Dear Members and Guests,

Our Biennial State Conference on March 12-14 in Sacramento—“Capitalizing on our Strengths”--was a huge success! Attendees commented about the excellent variety of topics for educational sessions, research posters, motivating keynote and general session speakers, interesting tours, and many opportunities to network and socialize, such as the Railroad Museum reception.

I want to express my appreciation to Tri-Chairs Bonnye Whamond, Barbara Kilborn, and Clare Dendinger, and to the entire conference committee for a well organized and worthwhile conference. My thanks to all who traveled from near and far—including Oregon and Washington states—to attend the conference.

Happy springtime! Another upcoming opportunity for personal and professional growth is the national AAFCS conference in Cleveland, OH on June 24-26. The theme is “New Century for FCS: New Challenges, New Solutions,” and I strongly encourage you to attend. Go to aafcs.org or aafcs-ca.org for more details.

Marge Lichty
CA-AAFCS President
mlighty@csulb.edu
562-985-7492

www.aafcs-ca.org
Spring 2010 Election

It is time for our spring election of officers for our professional organization! Our election began online on April 1st and extends until May 1st to allow all our members ample time to vote in whichever way (online or mail) best suits their needs.

As a member of this organization, I encourage you to vote for or write in a candidate.

If you have any questions, please do not hesitate to contact me.

Dolores Robles  
Nominating Committee Chair  
drobles2@csulb.edu

2010 Spring Election

Deadline: May 1st, 2010

Ways to vote:

- **Mail in Ballot**
  
  Included in the print edition of the *Contempo* newsletter will be a mail-in ballot. Please fill it out, enclose it in an envelope, and mail it to:

  Dolores Robles  
  Dept. of Family & Consumer Sciences  
  Cal State University Long Beach  
  1250 Bellflower Blvd.  
  Long Beach, CA 90840

- **Online**
  
  Visit [http://www.aafcs-ca.org/vote](http://www.aafcs-ca.org/vote) if you have not already received an invitation to vote online. You will need an e-mail address to register. Please contact Corinne Thomas (cthomases@aafcs-ca.org) if you run into any technical issues.
Thoughts on the Spring Conference

By: Joan Frey

The Whittier Home Economists in Home and Community with 46 members is affiliated with AAFCS and CA-AFCS. We meet monthly in the evening, except in the summer, to present and share information that applies to our profession. Some of our more recent programs have been; a Visit to Cal High School Culinary Academy taught by two Home Economists, Wellness by a medical doctor, A Kaleidoscope of American History by a member who received a teaching grant, Local Wildlife Areas, History of Victorian Clothing, and Teas and China Through the Years. In addition we meet frequently for a social lunch in our widespread member area. We enjoy sharing our particular expertise with each other and we also have one program annually as a social event where our significant others are invited and welcomed.

I was privileged to represent WHEHC at the recent CA-AFCS convention in Old Sacramento. Five members of WHEHC were in attendance and one of our members, Roberta Null, was a presenter. We were happy to hear about our recent scholarship awardee.

A highlight to me was Kathy Powers. I talked with her at lunch before her presentation and I think that we should be proud to have “one of our own” create an award winning cooking program for Children’s Television through the Fresno PBS TV Station. My friend in Visalia and her grandson were familiar with the program and were excited to learn more about Kathy. My daughter-in-law, a teacher, in Sacramento was also interested in this program as well as the Mysteries of the Mind, ADHD, Autism, and Other Learning Challenges presentation. She had just received a letter from UC Davis M.I.N.D inviting her to bring her six month old son to be part of a research study for 3-18 month old children.

I also enjoyed the keynote speaker, Kelly Ferrin, talk about What’s Age Got to Do with It.

This was a great conference.

Our group is open to college graduates in the FCS field. We have members who attend our meetings from Los Angeles and Orange County area as well a few members who have moved out of the area but retain their membership and join us at our meetings whenever they return to the area.

Joan Frey
Whittier Home Economists in Home and Community
(562) 928-2886

Back row: Marge Lichty, Linda Gomez-Ortigoza, Shirley Exeter, Joan Frey
Front row: Roberta Null, Ruby Trow
**Awards & Scholarships**

By: Linda Gomez-Ortigoza

I was honored to recognize the following dedicated members during the CA-AAFCS State and Western Region Conference:

**Friend of CA-AAFCS**  
Awarded to: Raley’s  
Raley’s, a local business in the Sacramento area, has been a great supporter of the organization.

**Outstanding Service to CA-AAFCS**  
Awarded to: Amber Bradley  
Amber has served the CA-AAFCS as chairperson of the Ways and Means Committee as well as fund raising and newsletter contributor.

**Distinguished Service to FCS**  
Awarded to: Bonnie Rader  
Bonnie has served the association as State President, Vice President of Programs, as well as a variety of other committees in her 50 plus years as a member.

**Outstanding New FCS Professional**  
Awarded to: Corinne Thomas  
Corinne serves as Vice President of Communications and has reformatted the *Contempo* and website. She has been an inspiration and a role model for young professionals while she leads CA-AAFCS with enthusiasm for the profession.

**Academic Excellence in FCS**  
Awarded to: Anna Tsang  
Anna recently graduated from The Master’s College (summa cum laude) in FCS and is currently teaching Foods at the junior high level.

**Outstanding Service to CA-AAFCS**  
Awarded to: Marjorie Mann  
Marjorie served as the unofficial historian for the association for many years.

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UCCE Alameda Examines Quality of Life Education Needs of Elders

By: Dr. Mary Blackburn

The Issue
Seniors 65 and older are the fastest growing population group in the world, and the growth rate of the 85 and over in the US are even greater. The age 65 and over is expected to make up 20% of the US population by 2030 (AOA, 2003) and in California they will double and triple in some counties. Seniors over 85 will grow over 150 percent in 38 counties; double in 26 counties; and triple in 11 counties. As people live longer lives nutrition and lifestyle related chronic diseases increase but many are preventable. The US guidelines for Healthy People 2000… are to extend the years of “healthy life”..., and promote conditions under which people can be healthy. Obstacles to understanding wellness information affect all ages, but low literacy, limited income, and poverty exacerbate the problem with many seniors. (Weimer 1997,1998).

What Has ANR Done?
Alameda Cooperative Extension (CE) assessed disease conditions and quality of life education needs among limited income elders (n=377) in eight cities. The goal was to learn how best to increase their ability to integrate wellness information into their lifestyle. The tool was peer reviewed by Dr's. Doris Calloway, Department of Nutritional Sciences and Rick Barth, Graduate School of Social Welfare at UC Berkeley. The participants were volunteers who attended CE Quality of Life education forums at 22 meal-sites, centers, clubs, and low-income housing. The study documented their chronic diseases and nutrition and wellness education needs; associated their disease conditions with diet(s), physical activity, age, and ethnicity; and examined what these elders expected from educators. Results showed all seniors reported one chronic disease, 22% - 2, 15.4% - 3, 8.2% - 4, 4.8% -5, and 5.0% - 6 -7. Also, 51% were on medications; and 27% - special diets. Some said they were confused, discouraged, tried to do what's easy i.e. "take the medication and hope for the best". They wanted classes to be interactive exchanges about what mattered to them -- not abstract

Data. The increase in numbers of elders and chronic diseases pose educational challenges and opportunities for CE educators to address the needs of elders at risk.

The Payoff
Seniors at risk want interactive education based on their needs.

Participants were 75% female, 25% male, and were age 60 to over 80. They were: 54.9% - White; 24.3% - Asian/Pacific Islanders; 15.4% - African Americans; 4.9 % - Hispanics; 0.5% American Indians. The data suggest the greatest challenge for at risk elders is to integrate multiple complex concepts into their lives. Seniors at risk for nutrition and lifestyle diseases pose challenges and opportunities for Cooperative Extension educators. The majority were on low fat, low salt, low sugar, and low cholesterol diets, and a few on vegetarian and weight loss diets. CE educators can foster conditions for elders to live healthy; bring unique tools, perspectives, and understandings…

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50 Year Members of CA-AAFCS

- Sue Bauer
- Maureen Chestnutt
- Sue Chelini
- Shirley Exeter
- Joan Frey
- Carol Harsha
- Peggy Olivier
- Polly Womack
- Molly Zachariash

40 Years + Members
There were over 100 members of the CA-AAFCS who have served the association for more than 40 years.

State & District Scholarship Winners 2009-2010

Extended Education Fund (EEF)

Hazel J. Kuehn Graduate:
- Mindy Jean Trisko—SF State

Annie McDonald:
- Chandy Kim—SF State

CA-AAFCS Undergraduate:
- Anna Marie Salvestrini—CSUN
- Erin Thompson—Pt. Loma

Theodora Corey:
- Kristin Conner—Pt. Loma
- Michelle Valde—SF State

Whittier Home Economics:
- Laura Kuras—SF State

North Central District:
- Dale Bettencourt
- Natalie Calcutta
- Ashley Selsted-Sianez
- Michelle Harris
- Lauren Griffiths
- Bibi Asma
- Mychel Cudlip
- Shaylene Rose Tootle
- Jessica Navarro
- Brittany Romero

Los Angeles District:
- Diana Aurora Tanus
- Amanda Mason
- Isabel Mendoza
- Sampada Zantye

San Diego District:
- Jennifer Newton
- Sarah Martin
- Kojiro Richardson
- Kara Malbrough
- Adam Corfman
- Jenna Jauregui
- Lindsey Reedy
- Stephanie Barton
- Lisetta Mewborn
- Kelsey Gibson
- Madison Teter
- Kristy McCoskey
- Elena Zucker
- Tianna Richardson
- Stephanie Klindt
- Erin Thompson
- Ivan Markova
- Karen Chin Yu Ha
- Jolene Jones
- April Curran
- Chandy Kim
- Elise Kennedy

Bonnye Whammond, Barbara Kilborn, and Clare Dendinger were the Tri-Chairs hosting the CA-AAFCS Conference.

The next state conference in 2012 will be hosted by the San Diego district. The Tri-Chairs will be Sue Walters, Kay Wilder, and Sharon McKenzie, who will be the primary chair.
Conference Collage
View the entire slide show on our website: www.aafcs-ca.org

UCCE Alameda Examines Quality of Life Education Needs of Elders

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...to the needs of a diverse senior population.

This research provides a better understanding of what seniors’ at-risk want, need, and expect from CE educators; and offers some guidance and directions for CE educators working with elders. The full text is in press with California Agriculture Journal.

Contact
Supporting Unit:
Alameda County
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Clientele Testimonial
Senior quotes: “Lady, whatever you do, don’t bring me another video”; “Some times I just think what will be, will be, it must run in the family”.

www.aafcs-ca.org
California Affiliate—AAFCS
1145 Savoy Street
San Diego, CA 92107-3914
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Address Correction Requested

Calendar

April 15, 2010
Deadline for early-bird registration for AAFCS Annual Conference

May 1, 2010
San Diego District - Scholarship Recognition Brunch
Fermanian Conference Center: Pt. Loma Nazaren
9am-12pm

June 24-26, 2010
AAFCS 101st Annual Conference & Expo

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Students

Join our Facebook group—and National’s, too!

Did you know you can follow AAFCS updates on Twitter? Find them @aafcs.

Blog for us! Contact Corinne Thomas at cthomas@aafcs-ca.org for more information!

Represent your school/discipline today!

Resources

We are working to expand the “resources” section of our website. If you have a website, book, etc. that you think would be helpful to other FCS professionals, please e-mail a short description along with the information to cthomas@aafcs-ca.org for review.

Also, let us know of any events your district may be having!