President's Message

It Is Green: It Is A New Year!

Green up, green thumb, green light, Green Eggs and Ham, green with envy, green cheese, green tea, green horn and more green green green...

We have said our good byes to 2007, and the New Year ahead is sure to include changes and challenges for us as individuals, families and communities and many of the challenges will be "green" challenges. We ended 2007 with many "think green" messages. Green reusable grocery bags are now commonly being sold in markets in my area and I even saw them for sale in Poland.

Recently I saw a news item that high priced designer grocery recycle bags are now being produced and will soon be available. Now to challenge the green bag recycle idea are bags, which sell for 25 cents each and, according to the Save Mart Supermarket chain headquartered in Modesto, CA, are more durable than the standard plastic bags and cost less than the woven polypropylene sacks that were made to comply with new state regulations. The new plastic bag is supposed to hold about 25 pounds of groceries and last for about 20 trips to the store. Many grocery chains are giving customers a small rebate each time they reuse their shopping bags. A recent ad I saw in a community booklet was from a local printing company touting the company's commitment to protect the environment by utilizing soy based inks, recycled papers, and incorporating a new fleet of delivery trucks that feature bio diesel.

In the December 27, 2007 issue of USA Today, an article by Sarah Skidmore discussed eco-friendly funerals including biodegradable recycled paper coffins, natural-fiber shrouds, and natural burials (yes, all are available in California). One group is working on funeral certification programs "to verify the commitment and quality of providers who say they are going natural."

According to an article in the January 11, 2008 USA Today, there is confusion in the hotel industry over what green means and which lodgings are truly eco-friendly. Evidently many hotel companies are hiring environmental specialists and working to quickly develop "a certification program."

The resulting programs will likely involve an inspection, not just a "trusting" or a self-reporting program, and the results will possibly be tied to AAA ratings. (continued on page 4)
SAVE THE DATE!

Submitted by: Margaret Lichty

CA-AFCS Executive Board Members and Board of Directors are urged to mark their calendars for the upcoming spring meetings. A formal Call for the Meeting will be emailed to all Directors by February 1, 2008. Please rsvp to Marge Lichty, President Elect if you will be attending (562-985-7492 or mlichty@csulb.edu).

CA-AFCS Board of Directors Meeting
Saturday, March 8, 2008
9:00am – 4:00pm
Double Tree Hotel (in the Jonne Room)
1985 E. Grand Avenue
El Segundo, CA 90245

CA-AFCS Executive Board Meeting (officers only)
Friday, March 7, 2008
6:00pm – 9:00pm
Double Tree Hotel (in restaurant)
1985 E. Grand Avenue
El Segundo, CA 90245

You may call 310-322-0999 if you need to reserve a room. The rate is $119.00 per night, plus taxes.

There is a free shuttle to and from the LAX airport. After you retrieve your baggage, call 310-322-0999 to request the shuttle for pick-up. There is a free shuttle back from the hotel back to the airport every 30 minutes.

There is free parking across the street from the hotel.

All meals are on your own. There is a nice, inexpensive restaurant in the hotel for your breakfast, lunch, and dinner from 6am to 10pm.

Please Note: All CA-AFCS current members (officers, committee chairs and members, past officers and all members) are invited to attend the Board of Directors meeting. However, please recall that CA-AFCS Policies and Procedures state that executive board members are reimbursed for travel expenses up to $250.00 for spring and fall meetings, district presidents are reimbursed for fall meetings only, and invited committee chairs or other members are reimbursed for either meeting only when specifically invited to attend the meeting to make reports, etc.

If you have any questions, please contact Marge Lichty, President Elect at mlichty@csulb.edu or 562-985-7492.

Thank you.
Advocates for the Elderly (A Volunteer Opportunity)  By: Doris Beard

When did you last visit a relative or friend in a nursing home or assisted living facility? How did you feel about the facility and the care that person received? Perhaps you have had the responsibility for finding a suitable care facility for a relative. That is a very stress producing task.

At retirement, I began to think about what volunteer work I was most suited to do. At a NCD-AFCIS meeting on the topic of Caring for Our Elders, two Long Term Care Ombudsmen were part of a panel, and I decided that was an activity I was capable of doing. FCS professionals have a background of knowledge that is very valuable in this work.

What is a LTC Ombudsman program? The Older Americans Act mandates that every state have an ombudsman program to receive, investigate, and resolve complaints on behalf of residents in skilled nursing facilities and residential care facilities for the elderly. The ombudsman is certified by the state after extensive training on state and federal regulations that apply to long term care facilities and procedures for performing the duties of an ombudsman. Ombudsman services in various regions of California are funded through Area Agencies on Aging. Anyone interested in becoming a volunteer should contact the nearest Area Agency for information on how to contact the appropriate region office.

What does a volunteer LTC Ombudsman do? The short answer is that we work to make quality of life for residents of LTC facilities as good as it can possibly be, but the activities we perform are quite varied. In a typical month, I might do the following:

--Monitor facilities to make sure they are meeting state and federal regulations. If they are not meeting a regulation, I try to get them to do so. If my reminders and urging do not work, I can report their out-of-compliance to the licensing agency which is then required to make an unannounced visit to the facility to verify my complaint. We try to visit facilities weekly or monthly, whereas licensing agencies visit annually or even less often unless they receive a complaint.

--Receive and investigate complaints directly from residents or family members about such things as inadequate care, poor or inappropriate food, staff attitudes. We resolve most of these complaints without having to refer them to the licensing agency, assuring a quicker and less costly to the taxpayer resolution. This usually necessitates getting a release from the resident in order to have access to confidential records and to talk with administrators and other persons who can resolve the problems without violating a resident’s right to confidentiality.

--Investigate reports of suspected abuse of residents by staff, other residents, family members or anyone else. As mandated reporters, ombudsmen as well as all staff members of facilities and any medical professionals are required by law to report suspected abuse. (continued on page 5)
President's Message (continued on page 1)

A thought provoking article on “going green” was in the business section in The Sacramento Bee on January 7, 2008. According to the writer Peter Svensson, consumer electronics are not exactly friendly to the environment as they consume electricity and when they end up in landfills, they leach toxins. The electronics industry is also an industry that continually promotes new cell phones and television products that are regarded as “disposable”. Yes, the industry realizes going “green” can be a powerful marketing tool. New power adapters don’t use as much electricity and batteries are easier to recycle. However, the corn-based material being used in laptops sounds “green” but does not decompose any faster than regular plastic because some of the petroleum-based plastic used for rigidity needs to be processed for recycling after which the corn-based component can biodegrade. Svensson shares that battery technology will hopefully replace the lithium-ion batteries commonly used in today’s laptops and cell phones. The current lithium-ion batteries are recyclable but contain little recoverable material. It is anticipated new batteries will be introduced this summer, contain recoverable material and should have a 20% to 30% higher capacity than lithium-ion laptop batteries. According to Svensson, the EPA will be announcing a campaign with manufacturers and retailers to provide consumers with more places to turn in cell phones for recycling, and the agency estimates the number of unused cell phones sitting in drawers at about 100 million. An innovative solution to reduce the energy a phone charger uses may be a universal power adapter that “talks” to the gadgets to determine their energy needs. While this may cut wasted energy it also may eliminate the need for a different adapter for every phone and other portable gadgets. Svensson concludes that getting manufacturers to make their products compatible is difficult and innovation is happening but no single manufacturer can solve all the problems.

Green conservation, construction and life styles are featured in the business sections of newspapers, at home and garden shows, in home-improvement magazines and more. Daily we have opportunities to learn, analyze, rethink, and respond to the multi-faceted issues of “green”. There are hundreds of resources on the Internet. Yes, as usual, we need to study and discern all resources including those on the Internet. Below is a sample of some possible resources. (These will also be added to our web site resource listing.)

Greenspec: www.buildinggreen.com (a database of about 2,000 environmentally friendly building products)
U.S. Green Building Council: www.usgbc.org
Huge resource bank: http://green.yahoo.com
Energy Star: www.energystar.gov
Build It Green: www.builditgreen.org
American Council Energy-Efficient Economy: www.see.org

As educated professionals concerned with families and consumers, we will need to immerse ourselves in study to apply our educational backgrounds and goals to “think green” in 2008.

Betty Knopf, Ed.D.
Advocates for the Elderly (continued from page 3)  

By: Doris Beard

This can be physical, sexual, verbal, emotional, or financial abuse. One big surprise for me was how much financial abuse by family members there is. On abuse cases, we often work closely with law enforcement.

--Witness nursing home residents’ signature on Advance Health Care Directives. By law, if a resident signs an AHCD while in the nursing home, an ombudsman must be one of the witnesses.

Prior to witnessing the signature, we interview the resident privately to assure that he/she has capacity to make decisions, understands the form, and is signing it willingly.

--Provide in-service training for staff of LTC facilities. Sometimes this is informal. At other times, it is a presentation to a group of staff. An example would be explaining how to properly report suspected abuse.

--Attend resident care conferences, family conferences, or residents council meetings as advocates for the residents.

--Educate residents and family members about what rights residents have so that they can advocate for themselves, assuring them that retaliation for making a complaint is against the law.

We also provide consumer information about level of care, how to select a facility, admission agreements, and Medicare or MediCal concerns.

If you avoid nursing homes and assisted living facilities because you do not think they are very pleasant places, you might want to think about how YOU might be able to improve someone’s quality of life in those facilities.

When people ask me if I enjoy this volunteer activity, I hardly know how to answer. I do not enjoy knowing that life for most long term care residents is not what they would choose for themselves or that many of them are not receiving the care they deserve or that family members are financially abusing them.

But I do enjoy resolving many of the cases to the satisfaction of the resident, which is the objective of the ombudsman program.

Just one resident telling me that I have made a difference in her quality of life makes all the work I do in this program worthwhile.

PLEASE CONSIDER VOLUNTEERING YOUR TIME AND EXPERTISE FOR THIS VALUABLE PROGRAM.

SOME DAY YOU OR SOMEONE YOU LOVE MAY BE GRATEFUL FOR THE WORK OF AN OMBUDSMAN.

Doris Beard
CA-AFCS Nominations Needed!  By: Roselene Kelley, Nominating Committee

Your CA-AFCS Nominating Committee has been actively pursuing nominations for three important positions in our state organization. Sadly, at this publication date, we have found only one person who is willing to accept any of the three positions we are seeking. We personally thank all of you who have been contacted and are unable to serve at this time. You have been gracious and supportive of our task. We respect and understand your decisions.

This is an appeal to all our members: Please consider accepting a nomination for one of these positions. Our organization needs your support. It is true that our members are a committed group of individuals and most of you are deeply involved in your work, organizations, communities and families. It is difficult to think of taking on even one additional responsibility, but we are encouraging you to work in a renewed commitment to CA-AFCS by serving in one of the following three positions:

1. **Vice-President of Communications**, who shall be responsible for the successful operation of the CA-AFCS website, including its continuous revision, maintenance and improvement. This is a two-year term.
   
   Currently not filled

   Current Nominations: None

2. **Extended Education Fund Committee**, who shall manage all EEF funds, promote donations to EEF, publicize those activities eligible for EEF funding and review grant applicants and select recipients of EEF grants for activities that promote the purposes of CA-AFCS and family and consumer sciences. This is a four-year term.

   Current Members: Sue Cheini, Bonnie Rader and Carolyn Berry Jackson

   Current Nominations: Allen Martin

3. **Nominating Committee**, who shall conduct elections, solicit one or more names per office, solicit statewide geographic representation, prepare the ballot, conduct a special election if there is a vacancy in the office of President-Elect and solicit nominees from the state to be considered by the national AAFCS nominating committee for AAFCS offices. This is a two-year term.

   Current Members: Barbara Daher, Allen Martin and Roselene Kelley

   Current Nominations: None

Please contact a member of the nominating committee at the addresses below if you will consider one of the following positions listed or if you have a person to suggest as a nominee. We sincerely appreciate your recommendations.

Barbara Daher- Email: BDaher4935@aol.com
Roselene Kelley- Email: kelleyrose@aol.com
Allen Martin- Email: allen.martin@csun.edu
Advertising in CONTEMPO

As announced in the August/September/October 2007 issue of Contempo, our state association has adopted a policy for placing ads in Contempo.

Ads for businesses, products, and activities that result in personal financial gain for members and others will be sold at the following rates of each Contempo edition. All ads must be pre-paid.

**Ad Size Cost**

- Full page ad $100.00 per issue
- ½ page ad $60.00 per issue
- ¼ page ad $35.00 per issue

To place an ad, send your ad copy by e-mail to:

*Contempo* Editor - L. Bell at nseduktr@gmail.com,

Send your payment, by check to:

**CA-AFCS Treasurer - Shirley Vernon**

513 Deer Court
San Jose, CA 95123-3233
Technology, Technology

One of the things I do while waiting for medical appointments is read magazines on some subjects about which I know very little. Recently I picked up a magazine on advanced technology systems for businesses. Most of the articles were way beyond my understanding but a letter in one column caught my interest. The letter was a testimony about the multiple problems caused when the writer thought he lost his multi-function telephone. While the good news was that he found it under a stack of papers on his desk on Monday morning, he had spent the weekend thinking of all the confidential information on his telephone, and how the phone’s belt clip was not really secure. Recently, my husband and I found a cell phone in a parking lot. After tinkering, I figured out how to call the owner or the person who identified herself as the owner. She wanted me to take it to a nearby store as it would be more convenient to retrieve. I took it to the local sheriff’s substation and the volunteer said there was a procedure to make sure it would be given back to the owner. It was important to me to make sure I was not involved for my personal safety, not to give it to a total stranger, and not to give it to the clerk (who also would be a total stranger) at the nearby store who could freely use the phone.

Do you know what information is stored on your cell phone? Do you have a secure telephone carrying/storage system? Do you know how to contact your telephone carrier to cancel services if you lose your telephone? Do you know your customer liabilities if you lose your phone?

Everyone Has a Customer to Serve!

This is an amazing activity book for students to “linking the classroom to today’s workplace”. The booklet was developed by the FCS Collaborative Grant of the CA Community Colleges. The booklet has 10 activities for students of various ages to promote understanding the elements of good service and the skills required to provide that service. According to the booklet, the lessons will help your students:

- identify positive customer service behaviors
- analyze the customer service cycle
- practice positive customer service strategies
- apply these strategies in their personal and professional lives

You can download copies of this booklet from www.cccfs.com. If additional information is needed, contact Joann Diggers at Jdiggers@mtsac.edu, or at Mt. San Antonio College, 1100 N. Grand, Walnut, CA 91789-1399.
Program of Work - Update and Opportunities

By: Betty Knopf

Our Program of Work 2007-2008 was developed after thoughtful discussions by members. The three approved outcomes offer opportunities for our association to develop important programs or projects. The three approved items include:

1. Revise our association's website.
2. Improve collaboration with like-minded groups.
3. Target teachers (grades 6-12) with special opportunities.

What is needed now are ideas for programs and projects, and writing a simple, short grant proposal. Using the EEF Grant Application form available on our website (www.aafcs-ca.org), I will work with all interested grant writers to apply to EEF and/or our state association for funds. A grant idea can be simple, it can be a dream, or it can be an idea that just evolved.

As this is the start of a new year, it can also be the start of a new idea that will enhance our members and our association. Please consider giving our association the gift of your commitment, ideas, skills, talents and time by writing a grant. So far, one grant has been written and more are needed.

I am looking forward to hearing from YOU!

Betty

AAFCS Communities: Think of the Possibilities

AAFCS Communities offer the opportunity for six or more AAFCS members to join together around a topic of shared interest, professional practice topics, passion, curiosity or concern. Using online networking and communication, Communities enable members and collaborators to focus on specialized topics relevant to the mission of AAFCS. For helpful information go to www.aafcs.org/whatsnew/communities.html.

Matching Grant Results

The results of our members contributing to our matching grant opportunity are very impressive and important to our Plan of Work for the future. Thanks go to the 14 other members who have joined me in making a donation to the fund. An impressive total of $3,300 in donations has now be doubled to $6,600! On behalf of our association I have extended our great appreciation to the benefactor who provided the matching funds! This money is to go to special projects to further our Plan of Work.

Sincere thanks are extended to the following donor members: Martha Anderson, Grace Berry, Amber Bradley, Mavis Buchholz, Sharlene Cossairt, Joan Frey, Jane Huxtable, Betty Knopf, Sandra Lampert, Ada Loewer, Jeri Lupton, Marge Mann, Nancy K. Murray, Shirley Vorn, and Polly Womack.
Sign up NOW for Contempo by E-mail
Contact Betty Knopf, PhD at fpstude@aol.com

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CALENDAR
March 7, 2008
Spring Board of Director's Meeting

March 8, 2008
Spring Board Meeting

March 28, 2008
Contempo Deadline
(Submit Your Articles Today)

June 19-22, 2008
AAFCS 99th Annual Conference
Milwaukee, WI