lea Wright

Greetings,

I am thrilled to highlight the remarkable programs, projects, and events that have defined the past year. The Laura Bush Institute witnessed changes within the team, bidding farewell to some members while welcoming four new Assistant Directors. Their passion for women's health perfectly complements their enthusiasm.

We are grateful for two new hospital partners in Lubbock, expanding our programs for women as we've seen in Abilene and San Angelo, leading to earlier diagnosis and treatment through enhanced education and access to care.

Our National Advisory Board members continue to provide invaluable guidance and support, sharing their wisdom, experience, ideas, and resources.

Warmest regards,

Connie

Executive Director



Deborah Clegg, Nancy Neal,
Linda Greenstreet, Christy McClendon

WELCOME TO THE TEAM



SANDRA FUGLAAR

Sandra Fuglaar, known as Sandy to her friends, has spent a significant part of her life in the vibrant community of Midland, where she has cultivated numerous friendships and professional connections. As an avid equestrian, Sandy finds solace and joy in spending time outdoors, a passion that is rivaled only by her love for exploring new destinations. With her infectious enthusiasm and boundless energy, she is an ideal choice for spearheading our community outreach and fundraising initiatives in the Permian Basin.



PRIM NAEGELE

Prim Naegele brings with her a wealth of expertise in the medical industry, event planning, marketing, and volunteer service. Her impressive track record of community involvement can be attributed to her active engagement in her three children's diverse educational, extracurricular, and athletic pursuits. Prim has wholeheartedly embraced the programs offered by the LWB Institute and possesses a plethora of innovative ideas to contribute. Outside of her professional commitments, she cherishes date nights with her husband, weekends at the lake, and supporting the Texas Tech Red Raider sports teams.



LIBERTY-GRACE BLAND

Liberty-Grace Bland brings a diverse skill set to the Institute, including community development, advocacy, event planning, public relations, corporate finance, and international research. With prior experience in a human rights research team in the Middle East, she values travel and cross-cultural connections, embracing unique life stories. She serves on the Youth Advisory Committee of the Southwest Rotary Club and as a Court Appointed Special Advocate (CASA), supporting vulnerable children in foster care. In her personal life, she finds fulfillment in distance running, antique shopping, and exhilarating experiences like skydiving.



MACKENZIE DAVIS

Mackenzie Davis brings to the Laura Bush Institute her love of event planning, public relations, non-profit initiatives and passion for community. After graduating from Texas A&M University in 2021, she returned to her roots in San Angelo and the Concho Valley. She is a Provisional Member of the Junior League of San Angelo and volunteers with Central High School Young Life. Outside of professional endeavors, she enjoys reading, hosting her friends, and walking her two corgis Cody and Cooper.



HOW SEX HORMONES AFFECT WHAT YOU

eat, think, and feel!

Dr. Deborah Clegg was not afraid to elaborate on this subject for eighty women at River Crest Country Club! She described the biological differences between men and women that extend to every cell in the body. Meredith Land's interview questions asked about the effects of estrogen on mood, appetite and well being and how excess calorie storage moves from the hips to the tummy as we age.

Dr. Clegg believes as women transition through menopause, careful hormone replacement therapy can be very beneficial. She provided a strong recommendation for a Mediterranean diet and an active lifestyle to increase our natural hormones and manage weight. There were lots of questions!



Infant Risk

CENTER

The world-renown InfantRisk Center, our go-to source for pregnancy and lactation-related drug information, is evolving! With a solid foundation of research and education curated over the past decade, founder Dr. Tom Hale will transition to a consultant and advisor following his retirement from academia. Dr. Hale is a true pioneer in perinatal pharmacology and has built and mentored an amazing team that will lead the InfantRisk Center 2.0!

Our new office and lab are located at 1400 Coulter Street within the School of Medicine in Amarillo. As always, the InfantRisk Center (IRC) is more than just a call center – it's a global hub of support for moms, lactation consultants, and healthcare professionals. It exists to help everyone navigate the potential risks of medications during pregnancy and breastfeeding, ensuring the safety of mother and child.

Our mission is simple yet impactful: to create a treasure trove of drug-related knowledge, focusing

on medications' safety during these special stages of life. We've got you covered with cutting-edge technologies like mass spectrometry and advanced clinical pharmacology laboratories, where we delve into projects encompassing breastfeeding pharmacology, molecular medicine, and genetics.

We're not just about scientific research, we care about real-life situations. That's why we publish data on new drugs and tirelessly study various aspects of lactation. From detecting cancer antigens in human milk to understanding reasons behind insufficient milk production, we leave no stone unturned to support moms everywhere.

Collaboration is at the heart of what we do. By partnering with pharmaceutical companies, we ensure that breastfeeding research covers new drugs and evaluates their transfer into human milk. Armed with this data, we provide mothers with personalized advice on the safety and proper use of medications.



44,000
APP SUBSCRIBERS



16 MILLION
WEBPAGE VIEWS



90,000
APPS DOWNLOADED



16,000
FACEBOOK FOLLOWERS



140,000
PHONE CALLS



600+
CONSULTS/YEAR

RESEARCH NUMBERS

60+ SCIENTIFIC PUBLICATIONS **44** DRUGS TESTED **5** CLINICAL TRIALS 20TH EDITION OF HALE'S MEDICATIONS AND MOTHERS' MILK



MEET OUR FANTASTIC TEAM OF EXPERTS!

- Co-founder, Dr. Teresa Baker, is an exceptional OB/Gyn, professor and chair of the department. Dr. Baker remains in her role as medical director and advisor.
- Kaytlin Krutsch, Ph.D, Pharm D, and MBA, is stepping into the role of executive director after a four year mentorship with Dr. Hale. Her diverse background in nutrition, pharmacy, business, and translational health sciences brings a wealth of skills and knowledge.
- Dr. Christine Garner, our specialist in maternal and child nutrition research, focuses on breastfeeding and nutrition to foster successful breastfeeding journeys.
- And Dr. Palika Datta, the biochemist extraordinaire, who analyzes human milk to quantify the presence of various substances, ensuring we have the most accurate information at our fingertips.

With a team like this, we can provide unparalleled support through our Call Center, website, MommyMeds app, and the latest edition of Hale's Medications and Mothers' Milk. Our dedication remains steadfast, ensuring moms worldwide have the information they need for a safe and fulfilling motherhood experience.

For more details and helpful resources, visit our website at infantrisk.com



Dr. Sarah Wakefield:

A JOURNEY OF RESILIENCE

AND

COMPASSION

Dr. Sarah Mallard Wakefield, the Chair of the Department of Psychiatry at TTUHSC in Lubbock, has a fascinating story that led her to become a highly regarded leader in her field. From her humble beginnings to her remarkable achievements, Dr. Wakefield's journey is one of resilience, compassion, and personal growth.

Sarah's parents had modest upbringings. Her mother was adopted by an architect and World War II veteran and a dutiful stay at home mother in Dallas, Texas. Sarah's father was born in Roby, Texas, into a family with limited means but lots of love. His father did not complete high school but also served his country during World War II. Sarah's father's exceptional intelligence earned him the encouragement to attend college and later UT Law School.

Sarah's parents valued education and were determined to provide their children with opportunities they themselves did not have. Her father's successful law practice offered the means for educational advancement. Her mother, deeply involved in the community, facilitated a love for art, culture, and education. Their unwavering support ensured that Sarah always felt she had a place in higher education and social engagements, and their example instilled a duty to use any gifts and privileges to reinvest in her community.

Growing up in the small east Texas town of Terrell, Sarah spent most Friday nights at the high school football field even from infancy, as did most of the town. At the age of four, Sarah insisted on watching a doctor stitch up a deep cut on her chin at the small community hospital, and her request was obliged. During her childhood, Sarah played an important role in caring for her great-grandmother, earning the nickname "Little Nightingale." These early experiences led Sarah to tell everyone she would one day be a nurse in summertime and a cheerleader during football season.

Dr. Sarah Wakefield's journey is a testament to the power of resilience, determination, and compassion.

Sarah's aspirations took a different turn when her cousin was diagnosed with a brain tumor. Spending time at Children's Medical Center

in Dallas helped Sarah understand the role physicians play in directing care plans and collaborating with families through challenging times. She developed a new goal of becoming a Pediatric Oncologist and set her site on medical school.

Sarah's life took an unexpected twist when she met Noah, a young Navy serviceman, when he was home in Dallas following boot camp. Despite their geographic distance (he was stationed in Chicago and then Guam), their connection was strong. They became engaged before Sarah graduated from high school. Noah's naval service influenced her choice of

college, leading Sarah to apply to Virginia Wesleyan University near a US Navy base. With a full-ride scholarship and support from her parents, Sarah thrived in college, immersing herself in dorm living and sorority experiences.

In what would become the greatest learning experience of her life so far, Sarah was abducted at gunpoint during her freshman year in college. She managed to talk her assailant out of his plan, but the traumatic experience left her with deep psychological scars. Sarah's resilience was tested, but she continued to pursue her dreams. She married Noah during her sophomore year of college, just before his deployment to the Persian Gulf, and achieved academic success. Privately, she battled panic attacks and flashbacks. After graduating, Sarah was accepted into medical school at the University of Texas Medical Branch. She took a gap year in Dallas, where she sought the help of a psychiatrist and psychologist to address her trauma. This period of introspection, acceptance, and healing played a crucial role in her journey.

Noah changed jobs in the Navy from a welder and firefighter to Navy recruiting so he could be closer to Sarah and provide her support as she pursued medical training. In medical school, Sarah's own experiences of overcoming adversity and her ability to empathize

with the suffering of others led her to realize the impact she could make in psychiatry. After a very short detour into a surgery residency at LSU, she successfully transferred into the field. She pursued fellowships in child psychiatry and forensic psychiatry, further expanding her expertise.

Sarah was recruited to join TTUHSC as her first faculty position, was appointed the Director of Child and Adolescent Psychiatry Services and then the Chair of the Department of Psychiatry. Meanwhile, Noah retired from the Navy to pursue his passion as an artist, welder, and sculptor, finish his undergraduate degree at The University of Texas and a Master's in Fine Arts at Texas Tech University. Together, they have created a fulfilling life in Lubbock, Texas, raising their three boys.

Dr. Wakefield's journey is a testament to the power of resilience, determination, and compassion. Her personal experiences, from her upbringing to her trauma and subsequent healing, have shaped her into a compassionate and empathic psychiatrist. As the Chair of the Department of Psychiatry, she continues to inspire and guide future generations of mental health professionals, providing care and support to those in need and driving community engagement and support for a mission that is critical to us all.





WE HAD THE PRIVILEGE OF HOSTING LEE WOODRUFF, A REMARKABLE INDIVIDUAL WHO WEARS MANY HATS AS AN AUTHOR, PUBLIC RELATIONS EXPERT, WIFE, AND MOTHER, AT EVENTS IN ABILENE AND LUBBOCK.

— IN AN INSTANT WITH —

Lee Woodruff

When Lee's husband, ABC News anchor Bob Woodruff, sustained a devastating injury in Iraq, Lee stepped into the role of supporter, protector, encourager, and survivor throughout his long recovery process. With four children at home, she rallied the support of grandparents, aunts, and uncles to maintain stability and harmony within the family.

Lee shared her experience of accepting help from others, which allowed her to be there for her husband during his 31-day coma and the subsequent months of surgeries and rehabilitation. She approached the challenge of explaining their father's injuries to their children with simplicity, honesty, and optimism, shielding them from unnecessary fear.

While most of us may not endure such trauma, we will all face moments when our lives suddenly and terrifyingly change. Lee's lessons on faith, family,

friendship, and humor offer solace and sustenance during our darkest hours. Her openness and honesty captivated everyone, as they empathetically joined her on an emotional roller coaster throughout her family's journey.

Lee expressed her gratitude to the guests for supporting the Laura Bush Institute and mentioned the collaboration between the Bob Woodruff Foundation and President Bush's Wounded Warriors events in the past. The Bob Woodruff Foundation has raised over \$85 million to support injured veterans and their families, honoring the brave individuals who risked their lives to save Bob.

Lee Woodruff serves as an inspiring example of the incredible strength and grace that resides within all women. Audiences in Abilene and Lubbock were deeply impressed.



ABILENE

LUBBOCK



coffee & CONVERSATION

IS BEING A WOMAN BAD FOR YOUR HEALTH?

DALLAS

In May, we had the honor of hosting esteemed guests at our annual Coffee & Conversation Event in Dallas. Dr. Marjorie Jenkins, the visionary founder of the Laura W. Bush Institute for Women's Health, and Dr. Alyson McGregor, a distinguished Associate Dean of Emergency Medicine and the author of "Sex Matters: How Male-Centric Medicine Endangers Women's Health and What We Can Do About It," took the stage to shed light on a crucial topic: "Is Being a Woman Bad for Your Health?"



During our event, we unpacked the unique challenges that women face within the healthcare system. Dr. Jenkins and Dr. McGregor shared invaluable insights as healthcare providers, revealing that women are more susceptible to misdiagnosis, inadequate treatment, and complications in common medical situations. However, they didn't stop at mere awareness. They equipped us with powerful tools to increase our understanding and become effective advocates for ourselves and our loved ones.

The knowledge gained from these events can be life-saving. By fostering greater awareness, we can navigate the intricacies of women's health more confidently and proactively. Together, let us embark on a journey of empowerment, armed with the insights gained at Coffee & Conversation, ensuring that our lives and the lives of those we cherish are safeguarded through informed decisions and advocacy.

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CONFIDENTLY AND PROACTIVELY.





Power of the PURSE LUNCHEON

The 14th annual POP luncheon featured **Elizabeth Smart**, child safety advocate and survivor of a childhood abduction at age 14. Her story made headlines in 2002 when Elizabeth was rescued with the help of strangers after her story was featured on America's Most Wanted.

Twenty years later, Elizabeth shares her traumatic experience from the perspective of both the child she was and the adult she is today. **Her message to other victims reminds them "you were born with infinite value" and "the greatest revenge is to be happy anyway."**

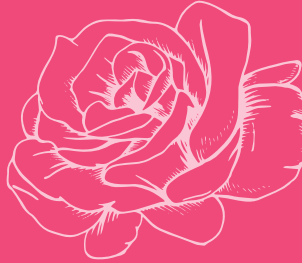
At age 34, Elizabeth has been married for 10 years and has three healthy children. She loves playing the harp and is passionate about her new self-defense program called *Smart Defense*. Elizabeth was a tremendous inspiration and a role model for resilience.

The Amarillo Civic Center was packed with over 950 guests who had fun with the purse auction and also purchased Elizabeth's book. Funds raised will support the *2023 Human Sex Trafficking Symposium* and other programs in Amarillo.

This year, POP had 32 committee members led by co-chairs Kasey Long and Laresa Chesley. We were extremely proud to have 115 sponsors who shared their resources and brought their friends and employees to lunch.

The VIP party was held at the home of Dalana Peterson where sponsors gathered to chat and get a photo with Elizabeth Smart, President Lori Rice-Spearman, and local dignitaries.

All in all, the event was one of the best *Power of the Purse* luncheons to date.



*"you were born
with infinite
value" and "the
greatest revenge
is to be happy
anyway."*

— Elizabeth Smart



Another Win FOR TIM!



*He is passionate about bringing faith, hope, and love to those
needing a brighter day in their darkest hour of need.*



Tim Tebow scored big in San Angelo this April with a golf tournament and luncheon. He attracted 64 golfers to the San Angelo Country Club to play a “scramble” that was fun for everyone. The luncheon at the McNease Convention Center was also a sell-out, as were the 10 autographed footballs!

The big attraction was the football star himself who modestly shared stories about his University of Florida years and 2007 Heisman Trophy win. Tim played for the NFL Denver Broncos for three seasons, played minor-league baseball for five, and now serves as a college football analyst for ESPN.

The real focus of Tim’s life is the *Tim Tebow Foundation* that fights for the most vulnerable



people in the world. He is passionate about bringing faith, hope, and love to those needing a brighter day in their darkest hour of need. He supports *A Night to Shine* that gives a prom experience to special needs people around the country. His team is active in orphan adoption, preventing human sex trafficking and supporting the recovery of people who have been victimized.

Tim Tebow was friendly, approachable, and sincerely interested in helping the San Angelo community through the Laura W. Bush Institute for Women’s Health at Angelo State University. **He challenged each person to believe it is important to be significant, not just successful.**



ABILENE



LUNCH & LEARN

The Institute in Abilene held its annual Lunch & Learn on November 16, 2022 in Downtown Abilene. A presentation was given by Dr. Stephanie Moses entitled, *"Tips for a Mental Health Tune-Up."* One hundred and fifty ladies attended the event and enjoyed a complimentary lunch, engaging conversations, as well as tips from Dr. Moses regarding how to identify and overcome mental health obstacles.

OUTREACH FOR YOUNG GIRLS

The Laura W. Bush Institute for Women's Health was a returning sponsor of the annual event, "College Ready Curls," a program of the Abilene Education Foundation. The event inspires young women (junior high and high school students) from underprivileged neighborhoods to dream big and go to college. Attendees had the opportunity to hear from inspiring guest speakers, and participate in activities throughout the day.



ABILENE RESEARCH SYMPOSIUM

The Institute proudly served as the presenting sponsor of the Abilene Research Symposium on September 9, 2022. Held at the Texas Tech University Health Sciences Center campus in Abilene, the event drew researchers and students from local universities, fostering vibrant discussions and forging collaboration opportunities. With keynote addresses, podium presentations, and poster displays, the symposium provided a platform for intellectual exchange and innovation.

This dynamic gathering epitomized the spirit of discovery, encouraging participants to share insights, explore novel perspectives, and chart new horizons together. Buoyed by the symposium's success, the Institute enthusiastically commits to returning as a sponsor for the 2023 Abilene Research Symposium, continuing its mission to catalyze knowledge-sharing, interdisciplinary dialogue, and the pursuit of groundbreaking advancements.



AMARILLO



LUNCH 'N LEARN

Leadership development took center stage at our Lunch 'n Learn event with Dr. Rakhshanda Rahman's captivating presentation, *"Leadership Deconstructed: Restoring Organizational Culture,"* inspiring over a hundred attendees. Drawing from Steven Covey's influential book, *"The Seven Habits of Highly Effective People,"* Dr. Rahman, as executive director of the Breast Center of Excellence at TTUHSC and author of *"Blueprint to Leadership,"* shared valuable insights that had a transformative impact on the audience. The LWB Institute's commitment to healthcare advancement was evident as they granted Dr. Rahman a cryoablation machine through the proceeds from Power of the Purse. Her research on freezing benign breast tumors holds

promise for improving women's health outcomes, potentially even for cancerous cells.

HUMAN SEX TRAFFICKING SYMPOSIUM

In a resolute endeavor to confront the distressing reality of sex trafficking, a groundbreaking symposium was masterfully organized, uniting essential stakeholders from Amarillo and virtually spanning across TTUHSC campuses. With a staggering count of over 19,000 reported cases of sex trafficking casting a daunting shadow over West Texas, the symposium served as a rallying call to mobilize the community in the face of this deeply troubling issue. The symposium enjoyed the esteemed presence of Texas' First Lady, Mrs. Cecilia Abbott, and representatives from the FBI, casting a spotlight on the pressing need for collaborative action. Anne Reame and TTUHSC physicians imparted vital insights on recruitment tactics, victim identification, and effective intervention strategies, contributing to an enriching discourse.

The Institute donated \$2,500 to No Boundaries International in support of this crucial cause. The symposium's reverberations echoed beyond its confines, igniting a resounding call for collective change. It epitomized a united front against sex trafficking, signifying that only through collaborative efforts and unwavering determination can this grave issue be addressed comprehensively.



AMARILLO



GIRL POWER; YOU GLOW GIRL

After a three-year absence, *GiRL Power* returned and the girls were glowing with delight, and fluorescent t-shirts, as they danced around the balloon-filled room. The special speaker was a very inspiring young women whose love of rockets took her all the way to a job at NASA! Deputy Team Chief Rebekah Sosland Seigfreidt helped develop, manage and drive two Mars Rovers from the Propulsion Laboratory back here on Earth. She encouraged the girls to believe that maybe the sky and beyond offer no limits! The WT girls' softball team helped with the festivities and shared some of their personal stories of hardships and success. TTUHSC's Tim Bowles shared stories about kid's mental health challenges and solutions for moms and girls. There were glow-in-the-dark t-shirts, amazing door prizes and a Zumba class!



DAY OF THE WOMAN

An impressive gathering of approximately 300 businesswomen and men celebrated the Day of the Woman, where scientific information on women's hormones and their connection to nutrition was shared. Deborah Clegg, Ph.D., expertly answered questions regarding the challenges of maintaining good health. Shifting the focus to physical fitness and exercise, Jentry Williams, DPT from Reform Pilates, highlighted the importance of strong muscles in providing stability, joint protection, and increased stamina and balance. The evening was further elevated by a delightful dinner, informative handouts, and exciting door prizes.

AMARILLO

LUNCH 'N LEARN

"Keep Calm and MERRY On: Untangling Your Mental Tinsel" was the aptly titled program that drew a full house of 120 attendees to explore strategies for managing holiday stress. Dr. Amanda Mathias from the Meadows Mental Health Policy Institute delivered a meaningful and humorous presentation, preparing women for the challenges of the festive season. Her recommendations encompassed alternating time-consuming family traditions, sharing responsibilities with the next generation, and prioritizing the spirit of the holiday over food and decorations.

LUNCH 'N LEARN

"Paint Your Way to Better Mental Health" captivated a packed room as 120 guests embarked on an artistic journey of self-expression. Led by Christian Bressler, the group reveled in the creative activity while savoring personalized charcuterie bowls. The goal was to inspire each participant to find an artistic outlet for engaging their imagination, whether it be painting, cooking, visiting museums, exploring visual and performing arts, or embracing music. Guests departed with their unique creations, feeling motivated to pursue a healthy and fulfilling artistic passion.



CANYON



TEXAS TECH PHYSICIANS OBSTETRICS + GYNECOLOGY CLINIC

After four years of negotiations and planning, the Texas Tech Physicians Obstetrics + Gynecology clinic opened its doors in Randall County and Canyon, putting an end to the scarcity of OB/GYN services. The fully-staffed women's health clinic, led by Dr. Teresa Baker, already served eighty patients before its official opening, highlighting the community's urgent need for such services. The Laura Bush Institute's support played a vital role in securing partial funding for the clinic. Visitors can watch informative videos, curated by the Laura W. Bush Institute's Sex & Gender Medicine team, while in the waiting room of the clinic. These Videos shed light on biological sex difference in medical conditions.

CANYON

BUFFALOES NIGHT OUT

The program at West Texas A&M University highlighted mental and physical health and safety. TTUHSC's Dr. Stephanie Moses, a psychologist and professor, encouraged students to look within and define themselves in a positive and accepting way. Everyone has doubts and insecurities and if they become overwhelming, students will benefit from counseling and possibly medication. She encouraged everyone to share their thoughts and feelings with others and live with good intentions and confidence.

To increase personal safety, retired Amarillo Police Department Sergeant Strecia McCaig described the importance of situational awareness. The best way to avoid an accident or assault is to be very aware of your surroundings, avoid being alone after dark, and don't get distracted by your phone.

The evening culminated in craft tables with students potting small succulent plants, creating interesting signage and making Morse-code jewelry.



CORPUS CHRISTI

ISLANDERS NIGHT OUT — A&M

Dr. Stephanie Moses, a psychologist from TTUHSC, delivered an insightful session titled "Living Intentionally" to nearly 400 incoming freshmen at Texas A&M University Corpus Christi. The students actively engaged in the discussion, posing thoughtful questions during the Q&A session. It was heartening to witness their genuine interest in the topic, as many students approached Dr. Moses afterward to continue the conversation and seek further guidance. This positive response reinforces our observation that events addressing mental health topics are well received and often necessitate additional support, such as answering questions or providing references to counselors.



CORPUS CHRISTI

JAVALINA'S NIGHT OUT — A&M KINGSVILLE

Dr. Stephanie Moses and Alonzo Jones delivered impactful presentations to over 350 students from Texas A&M University Kingsville. Dr. Moses addressed "Living Intentionally" to a mixed audience, while Jones focused on promoting respectable masculinity for male attendees. Initially planned as separate sessions for girls and boys, the event turned into a dual opportunity as both genders attended both presentations. The decision to merge the sessions proved beneficial, fostering meaningful discussions and providing students with a comprehensive perspective. The university's flexibility in adapting the event format to accommodate the interests and needs of the students resulted in a successful and inclusive experience.



DAY OF THE WOMAN

At Texas A&M University Corpus Christi, Dr. Jim Ray from M.D. Anderson delivered a compelling presentation on innovative advancements in Alzheimer's disease, including upcoming treatments. Jentry Williams, a DPT from Reform Pilates, provided motivating tips on the mental health benefits of exercise to approximately 250 attendees. The event also featured resource tables and community market resources, offering valuable information to the guests. It's worth noting that dementia is a symptom while Alzheimer's is a disease. Exciting developments are on the horizon regarding early-stage diagnosis and treatment, bringing hope for improved outcomes.



GIRL POWER; YOU GLOW GIRL

Four underserved middle schools collaborated to host a fun event. Dr. Amy Stark addressed self-esteem and relationships while Candy Gibbs from Hope + Choice provided mothers with crucial information and resources to protect their children from online and smartphone-related social dangers. The event drew nearly 300 attendees who enjoyed various activities, including food, photos, Zumba, Judo, and the chance to win door prizes. Both attendees and volunteers expressed their desire to see the event repeated, with discussions underway to expand it to more schools and a larger venue in 2024.



LUBBOCK

FEED YOUR MIND

Debbie Clegg, Ph.D., shared her wisdom at an insightful luncheon titled "How sex hormones affect what you eat, think, and feel!" In her presentation, she delved into the impact of estrogen on various aspects of women's lives, including brain chemistry, metabolism, fat distribution, cardiovascular system, and mental health. Based on her research, Dr. Clegg emphasized the need for a distinct approach to improving women's lives, recognizing the unique influence of sex hormones. Her findings shed light on the importance of understanding and addressing these factors to enhance women's well-being effectively.



FEED YOUR MIND; BLESS YOUR HEART

The "Bless Your Heart" luncheon, featuring Dr. Janet Mitchell, focused on women's heart health in honor of National Heart Health Month. Attendees were surprised to discover that cardiovascular disease can begin as early as pregnancy, with complications like excess weight and high blood pressure serving as early warning signs. Dr. Mitchell highlighted the progression of heart disease in women, while Prim Naegele shared her personal experience of having a heart attack at the age of 42. Unfortunately, her diagnosis and treatment were delayed for nearly three weeks due to disbelief from medical professionals. The group of over 150 women, realized the importance of recognizing early signs, seeking timely diagnosis, and receiving appropriate care for heart disease. Attendees were encouraged to be assertive and communicate their symptoms accurately to medical professionals until they receive the necessary care they deserve.



LUBBOCK

COMMUNITIES IN SCHOOLS

The Laura Bush Institute, in collaboration with medical students from Texas Tech University Health Sciences Center and representatives from Communities in Schools, joined forces to support 6th-8th grade girls at Cavazos Middle School. Together, they addressed essential topics such as hygiene, self-esteem, and puberty. This partnership aimed to provide these young girls with important knowledge and guidance during a crucial phase of their lives. By focusing on these subjects, the initiative sought to empower and equip the girls with the necessary tools for healthy development and increased confidence.



WOMEN'S HEALTH DAY

The Laura Bush Institute provided valuable support during the Lubbock Impact event by offering a day of free preventative care for women. Medical students from various disciplines, including nursing, medicine, pharmacy, and social work, volunteered their time and expertise to provide these essential services. This collaborative effort aimed to ensure that women in the community had access to important preventative healthcare measures, promoting their overall well-being.

MULESHOE

GIRL POWER; YOU GLOW GIRL

The exuberant atmosphere in Muleshoe was nothing short of electrifying as approximately a hundred tween-age girls gathered for our GiRL Power event. With glow sticks and black lights creating a vibrant ambiance, the attendees enjoyed a delightful blend of food, crafts, team-building activities, and exciting door prizes. Marcy McKay, a beacon of resilience after overcoming the adversity of a devastating fire, shared her inspiring journey with the audience. Dr. Teresa Baker, on the other hand, emphasized the value of nurturing relationships and maximizing their potential with parents, family, and friends. The event left a lasting impression on the girls, igniting their inner glow and empowering them for future endeavors.



PERMIAN BASIN

BOARD OF REGENTS RECEPTION

Texas Tech University Health Sciences Center's School of Health Professions hosted the Texas Tech University System Board of Regents for a preview of the new PA building in Midland. The Dorothy and Todd Aaron Medical Science Building at Midland College features a cutting-edge facility with a simulation center, classrooms, and study areas. The building offers expanded degree choices for undergraduates and graduates to meet Texas' healthcare workforce needs. Programs like Healthcare Management, Alcohol and Drug Abuse Counseling, Emergency Medical Services, Respiratory Care, and the highly sought-after Master of Physician Assistant cater to this demand.



THE WONDER GIRLS

The Laura Bush Institute supported the Crisis Center of West Texas's 7th Wonder Girls Camp, emphasizing STEM education, empowerment, and growth. Activities included drone piloting, coding, kickboxing, and a visit to Chevron's tech facilities. Girls engaged in robotics, chess, and art with 8020edu mentors, learning communication, conflict resolution, and self-esteem. The camp ended with a Chevron field trip, featuring panels, mentorship, and exciting STEM encounters, highlighted by watermelon explosions and camaraderie.



MENTAL HEALTH LUNCHEON SERIES

The Institute helped organize the "OK to SAY" luncheon series to benefit the Centers for Children and Families.

2022: Following the successful "Stop Minding Your Own Business" Luncheon featuring Terry Bentley Hill in 2021, the Institute invited Dr. Amanda Mathias from the Meadows Mental Health Institute to address the next step, focusing on the question, "How can I Help?"

2023: The Institute welcomed Dr. Sarah Wakefield, Chairman of the Department of Psychiatry at TTUHSC, as the keynote speaker. Dr. Wakefield's presentation centered around the theme "Mental Health and Me – Am I okay?"



SAN ANGELO

GIRL POWER

In January, we hosted GiRL Power, an empowering event for 3rd-5th grade attendees and influential women in their lives. Over 150 participants joined us to hear keynote speaker Julie Schniers, author Amy Weatherly, and Miss Texas candidate Landry Champlin discuss topics like self-esteem, healthy relationships, and overall well-being. Dr. Trey Holik from Angelo State University led a breakout STEAM presentation, while local professionals Dr. Leana Talbott and Dr. Sara Halfmann shared insights on navigating challenges faced by girls and promoting mental and physical health. The community showed tremendous support, donating over 35 raffle prizes for the girls and power women to enjoy. This event was a true success, leaving a lasting impact on all involved.



WEST TEXAS HUNGER PROJECT

The institute joined the Baylor Collaborative on Hunger and Poverty to host the 10th Annual West Texas Hunger Summit. Focusing on the theme "Hunger and Health," the event featured interactive sessions and speakers addressing food insecurity's impact on vulnerable populations and their health. Keynote speaker Francine Blinten, a Certified Clinical Nutritionist from Connecticut, delivered an impactful address. The summit also included sessions by the CHEF leadership team, who shared nutrition education and practical cooking skills for children and families. Dr. Dinah Cummings and Jessica Theimer provided additional nutrition tips. The West Texas Hunger Summit served as a valuable platform for discussions and insights into the connection between hunger and health, making a lasting impression on attendees.



MAMMOGRAPHY PROGRAM FOR WEST TEXAS

In partnership with Shannon Medical Center, our Mammogram Program has had a significant positive impact on the lives of numerous women in San Angelo and the surrounding counties. This program provides women with access to crucial care, including cancer detection, at absolutely no cost. Since its inception in 2011, the Mammogram Program has assisted over 4,848 women in the Concho Valley, with over 6,427 diagnostic services performed, leading to the detection of 117 breast cancers.

Additionally, we offer a breast cancer treatment fund that covers the costs of treatment for qualifying patients following their diagnosis. This program ensures that women in need receive the necessary support and resources to combat breast cancer effectively. Our commitment to enhancing the well-being of women in our community remains steadfast through these initiatives.

EXPRESSING GRATITUDE TO OUR HOSPITAL PARTNERS:

Together, Advancing Our Shared Mission



"Empowering Women, Strengthening Communities, and Fostering Education:
Building a Brighter Future Together in Lubbock!"



"Improving Women's Health: Building Knowledge,
Access, and Compassionate Care for All."



"Advocating for Women's Health By Offering
Unique Primary Prevention Services."



"Uniting Against Cancer: Pioneering Research and Gentle
Therapies for Women's Wellbeing."

UPCOMING EVENTS



Love Comes First

— A BUSH SISTERS BOOK TOUR —

THURSDAY
NOVEMBER 2, 2023

5:30 PM VIP
7:00 PM - 9:00 PM Dinner
Petroleum Club of Midland
MIDLAND, TEXAS

FRIDAY
NOVEMBER 3, 2023

10:00 AM VIP
11:30 AM - 1:00 PM Luncheon
The Overton Hotel & Conference Center
LUBBOCK, TEXAS



*Join us as Jenna and Barbara reveal
personal family stories that inspired them
to write "Love Comes First"!*





DAY OF THE WOMAN AMARILLO ●●●

KEVIN HINES

#BeHereTomorrow

CRACKED NOT BROKEN - SURVIVING AND
THRIVING AFTER A SUICIDE ATTEMPT

●●● **FEBRUARY 6, 2024**

Registration : 5:30 PM

Program: 6 - 8:00 PM

Amarillo Civic Center — Amarillo, Texas

MARCUS LUTTRELL

THE LONE SURVIVOR

APRIL 2, 2024

11:00 AM - 1:00 PM

MCNEASE CONVENTION CENTER
SAN ANGELO, TEXAS



POWER OF THE PURSE

— *presents* —

BEN CARSON

RETIRED NEUROSURGEON,
ACADEMIC, AUTHOR,
AND POLITICIAN

APRIL 18, 2024

PURSE AUCTION 10:30 AM

LUNCHEON 11:30 AM

Amarillo Civic Center

Amarillo, Texas



Beth Holloway

A TESTIMENT OF HOPE & FAITH



Mother of Natalee Holloway,
Author, and Veteran Educator



MAY 1, 2024

6:30 PM

ABILENE COUNTRY CLUB
ABILENE, TEXAS

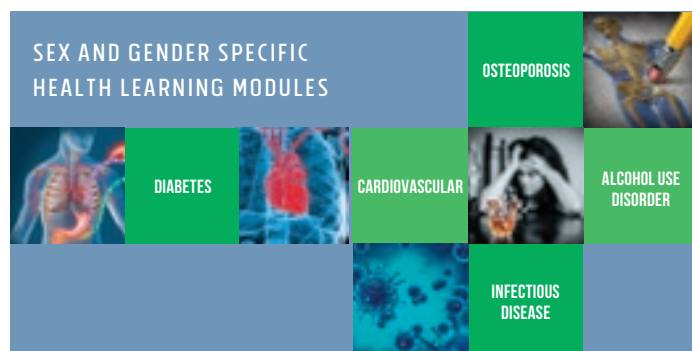


Our educational, web-based resource enjoyed growth and expansion over the past seven years with **current usage in 284 institutions across 35 countries!**



The **Learning Modules** provide tutorials in sex and gender differences for Osteoporosis, Diabetes, Cardiovascular Disease, Alcohol Use Disorder, and Infectious Disease.

Utilizing the latest VR technology, **VxMED** creates interactive clinical patient encounters, each of which features a unique 3D patient exhibiting the life-like symptoms of important diseases for medical students to master.



*The SGSH Learning Modules were created by inter-professional teams of faculty and students to aid in the integration of sex and gender difference education into existing healthcare curricula. **Some medical schools are documenting and reporting the use of the SGSH Learning Modules as part of their LCME accreditation process.** See the SGSH home page for more information.*

The **Video Library** adds new topics quarterly, and these three-minute educational visuals cover more than twenty-five topics. Featuring important information on sex differences in many medical conditions, they have become popular in clinic waiting rooms. All videos can be found on our YouTube channel.

SEX AND GENDER SPECIFIC HEALTH MICRO MODULES

These micro modules provide a quick overview of the sex and gender differences in specific disease states and conditions. For more in-depth clinical information, users are directed to the Learning Modules and Slide Library.



The **Slide Library** consists of PowerPoint presentations designed to be a resource for faculty to introduce and reinforce the importance of sex- and gender-based medical research in a variety of health topics. The slide sets can also be used as a study aid for students.



Through June, 2023

Unique page views	111,920
New users for learning modules	2,621
Number of Medical School users	449



284 Different Institutions

Laura W. Bush

INSTITUTE *for* WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

The Laura W. Bush Institute for Women's Health is active in communities across Texas, empowering women through health symposiums that enlighten and inspire them to expect nothing less than personalized medicine because health should be individually inspired.



Left to Right: Angela Knapp-Eggers, Elisa Brown, Kimberly DeVisser,
Prim Naegele, Pearl Merritt, Liberty-Grace Bland, Sandy Fuglaar,
Amanda Goodrick, Cyndy Morris, Ashley Forti, Connie Tyne
Not pictured: Dinah Cummings, Mackenzie Davis



With grateful hearts we say so long to Elisa Brown, M.D., who has served as Regional Director in the Permian Basin since 2019. Dr. Brown's legacy includes building our PB Community Advisory Board, speaking for many audiences about women's health issues, and leading the Teen Pregnancy Prevention program that substantially reduced unwanted pregnancies for girls in Ector county. She is a visionary, a fantastic physician, and a dear friend.

Laura W. Bush

INSTITUTE *for* WOMEN'S HEALTH
TEXAS TECH UNIVERSITY HEALTH SCIENCES CENTER

