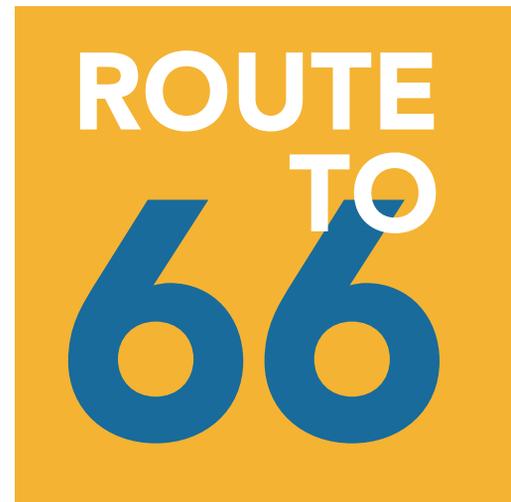


# SENIOR FOCUS

SUMMER 2020

SAN JACINTO COLLEGE<sup>SM</sup>





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Questions about San Jacinto College programs and services described in this publication should be directed to the Contact Center at 281-998-6150. Comments or questions about the publication can be directed to the San Jacinto College Marketing, Public Relations, and Government Affairs Department at 281-998-6152.

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## About San Jacinto College

Surrounded by monuments of history, evolving industries, maritime enterprises of today, and the space age of tomorrow, San Jacinto College has served the citizens of East Harris County, Texas, since 1961. San Jacinto College is among the top 10 community colleges in the nation as designated by the Aspen Institute for Community College Excellence, and was named an Achieving the Dream Leader College of Distinction in 2020. The College serves approximately 45,000 credit and non-credit students annually, and offers more than 200 degrees and certificates across eight major areas of study that put students on a path to transfer to four-year institutions or enter the workforce. San Jacinto College's impact on the region totals \$1.3 billion in added income, which supports 13,044 jobs. The College is fiscally sound, holding bond ratings of AA and Aa2 by Standard & Poor's and Moody's.

For more information about San Jacinto College call 281-998-6150, visit [sanjac.edu](http://sanjac.edu), or join the conversation on Facebook and Twitter.

SeniorFocus is published three times a year by San Jacinto Community College District, 4624 Fairmont Parkway, Suite 210, Pasadena, Texas, 77504, in partnership with Academic Marketing Services.

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## San Jacinto College Foundation launches fundraiser to assist students in need

During these unprecedented circumstances, the San Jacinto College Foundation invites the community to participate in its 2020 Gala with a Twist fundraiser, assisting students by providing vital resources.

For this year's campaign, 100 percent of proceeds will benefit San Jac students with immediate needs. Donations will offset the cost of tuition, books, food, clothing, transportation, and child care for student recipients who have found themselves in unexpected circumstances and need urgent assistance, particularly during these uncertain times.

"Fortunately, this year's gala was planned as an online campaign, so we've been able to continue our efforts amidst the evolving COVID-19 situation, which is directly impacting so many of our students in complex ways," said Ruth Keenan, the foundation's executive director. "Taking a break from our traditional dinner event allows us to eliminate costs and focus on what matters most—helping our students succeed."

The foundation serves more than 30,000 students each year and has awarded more than 12,000 scholarships over the past decade to help San Jac students reach their educational goals.

Community members wishing to contribute to this year's Gala with a Twist fundraiser can learn more about the campaign and can donate at [sanjac.edu/twist](http://sanjac.edu/twist) or by calling 281-998-6104.

## San Jacinto College transitioning to altered operations during COVID-19

The College has moved to online and hybrid course delivery as part of altered operations necessitated by the evolving coronavirus (COVID-19) situation. The San Jacinto College Board of Trustees approved the resolution in a special meeting on March 17, 2020.

The altered operations began Monday, March 23, 2020, including:

- All general education courses are being delivered online for the remainder of the spring semester.
- All technical courses are being delivered as possible, with an extension of the end of term planned to allow for necessary in-person instruction and testing.
- College staff are working remotely as of Friday, March 20, 2020.
- All College facilities are closed. No visitors and no students other than those with appointments who have completed the screening process are allowed.

"We understand that this is an unprecedented situation for our region, our state, and our country," said Marie Flickinger, chair of the San Jacinto College Board of Trustees. "The health and safety of our students, employees, and community is most important. The board is amazed at the work completed by the faculty, staff, and administrators who have worked tirelessly this week to ensure that we have a plan in place to help our students complete this semester and to keep College operations running in this altered operations period."

The College has set up [sanjac.edu/coronavirus](http://sanjac.edu/coronavirus) to keep students, employees, and the community informed during this altered operations period. Additional information may also be distributed to students through Blackboard.

The resolution remains in effect until it is rescinded by the board of trustees.



## San Jacinto College launches Bachelor of Science in Nursing

San Jacinto College is launching a Bachelor of Science in Nursing (RN-to-BSN) program this fall at the Central Campus. The program answers the call of area workforce needs while fitting RNs' busy schedules.

As San Jac's first baccalaureate degree, the program will give the working registered nurse a convenient, cost-effective pathway to marketability and professional growth.

The application period for the first cohort is open now through June 30, 2020.

The hybrid program will combine in-person and distance learning in an eight-week course format, with classes costing the same low tuition rate as San Jac's other credit courses.

In 2010, the Institute of Medicine recommended that 80 percent of RNs hold a BSN degree by 2020. In 2017, the Texas Legislature authorized community colleges to offer workforce-related bachelor's degree programs, including BSN.

Dr. Rhonda Bell, Central Campus dean of health and natural sciences, said the program



"We're nurses. We know how it is to juggle families, school, and work. From the very beginning, we made sure not to lose that vision," Dr. Bell said. "We want the nurses in this community to have the opportunity to return to school, but we also want the school to meet them where they are."

Although the BSN program is designed for one-year completion, students interested in part-time status should contact the department chair.

The program has received all required approvals from the Texas Higher Education Coordinating Board, Texas Board of Nursing, and the Southern Association of Colleges and Schools Commission on Colleges.

For prerequisites, admission requirements, and other information, visit [www.sanjac.edu/bsn](http://www.sanjac.edu/bsn) or email [sanjacbsn@sjcd.edu](mailto:sanjacbsn@sjcd.edu).

# HOW BEL AIR'S JOURNEY FROM FACTORY TO PRESENT INCLUDED SAN JAC PIT STOP



# ROUTE TO '66

By Courtney Morris

**Driving by a Pasadena used car lot in 1997, Bob Kelly spied a curved roof in the back and slammed on the brakes.**

Twenty-four hours later, he pocketed the keys to a 1954 Chevy Bel Air.

Working in NASA's Mission Control Center, Kelly had been searching for a project car for off-the-clock hours. And "Old Blue," as he later dubbed the Bel Air, replicated down to its turquoise paint his family's car when he was a boy. Despite a sun-faded exterior and rust-encrusted bumpers and floorboards, the car represented memories and potential.

## Shop talk

Eighteen months later, reality hit. After overhauling everything under the "rust bucket's" hood, Kelly hit a wall when he got to Old Blue's exterior dings and dents.

"If you're in love with the car, you jump on it," he said. "Later you realize you're in over your head, and you need professional help."

That's when he turned to San Jacinto College. Hearing about another NASA employee who had taken car restoration classes there, he enrolled in evening auto body classes

at the South Campus.

The classes began with a lecture and ended with shop time under the instructor's guidance. With the car roadworthy by now, Kelly often rolled up to the College's shop to de-rust and refinish the exterior.

He earned his grades based on meeting personal goals.

"I made an A in every class—got a 4.0," he said, laughing.

## Road to restoration

At the South Campus, Kelly learned how to do a complete auto body restoration—from sanding the correct way (crosshatch pattern), shrinking/expanding sheet metal, and cutting replacement panels to welding patches. He took Old Blue down to bare metal, protected it, and brought it back again.

"You need professional help," he said. "I'm an amateur, not an auto

## MOTOR SKILLS

Looking to learn auto body skills? While full restorations are no longer available, the San Jacinto College Continuing and Professional Development (CPD) division offers auto body classes such as basic refinishing and structural analysis at the North Campus. For more information, contact CPD at 281-542-2020.

body guy. I would work on an area and then say, 'I'm done, right?' The instructor would say, 'No, you're not even close.'"

Today, Kelly's sweat and precision show. The 66-year-old Bel Air looks as if it's just leaving the factory—from glossy turquoise paint and India ivory roof to polished chrome bumpers and wheels. Kelly credits San Jacinto College.

Continued on page 4



# ROUTE TO 66

Continued from page 3

“The guidance alone was worth a million dollars for me,” he said. “If you’ve never seen it done before—how, for instance, to pull out a dent in the front fender—you don’t know how to do it.”

## Memory lane

Old Blue has won several awards, including best in class at the 2015 Houston AutoRama, and been featured in the lobby of the Houston Auto Show.

Most weekends, Kelly frequents pop-up shows in Pasadena and Kemah parking lots. With red dice hanging from its rearview mirror and sock hop tunes streaming through its speakers, Old Blue rewinds time six decades for spectators.

In fact, it doesn’t take much for Kelly, cruising in the Bel Air, to step back in time himself. One blink, and he is roadtripping with his family once again on the East Coast. While Kelly counts the miles until the next state line souvenir shop, his older brother pops an 8mm camera out the window to document a sunset. From the front, Mom and Dad referee when the two invade each other’s space.

“Old Blue is dedicated to my parents,” he said. “They did so much and never gave up on me. Thank you, Mom and Dad!”

*Pre-restoration photos courtesy of Bob Kelly/Current photos by Courtney Morris, San Jacinto College.*



# ‘WOMEN AND WEALTH’

ENCOURAGES GETTING HEAD START ON YOUR FUTURE

By Courtney Morris



## Worried about the future? You’re not alone.

For many people, finances rank among top concerns. U.S. women control \$22 trillion of the nation’s personal wealth, and nine out of 10 manage their family’s finances at some point.

Dante Milanesi with MDT Financial Advisors made the case for women to take charge of their future during the recent “Women and Wealth: A Clear View to Retirement” workshop at the San Jacinto College Continuing and Professional Development (CPD) Community Center.

“Make sure what you’re doing today meets tomorrow’s goals,” Milanesi told attendees.

His advice to women: Invest in your financial education, learning everything you can about wealth management. Whether you begin with books, podcasts, or media, start exploring financial/retirement strategies.

“But learn how to filter and interpret the information,” Milanesi said. “Ask questions. Find someone you can trust and talk to them about your financial situation.”

Although his presentation focused on women, Milanesi offers this retirement planning advice for everyone:

## 1 Start with the future.

The best place to start retirement planning is to start.

- **Put your top three hopes and concerns on paper.** Before diving into investment strategies, understand your current needs, then predict your future ones.
- **Be optimistic about your lifespan.** Many people live 20-30 years in retirement. List your current monthly activities and expenses on paper and factor in inflation, unexpected medical issues, etc.

## • Determine your replacement income.

A common target is 80 percent of pre-retirement income. However, everyone’s situation is different.

While some expenses will remain the same, health care costs can be tricky to predict, so Milanesi provides some ballpark numbers. Referring to Employee Benefit Research Institute data, he says the average couple pays \$273,000 during retirement for health care premiums and out-of-pocket health expenses (or \$147,000 for a woman and \$131,000 for a man).

## 2 Plan, plan, plan.

After envisioning how you want your future to look, flesh out the plan.

First, ask yourself:

- When will you retire?
- When will you receive retirement benefits (Social Security, TRS, etc.)?
- How do you define fun and fulfillment? What activities will you participate in daily, monthly, and yearly?
- What housing expenses will you have?
- Do you support children or parents?

Continued on page 9



# KICKBOXING

By Colton Bennett

**Kickboxing** is a fitness program designed to improve muscle tone and cardiovascular endurance through constant motion and repetition using martial arts techniques. A variety of techniques and some martial arts applications are taught. A black belt program is also offered. For more information, call 281-542-2020 or email [registration.cpd@sjcd.edu](mailto:registration.cpd@sjcd.edu).

# SAN JAC THEATRE

## HELPS VANEK STEP OUTSIDE HER COMFORT ZONE



By Melissa Trevizo

**Tiffany Vanek had never been in a play when she tried out for her first San Jacinto College Central Campus Theatre production four years ago. Now, she has been in five productions and doesn't see stopping for any reason.**

"I originally tried out for the theatre's production of 'Spamalot' as a bonding experience with my daughter," Vanek said. "We both got parts in the play, but she was unable to take hers due to a conflict. I thought, 'Well, I might as well see how this goes.' And the rest is history."

Vanek, a lifelong Houston-area resident, has been a stay-at-home mom for the past 21 years caring for her children who now range in age from 15 to 26.

"It was intimidating getting up in front of all these people who were trained or attending classes for acting," Vanek said. "I never took a class or tried out for anything like this before. It didn't matter to them—everyone was very welcoming."

The San Jacinto College Central Theatre is led by Jerry Ivins, professor of theatre and film, and gives community members the opportunity to express themselves in a safe environment.

"We are welcoming to everyone," said Ivins. "My goal is to make this program not only a success but a safe space where no one ever feels like they are being judged or they are out of place."

It was this attitude and encouragement that helped Vanek with her first starring role.

"In 'August: Osage County,' I was very nervous about the role," Vanek said. "I had a ton of lines to memorize, and I had to be on stage 80 percent of the time. I struggle with anxiety and memory problems, but I really surprised myself with my performance."

Vanek plans on continuing to audition for future productions and encourages others to do the same.

"I think everyone should absolutely audition," Vanek said. "The experience is fun, and it can be a character-building moment."

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**TO LEARN MORE ABOUT THE SAN JACINTO COLLEGE CENTRAL THEATRE, VISIT [WWW.SANJAC.EDU/THEATRE-CENTRAL](http://WWW.SANJAC.EDU/THEATRE-CENTRAL) OR CALL 281-542-2039.**

By Melissa Trevizo

**In a world where it's hard to trust what we see on social media and what comes through our email inbox, how do we keep ourselves protected against predatory online scammers?**

Norberto Valladares, San Jacinto College customer care analyst, offers some tips to avoid being swindled by these con artists and some trends likely targeting senior populations.

## Trending scams

- 1. Calls or emails from the IRS claiming you are being audited.** It is likely that in the case of a true IRS audit, you will receive an official letter. The IRS doesn't initiate contact with taxpayers by email, text messages, or social media channels to request personal or financial information. How to combat it? If you are suspicious, you can call 1-800-366-4484 to verify a claim.
- 2. Spoofing bank emails claiming the subject is in overdraft or experiencing some other issue.** Scammers are becoming especially good at copying "the logo, look, and feel" of your banking institution's official emails, tricking many into believing they are legitimate. The best way to verify if an email is real is to look at the email address. Does it come from your bank's website? You can also call your institution directly to verify the issue.
- 3. Making users install virus or tracking software while downloading something legitimate.** "Let's say you want to download a player for music on to your computer, and there's a bright flashy pop-up that says you are required to also download a secondary program. More often than not, it's going to be spam. Be very careful about what you are downloading and installing," said Valladares.
- 4. The use of ransomware.** "A person could be checking their email, and they receive a message that says all of their secrets have been captured. They will then threaten to release the pictures and messages if they aren't sent a sum of money. DON'T ever fall for these threats," Valladares said. Taking your computer to an expert

# CYBERSECURITY TIPS FOR SENIORS



**How to combat an IRS scammer? If you are suspicious, call 1-800-366-4484 to verify a claim.**

can ensure the presence of such software, where it can then be removed.

Most often, this is a bluff on the part of the scammer.

## Everyday tips to keep you safe

- 1. Don't ever feel threatened.** Scammers will try to come down hard on consumers and threaten them by saying, "We're going to call the police if you don't pay these taxes" or "Your computer is going to die if you don't pay us for this update." You are in control. You have the power to stop and always verify the information.
- 2. Stick to businesses you know are legitimate and that use a secure site.** Look for a lock in the web address bar. This assures that the site you are ordering from protects your privacy.
- 3. Vary passwords to different websites.** It's important to vary the passwords you use for different sites and services. If a hacker does infiltrate your email and you use the same password for banking and credit cards, you'll have a much bigger problem on your hands. Ideally you should change these passwords every six months.
- 4. Always verify any information directly before taking action.** If it sounds too good to be true, or if you are suspicious, take the time to verify with the source before paying someone or giving out your information.



**FOR MORE HELPFUL TIPS, VISIT [SJCblogs.sanjac.edu/its/it-security](http://SJCblogs.sanjac.edu/its/it-security).**



San Jacinto College Honors students in Braumfels, Germany. Photo courtesy of Dr. Eddie Weller, San Jacinto College.

Due to the coronavirus (COVID-19) global outbreak, San Jacinto College is not recommending domestic or foreign travel at this time. This article discusses future travel destinations that may be available once the outbreak has subsided.

# TRAVELING THROUGH TIME IN TEXAS AND BEYOND

By Andrea Vasquez

**One of the most common things on the to-do list of retirees is traveling. Many have big plans for world tours, while others just want to go for short day or weekend-long road trips. If you want to add a bit of historical significance or want to carve out some time to wander the halls of various museums, Dr. Abbie Grubb, San Jacinto College history professor and honors program coordinator, has some suggestions that will appeal to travelers and history buffs alike.**

**Q:** One of the great things about the College's honors program is that each year students go on trips that coincide with what they are studying in particular honors courses. Given the trips you all have been on and what you have coming up, what are some travel suggestions you have for those who want to get out and see a lot more of the Lone Star State and add in some historical value as well?

**A:** For those looking for something not too far from home, the brand-new San Felipe de Austin State Historic Site is a perfect afternoon trip from the Houston area. While there is a nearby state park of the same name, the facility uses many state-of-the-art museum technologies to bring to life the original settlement of San Felipe from the days of Mexican Texas up to and during the Texas Revolution. While the museum is not too large, it hosts regular events, features temporary exhibits, and future plans for the site are quite extensive and impressive.

**Q:** A lot of Houstonians love driving out to the Texas Hill Country for weekend trips away from the city. Do you have any recommendations of some historical places to visit in those areas?

**A:** Not too far from Brenham, Texas, the Washington on the Brazos, Star of the Republic Museum, and the Barrington Living History Farm are located on all the same property. This site is an excellent full day of interesting exhibits and hands-on Texas history opportunities. The Washington on the Brazos portion highlights the role of the site in the declaration of Texas independence and attempts to show what used to be a fairly active and prominent settlement, prior to it being bypassed by the railroads. The Star of the Republic Museum features exhibits about life during the Texas Republic and has traditional museum displays as well as a very hands-on activity room for children to teach about life on the 19<sup>th</sup>-century frontier. The Barrington Living History Farm includes the home of Texan President Anson Jones along with many outbuildings and, of course, animals! The kitchen cooking demonstrations are great for all ages.

The National Museum of the Pacific War in Fredericksburg, Texas, is a great place to see. It's the only museum in the continental U.S. solely dedicated to telling the story of WWII in the Pacific. The museum is huge, so it will take a while to see its entirety. Tickets are good for 48 hours, allowing visitors to explore not only the primary gallery but also a separate section with larger vehicles, combat demonstrations, a peaceful Japanese Garden, and the Nimitz Gallery dedicated to the famous officer himself, Admiral Chester Nimitz, in whose name the museum was originally founded. The museum

hosts events regularly, and its location right off Main Street in historic Fredericksburg makes for a fantastic weekend visit.

**Q:** What would be a great road trip destination for Texas history buffs that takes them even more off the beaten path?

**A:** The farthest destination on my list, but well worth the trip, is the East Texas Oil Museum in Kilgore, Texas. A visit begins with a film about the region's oil history; then visitors can peruse an interesting gallery full of aspects depicting life in the region in the early 20<sup>th</sup> century. Perhaps the highlight of the visit is "Boomtown, USA," a full-scale recreated town from the 1930s with different buildings like a general store, barber shop, local theatre, etc. It is a truly unique gallery for museum lovers.

**Q:** The honors program has also taken students on various educational trips to European destinations, including France, Germany, England, Austria, and the Czech Republic. What suggestions do you have for travelers who want to add some historical sites to their European itineraries?

**A:** For history and culture, Vienna is a must-see. Our students had the opportunity to visit Mozart's home and two Hapsburg palaces, see a performance by the Vienna Boys Choir,



Neuschwanstein Castle in Germany. Photo courtesy of Dr. Eddie Weller, San Jacinto College.

and watch the renowned Lipizzaner Stallions practice. The city is very easy to navigate with public transportation and a Vienna City Pass allows visitors to hit all the major spots for one price.

If Germany is on your list, Berlin, Nuremberg, and Munich have a lot to offer. In Berlin, you'll find the Brandenburg Gate along with other 20th century historical sites such as the emotionally moving Holocaust Memorial and the Checkpoint Charlie museum commemorating the Berlin Wall. Nuremberg is always a favorite, perhaps because it is quintessentially German, with a beautiful old walled city featuring gorgeous churches and buildings all under the watchful gaze of the Nuremberg Castle. Outside the old town are sites related to Nazi-occupied Germany, including Zeppelin Field and the Documentation Center, which is a very thorough museum about World War II in Germany. Munich features everything from ancient Roman history to today's modern era, and of course, any visit to Munich should also include a stop at the world famous Hofbrauhaus Beer Garden.

**Q:** There are a number of visitors who travel abroad to take World War I and World War II

battlefield tours to see, touch, and learn about the wartime eras that changed entire generations around the world. What advice do you have from your experience to these sites?

**A:** Our honors students did a World War I battlefields trip that took us to Albert, France, the Somme Salient, and the St. Mihiel battlefield nearer to Verdun. However, in relation to the WWI historical period along with memorials and battlefield tours, I definitely recommend Ypres, Belgium. The Cloth Hall dominates the center of the old town and dates back to the Middle Ages when the region was a center of textile trade. While it was brought to ruin during WWI, it has been rebuilt to its original design and houses the Flanders Fields Museum, one of the best museums of the WWI era. Every night at 8 p.m., the town comes to a stop for the "Last Post," at the Menin Gate – a tribute to the hundreds of thousands of British soldiers who died in that region during the Great War. This ceremony is a must-see for any visit to the region. I would also recommend a break for a complimentary cup of tea at the Talbot House, a building used as club house



*San Jacinto College Honors students at Hofburg Imperial Palace in Vienna, Austria. Photo courtesy of Dr. Eddie Weller, San Jacinto College.*

and chapel during the war that has remained unchanged since 1918. Outside the town itself are several fascinating sites including the Lijssenthoek and Deutscher Soldatenfriedhof Cemeteries, the Passchendaele Museum, and Sanctuary Wood Museum, all of which are different but give a well-rounded perspective on the fighting that took place between 1914-1918 in that region.

## 'WOMEN AND WEALTH'

Continued from page 4

Next, define tomorrow:

- Plan to and through retirement.
- Understand your top hopes and concerns.
- Identify and discuss goals with a trusted person.
- Put a price tag on retirement.

Finally, write down your plan. This makes "some day" tangible and gives your vision action steps and milestones. Commit to...

- Have important conversations now.
- Develop your plan and review it semiannually.
- Continue learning.
- Use a checklist to measure your progress.

Besides consulting with someone you trust, find a professional financial advisor to help choose the right investments to match your plan. When the stock market plunges, seek counsel from this advisor first rather than cashing out your investments. Keep your eyes on the long-term goal.

"The success of your finances depends on having good budgeting, investing, and exercising discipline to meet your goals," Milanese said.

### 3 Share your wealth.

Multimillionaire or not, you can share your "wealth" with your children and grandchildren, passing on what you've learned about finances.

Workshop participant and retiree Elma Davila wishes today's youth received more lessons in home "economics." Long before retirement looms, she says they should learn to budget and save.

"You have to start somewhere. I don't care if it's a nickel," she said. "Put it aside and don't touch it. You're gonna need it someday."

Davila has no problem sharing her experience. Her 10-year-old grandson, who has been stuffing his piggybank to save for a Ferrari, has probably heard a lesson or two. While his goal might change, Davila feels the principle is spot-on.

## FREE FINANCIAL LITERACY WORKSHOPS

No need to pay for financial tips! Check out these free workshops\* at the CPD Central Campus Community Center, C1.108 (8060 Spencer Hwy., Pasadena, TX 77505):

- **Medicare 101:**  
Wednesday, May 27, 12 p.m.
- **Debt Solutions:**  
Wednesday, June 3, 12 p.m.
- **Estate Planning Basics:**  
Tuesday, June 9, 12 p.m.
- **Women and Wealth (Repeat):**  
Tuesday, June 23, 12 p.m.

\*Workshops may be changed or moved to online format. For updates, call 281-476-1893 or email [community.engagement@sjcd.edu](mailto:community.engagement@sjcd.edu).

"Immediate gratification is big right now," she said. "People need to learn to put money aside rather than spending everything they make."

# GALA

WITH A

# TWIST

**2020 - MEETING STUDENT NEEDS**



Visit [sanjac.edu/twist](http://sanjac.edu/twist)  
or call **281-998-6104** to donate.

 **SAN JACINTO**<sup>SM</sup>  
**COLLEGE**  
FOUNDATION

## DONATE NOW TO HELP OUR STUDENTS

During these unprecedented circumstances, the San Jacinto College Foundation invites the community to participate in its **2020 Gala with a Twist** fundraiser, assisting students by providing vital resources.

### 100% OF PROCEEDS WILL BENEFIT SAN JAC STUDENTS

Donations will help students who are now in unexpected circumstances and need assistance during these uncertain times.

Sponsors and individuals are invited to donate online, by phone, or by mail.

**DONATE NOW  
THROUGH JUNE 1, 2020!**

Just think – your donation will directly fund the urgent needs of our students, and help them to complete their higher education credential.

#### URGENT NEEDS

TUITION

BOOKS

FOOD

CLOTHING

TRANSPORTATION

CHILD CARE

