

Uptown News Beat

VOLUME 30 ISSUE 5

JANUARY 2014

JANUARY IS NATIONAL RESOLUTION MONTH

Resolution #1—Be Someone’s Mentor – Be Someone Who Matters To Someone Who Matters. (I’ve seen this ad) Mentoring works. Learn more about mentoring in your community. www.nationalmentoringmonth.org www.bpwfoundation.org

Resolution #2—Donate Blood —You don’t need a special reason to give blood. You can need your own reason – asked by a friend, a family member might need blood, it is the right thing to do. Whatever your reason, the need is constant and your donation is important for maintain a health and reliable blood supply. You’ll feel good knowing you’ve helped change a life. www.redcross.org

Resolution #3—Get Your Eyes Checked for Glaucoma – Glaucoma is called “the sneak thief of sight” since there are no symptoms and once vision is lost, it’s permanent. As much as 40% of vision can be lost without a person noticing.

Glaucoma is the leading cause of *preventable* blindness. Glaucoma is a group of eye diseases that gradually steal sight without warning. Vision loss is caused by damage to the optic nerve. This never acts like an electric cable with over a million wires. It is responsible for carrying images from the eye to the brain. There is no cure—yet. However, medication or surgery can slow or prevent further vision loss. www.glaucoma.org

Resolution #4— Stalking Awareness Month – 10th Anniversary is January 2014. The Stalking Resource Center of the National Center for Victims of Crime is pleased to continue our partnership with the Office on Violence Against Women. The fact that 6.6 million adults are stalked in the United States in one year demonstrates that there is still much to do. www.stalkingawarenessmonth.org

Just a few of the “January is National Month”. Submitted byShirley Harris

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C A L E N D A R

Jan 8th—Sherry Rice, FBI—Speaking about Human Trafficking—Program Meeting Noon. Petroleum Club

**HAPPY
NEW
YEAR!!**

Jan 22nd Business Meeting— Noon—Petroleum Club

The mission of this organization is to equip all women for success in the workplace through education and Information And to recognize and honor the accomplishments of working women.

COMMUNITY PROJECTS.....NOV. 13, 2013



Uptown member and Community Projects member Stacy Nelson presents a check in the amount of \$1,500 to Ben Wall with Unlock Ministries

Thank YOU! Thank YOU! Uptown BPW Club!

Stacy,

Please pass along our gratitude and appreciation for the Uptown Business and Professional Women's Club's support and donation to Unlock Ministries and our effort to help underserved leaders reach their God given potential as difference makers in Midland and beyond.

At our weekly mentoring program, Op Champs, we serve over 150 students & mentors as they gather in small groups for prayer, support and encouragement. Your financial support will provide several weeks worth of food!

One of the stories that I love to tell about our mentoring program is the diverse ways that kids are impacted! One child was struggling with a bad attitude at home and at school her report card and citizenship grades were slipping quickly. After enrolling in Op Champs, something changed in her. The love, encouragement, prayer and support galvanized her spirit and reminded her of what she was capable of. Since last fall, she's on the A honor roll and hasn't missed a week of Op Champs!

We expect that someday she'll be able to tell her story to other kids struggling to overcome their challenges. We believe that empowering young leaders is a "game changer" in their story and the story of Midland. Who knows what will come out of our persistent efforts to love kids.

Thanks again for your partnership with Unlock Ministries.

Merry Christmas!! bw (Ben Wall)

MEMBERSHIP RENEWALS

NOVEMBER::

Jessica Breiten
Glenna Haskell
Patti Humphrey
Jillian Lellis

JANUARY:

Mona Bethany
Diane K. Browne
Irmalee Ingrham
Glenda Knox

Please check your email for .your invoice .

If you have any questions or did not receive a renewal notice, please contact the Membership Chair -

Mona Bethany

mona@tbobamthor.com

COMMUNITY PROJECTS.....DEC. 13, 2013

On December 13, 2013 Up-town BPW donated many requested items to **Safe Place of Midland**. We contacted Safe Place to learn what items they needed and members donated over 2 dozen pillows, 2 boxes of shampoo, conditioner, body wash and lotion, several dozen clean T shirts (for sleeping), socks, new packages of underwear for women, girls and boys and twin sheets..

On December 13th Shirley Harris and Stacy Nelson met at Safe Place and delivered these items to Safe Place Volunteer Donations Coordinator Renae Arledge.



A few of the t-shirts (above)
Packages of new underwear for women, girls and boys (right)



A few of the bottles of shampoo and conditioner

Lots of Pillows, T Shirts,, Twin Sheets, Shampoos, Conditioners, Body Wash, Socks, New Undies



A few pairs of short socks

Way
To
Go
Ladies!



SALLIE KRAWCHECK: Networking Isn't About Making Friends

Are men better networkers than women? A [Linkedin study from 2011](#) found that men are more savvy than women at networking online.

Anne Fulenwider, editor-in-chief of Marie Claire magazine, recently had this conversation with Amy J.C. Cuddy, assistant professor at Harvard Business School and [famed TED speaker](#).

"Amy said that women are known to be sociable and men are known to be not [as sociable], so when men go out of their way, they're given bonus points," Fulenwider told Business Insider. In short, when women network aggressively, they're believed to be doing it solely to gain career trajectory, said Fulenwider, but when men go out of their way, it is perceived to be genuine.

This was seen in a case study conducted by Columbia Business School more than a decade ago when researchers asked students what they thought of venture capitalist and legendary networker Heidi Roizen. The researchers found that students deemed her "[more selfish and less desirable](#)" than the fictional subject Howard Roizen, who had the exact same credentials and contacts as Heidi. Basically, Heidi was given a lower likeability rating than Howard for no other reason than being a woman.

Does society view career-minded women too harshly, or are men just better at charming the crowd? And if it's the latter, what are women doing wrong?

According to Wall Street powerhouse Sallie Krawcheck, it all comes down to casting a wider net and thinking broadly, instead of deeply. This means networking and connecting with as many people as possible — especially those outside of your industry. You need to put yourself out there, said Krawcheck, but you don't have to become good friends with everyone you meet. And this is where women, in particular, run into trouble.

"Women tend to fall into the 'best friend syndrome.' We invest deeply in our friendships and conflate casual relationships with shallow ones," [Krawcheck wrote](#) in Marie Claire's November issue.

This is unnecessary and impractical. You can't spend time grabbing coffee with every person you meet. "Loose connections are the connections you need. It's the No. 1 rule of business," Krawcheck said last week at Marie Claire's luncheon for the "[New Guard](#)," a group of women who are deemed masters at turning contacts into opportunities. Krawcheck told the audience how a loose connection she met nine years ago led her to buy 85 Broads, a global women's network, this year.

Someone you see twice a year may know of opportunities you don't, said Krawcheck, and if you've made a good impression and put yourself out there, they'll likely think of you. But how do you ensure that you're making a good impression or that people will think of you when opportunities arise?

"It's all about being present in the moment, having a genuine interest in this person, and understanding why they're interested in the field that they are in," said Fulenwider. "You don't have to make this person your best friend, it doesn't have to be the most meaningful connection," but it does need to be a genuine one, she said.

Read more: <http://www.businessinsider.com/how-women-can-network-more-effectively-2013-11#ixzz2mXfCTqyq>

Submitted by Patti Humphrey

Some with Alzheimer's find care in far-off nations

Some experts say uprooting people with Alzheimer's will add to their sense of displacement, though others say quality of care is more important than location.

[CHIANG MAI, Thailand](#) — Residents of this facility for people with Alzheimer's disease toss around a yellow ball and laugh under a cascade of water with their caregivers, in a swimming pool ringed by palm trees and wind chimes. Susanna Kuratli, once a painter of delicate oils, swims a lap and smiles. Watching is her husband, Ulrich, who has a heart-rending decision: to leave his wife of 41 years in this facility 5,600 miles from home, or to bring her back to Switzerland. Their homeland treats the elderly as well as any nation on Earth, but Ulrich Kuratli says the care here in northern Thailand is not only less expensive but more personal. In Switzerland, "You have a cold, old lady who gives you pills and tells you to go to bed," he says. Kuratli and his three grown children have given themselves six months to decide while the retired software developer lives alongside his 65-year-old wife in Baan Kamlangchay — "Home for Care from the Heart." Patients live in individual houses within a Thai community, are taken to local markets, temples and restaurants, each with three caretakers working in rotation to provide personal around-the-clock care. The monthly \$3,800 cost is a third of what basic institutional care would come to in Switzerland.

Kuratli is not yet sure how he'll care for Susanna, who used to produce a popular annual calendar of her paintings. But he's leaning toward keeping her in Thailand, possibly for the rest of her life.

"Sometimes I am jealous. My wife won't take my hand but when her Thai carer takes it, she is calm. She seems to be happy," he says. "When she sees me she starts to cry. Maybe she remembers how we were and understands, but can no longer find the words."

Spouses and relatives in Western nations are increasingly confronting Kuratli's dilemma as the number of Alzheimer's patients and costs rise, and the supply of qualified nurses and facilities struggles to keep up. Faraway countries are offering cheaper, and to some minds better, care for those suffering from the irreversible loss of memory.

The nascent trend is unnerving to some experts who say uprooting people with Alzheimer's will add to their sense of displacement and anxiety, though others say quality of care is more important than location. There's also some general uneasiness over the idea of sending ailing elderly people abroad: The German press has branded it "gerontological colonialism."

Germany is already sending several thousand sufferers, as well as the aged and otherwise ill, to Eastern Europe, Spain, Greece and Ukraine. Patients are even moving from Switzerland, which was ranked No. 1 in health care for the elderly this year in an index compiled by the elderly advocacy group HelpAge International and the U.N. Population Fund.

The Philippines is offering Americans care for \$1,500 to \$3,500 a month — as compared to \$6,900 the American Elder Care Research Organization says is the average monthly bill for a private room in a skilled nursing U.S. facility. About 100 Americans are currently seeking care in the Philippines but more facilities are being built and a marketing campaign will be launched in 2014, says J.J. Reyes, who is planning a retirement community near Manila.

Facilities in Thailand also are preparing to attract more Alzheimer's sufferers. In Chiang Mai, a pleasant city ringed by mountains, Baan Kamlangchay will be followed by a \$10 million, holiday-like home scheduled to open before mid-2014. Also on the way is a small Alzheimer's unit within a retirement community set on the grounds of a former four-star resort. With Thailand seeking to strengthen its already leading position as a medical tourism and retirement destination, similar projects are likely.

The number of people over 60 worldwide is set to more than triple between 2000 and 2050 to 2 billion, according to the World Health Organization. And more are opting for retirement in lower-cost countries.

"Medical tourism" has become a booming industry, with roughly 8 million people of all ages seeking treatment abroad annually, according to the group Patients Without Borders.

Happy Happy Birthday!!



January Birthdays

- 1/1 Bobbie Graves
- 1/24 Tiffany Blakely



Alzheimer's Cont'd

The U.K.-based Alzheimer's Disease International says there are more than 44 million Alzheimer's patients globally, and the figure is projected to triple to 135 million by 2050. The Alzheimer's Association estimates that in the U.S. alone, the disease will cost \$203 billion this year and soar to \$1.2 trillion by 2050.

The pioneering Baan Kamlangchay was established by Martin Woodtli, a Swiss who spent four years in Thailand with the aid group Doctors Without Borders before returning home to care for his Alzheimer's diagnosed mother.

Wanting to return to Thailand and knowing that Thais traditionally regard the elderly with great respect, he brought his mother to Chiang Mai, where she became the home's first "guest." Woodtli never uses the word "patient."

Over the next 10 years, the 52-year-old psychologist and social worker purchased or rented eight two-story houses where 13 Swiss and German patients now reside. Two people normally share the modest but well-kept, fully furnished houses, each sleeping in a separate bedroom along with their caretaker.

Breakfast and lunch are eaten together at another residence where Woodtli, his wife and son live. On most afternoons, the group gathers at a private, walled park to swim, snack and relax on deck chairs. Regular outside activities are organized because he believes these stimuli may help delay degeneration.

"Movement is important. Tensions are also relieved if they have freedom to move. Our carers allow our guests a lot of space as long as it does not pose a danger to them," he says. "In Switzerland we don't have opportunity for such care."

He says his guests "cannot explain it, but I think they feel part of a family, a community, and that is very important." recognize his wife.

Nearby, Manfred Schlaupitz, a former Daimler-Benz engineer in his 70s, lies back in a deck chair, cradling a stuffed toy lamb. His caregiver, Kanokkan Tasa, sits on the grass beside

him, gently massaging his legs and tickling his chin. She has been with him for six years, eight hours a day and earlier cared for Woodtli's mother.

"If you think of it as a job it's very difficult," she says, "but if it comes from the heart, it is easy."

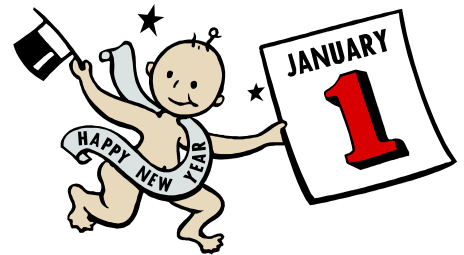
She came to the home with no formal nursing training.

"I felt pity for them and asked myself, 'If I was stricken with Alzheimer's, how would I want to be cared for?'" she said.

The 32-year-old woman communicates in Thai, German, English and her native tribal language but most importantly, she says, through eye and physical contact and displays of emotion. Like a number of Alzheimer's victims, Schlaupitz responds well to music. Sometimes they sing one of his favorite songs: "Yesterday."

Submitted by Mona Bethany

Happy
Happy
New
Year!!!



UPTOWN MIDLAND

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Women
Helping
Women

www.midlandbpw.org



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