CONTEMPO NEWSLETTER

Connecting Professionals

Touching Lives



President's Message

Limportant member of our association and officer for Ca-AFCS with the shocking and tragic death of Careyn Armitage. She had only begun her two year term as secretary for our board of directors this past June. She had been a recipient of our grants and scholarships, and she had just completed her PhD in fashion and design. She will be greatly missed by her family and friends and all who knew her. Look for the memorial for Careyn in this issue of *Contempo*. Please let us know when other members pass away; I feel they too should be honored on these pages.

Nancy Beland has been appointed by the board of directors to fill the remaining term as affiliate secretary. She is a relatively new member in North Central District and is a former student of mine from CSU Sacramento. Nancy taught high school home economics for while and is now in her second career as a real estate agent. We are fortunate to have her step in at the very last moment to take on this job. She had just two weeks to get acquainted with her responsibilities before our board of directors meeting April 2 in Los Angeles. She lives a short drive from my home, so I am sure we can get her up to speed quickly.

Our slate of officers is complete and the ballot is included in this issue for your vote. Biographical information is also included for each of the willing and able people who are on the ballot. Please mail your ballot in ASAP (by May 15th) and make your VOTE count. The official beginning of this officer

,

cycle is June 1, 2011.

VP –
Communications,
Corinne Thomas will be leaving this office with this issue of
Contempo. She has been a delight to work



Bv: Barbara Kilborn

with. Her talent and expertise has been invaluable for: developing our website; electronic issuing of the newsletter; and establishing a PayPal account for last year's conference in Sacramento. She has promised to be available to the next vice president to learn these tasks. Please join me in thanking her for the great work she has done for us!!

Members are the heart and soul of our association. Recognizing that our mission is "Connecting Professionals and Touching Lives," gives us a clearer picture of how to serve our membership. One way is to make sure they receive our newsletter, at least once a year in hard copy. That is why this one has been mailed to you with the address you have registered with AAFCS. Another way of connecting members is to let them know where they can get together and share their common interests and values. With the reduced number of members, it is harder for districts to manage their resources, therefore last year it was suggested that we redefine our districts.

Redistricting - Please look at the map of California counties that are within the boundaries of each district and note where your district is. If you prefer to be in another

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~~ Save the Date ~~

March 2-4, 2012

CA-AAFCS State Conference "Community Involvement Through FCS"

Venue: Point Loma Nazarene University

Overlooking the Pacific Ocean!

Hotel: Half Moon Bay Inn, Shelter Island

Plan to join other AAFCS professionals for:

ascinating sessions and speakers

antastic venue

ellowship

inding new resources

urthering your expertise

un, fun, fun!

"Community Involvement Through FCS" will focus on connecting you with community agencies that support and reinforce AAFCS purpose and values. Through special speakers, dynamic panels, webinar, small group discussions and interactive sessions you will learn ways to network, intern, provide community service and volunteer in order to provide expertise, reach out, get involved and be of service to others. Every member of AAFCS-CA is urged to participate in this comprehensive educational and networking experience.



Don't delay! Mark your 2012 calendar—March 2-4 as "San Diego Bound!"

Schedule

Friday: Evening Reception and Kick-Off Saturday: Full day conference Sunday: A San Diego day of your choosing

Watch for more details later this year!

Submit Articles!

Send them to our *Contempo Editor*

at

articles@aafcs-ca.org

IN MEMORIAM

areyn passed away on March 10, 2011 after a brief illness. She was starting her second year as CAAFCS Secretary. An active member of Central District, she was serving as Chair and treasurer.

In 2009, she received her PhD in textiles from Ohio State University. In 2000, she had received a scholarship from Bay District to further pursue her education. An EEF grant of \$5000 in Dec of 2009 was awarded to Careyn to design an on-line Textiles Class.

In the June/July 2008 Issue of Contempo, Careyn wrote an article on Silk in Mexico as part of her research for her dissertation. She had poster displays at some of our recent conferences.

She is survived by her parents, husband Rick and two sons.

Donations may be sent to Carolyn Berry Jackson, 457 Adler Ave. Clovis, CA 93612

(cberryjackson@att.net) for an education fund for Careyn's sons. Both are currently attending community college and the family would appreciate any help to further their education. The Board of Directors were in support of this suggestion made by Carolyn.

Other remembrances listed in her obituary were the Marjaree Mason Center, 1600 M St., Fresno, CA 93721 or the Susan G. Komen Breast Cancer Foundation, 5730 N. First St., Suite 105, Fresno, CA 93710.

Careyn was born March 24, 1953.

Careyn, you will be missed.



www.aafcs-ca.org

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TREASURER

Shirley Vernon 408.578.3854 rsvernon64@att.net district, please contact me or the district president to make any changes. Most of our districts are very large, which may make the distance to meetings almost impossible for some people. We have very few members living in these outlaying and isolated counties, so the decision was made to serve the best way we can. I must travel an hour to all the meetings in the Sacramento area, so I know it can be a challenge.

Some of you may have updated your personal information on the AAFCS website recently, and we thank you. If you have not updated your contact information, please do so promptly, as I am still finding discrepancies. Your address and other contact information can be modified with your personal profile

at <u>aafcs.org</u>. (Please see the note for accessing our profile) Designation for each district can also be modified on this website. We will help you do this if you find yourself unable to deal with the website or computer technicalities.

Lapsed members campaign -

AAFCS has begun a program to regain some of our members who have not paid their dues over the last two years. Reasons for this vary from economics; change in career and life circumstances; and loss of contact with other members. I have asked our district officers to please write personal notes and make phone calls to those on the list within their areas. Personal contact is something we can personally do something about. Our mission of connecting professionals is personal, and your efforts to reach

out to these members will be greatly appreciated.

The AAFCS Conference is being held nearby in Phoenix Arizona, June 23 to 25, 2011. You may not have had a hard copy of the conference notice, but it can be down loaded from the AAFCS website. Early bird registration ended on April 15, but there is still time to register. There are a number of us Californians going to be present. If you are going, please contact me, so that I can arrange a get together one evening while we are there. Please contact me at (530) 268-7330 or email bkilborn@foothill.net.

Until next time,

Barbara Kilborn President

California FHA/HERO Is Taking the Childhood Obesity Campaign to the Streets

Dr. Jody Roubanis, CFCS California TIS Representative

amily and Consumer Sciences students are working to prevent childhood obesity by educating classmates, parents, and other community members through their FHA/HERO nutrition education projects. In a recent interview, Paramount High School students Maria Salas and Melissa Gutierrez said that they chose to focus their nutrition education project on preventing childhood obesity because they wanted to do something that would make a difference, and that childhood obesity is the most important nutrition issue facing kids today. They went on to say that

many other physical and social issues are linked with obesity and that the problem is getting worse.

This year, there are many student projects that have been entered in the California FHA/HERO Nutrition Education Competitive Recognition Event with an objective to fight childhood obesity. These projects are a natural link to the CA-AFCS Taking It to the Streets (TIS) Campaign. In formulating a plan for California's campaign, TIS State Representative Sue Walters said that she wanted a plan that recognized activities that were already part of the

work/curriculum of family and consumer sciences professionals and students. The campaign's focus this year has been to capture the good things that we are already doing. Several projects have been reported by districts that have also served to strengthen the communication between CA-AFCS members and either FHA/HERO members or other professional organization members. In communication with the California TIS team, FHA/HERO member Maria Salas said "We were honored to be recognized and overwhelmed to know how our presentation was

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As a Family & Consumer Scientist, What Is Your Perception of the Elderly Population?

As a preventive discipline Family and Consumer Sciences offers numerous contributions to the study of the aging population. Research states,

Over the last 50 years, the ratio of people aged 60 or over to children younger than 15 increased by about half, from 24 per hundred in 1950 to 33 per hundred in 2000 (figure 14). Over the next 50 years, this ratio is projected to triple. By the year 2050, there will be 101 people 60 years or older for every one hundred children 0-14 years in the world. As observed in the introduction to the present report, this trend may lead to compelling demands for changes in the way a society's resources are shared between the generations.¹

The older population persons 65 years or older numbered 39.6 million in 2009 (the latest year for which data is available). They represented 12.9% of the U.S. population, about one in every eight Americans. By 2030, there will be about 72.1 million older persons, more than twice their number in 2000. People 65+ represented 12.4% of the population in the year 2000 but are expected to grow to be 19% of the population by 2030. ²

A collaborative study by Corinne Shook Thomas, then a student in the HE-FCS program at The Master's College, and Dr. Patricia Ennis was undertaken in 2007. The results from the first study served as a foundation for the development of Resource Management for the Aging, now a graduation requirement for students majoring in HE-FCS. Subsequently data was collected in 2010 and 2011 by students enrolled in the class. A summary of the longitudinal data generated from the survey instrument follows:

Senior Saint Survey

Age of Respondents

15-24	N=	341
25-34	N=	117
35-44	N=	57
45-54	N=	179
55-64	N=	115
65-74	N=	74
75-84	N=	38
85-90	N=	8
SQ*	N=_	19
Total	N=	948

Gender of Respondents

Total	N=_	948
SQ*	N=_	7
F emale	N=_	254
Male	N=_	687

Continent of Origin of Respondents

Asia	N=	69	
Europe	N=	75	
S. America	N=	24	
Africa	N=	6	
Australia	N=	3	
N. America	N=	742	

Dr. Patricia A. Ennis, CFCS Chair, Dept. of HE-FCS, The Master's College

SQ*	N=	29
Total	N=	948

Response to the Question, "Do you consider yourself religious?"

Total	N=	948	
SQ*	N=	44	
No	N=	89	
Yes	N=	815	

Age that Respondents Considered Someone to be "Elderly"

Total	N=_	948
SQ*	N=	7
90 and above	N=	20
80 and above	N=	233
70 and above	N=	476
60 and above	N=	191
50 and above	N=	13
40 and above	N=	8

For the following questions, respondents wrote in their opinion in order of importance:

I believe the 3 major **physical** needs of the elderly are:

- General Health—diet; exercise; personal hygiene; clothing.
- Finances; identity theft; consumer decision-making; understanding and help with paperwork (taxes, social security, medical forms, etc.); activating senior discounts.
- Life Management—safe, affordable housing; home maintenance; ability to remain independent for as long as

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District Boundaries

District	Contact	Counties
A – Bay	Mary Gilliland (650) 321-9966 mltg@aol.com	Santa Cruz, Santa Clara, San Mateo, Alameda, Contra Costa, Marin, Napa, Sonoma, Lake, Mendocino, Trinity, Humboldt, and Del Norte
B – Central Valley	Carolyn Berry Jackson (559) 299-3977 cberryjacson@att.net	Kern, King, Tulare, Inyo, Fresno, Madera, Mariposa, and Merced
D – Citrus	Bonnie Farmer (951) 682-2530 bmfarmer@charter.net	San Bernardino and Riverside
F – Los Angeles	Allen Martin (818) 677-3051 allen.martin@csun.edu	Los Angeles and Orange
G – North Central	Marcia Goodrich (916) 789-2649 a_goodrich@sbcglobal.net	Stanislaus, Tuolumne, Mono, San Joaquin, Calaveras, Alpine, Amador, Sacramento, El Dorado, Solano, Yolo, Placer, Nevada, Sutter, Colusa, Yuba, Sierra, Plumas, Butte, Glenn, Tehama, Lassen, Shasta, Modoc, and Siskiyou
J – San Diego	Sharon McKenzie (619) 435-0782 jmckenzie@san.rr.com	San Diego and Imperial
K – Central Coast	Caryl Gonzales (805) 929-5521 carylgon@sbcgobal.net	Ventura, Santa Barbara, San Luis Obispo, Monterey, and San Benito



Want to change districts?

Visit the AAFCS Membership Web Portal at:

http://www.aafcs.org/Membership/WebPortal.asp

- Click on the link to LOG IN
- Under the heading Member Quick Links, find the link to Manage Profile and click
- Click the **Edit** button on the next screen, then select the 2nd tab, labeled "Supplementary Information".
- Using the chart above, select the letter of the district you wish to switch to (A, B, D, F, G, J, or K)
- Scroll to the bottom and click **Accept** to finish!

Note: This is the same area where you can update your contact information for the association!

2011 CA-AAFCS ELECTION

To vote in this year's election, you may either:

- 1. Mail in the ballot found in this issue of the *Contempo*.
- 2. Vote online. You will be receiving an e-mail from BallotBin.com with instructions on how to submit your vote. If you did not receive the e-mail, you can go to www.aafcs-ca.org/vote to register and submit your vote.

Deadline: May 15, 2011

For **President Elect:**

Amber Bradley - Amber Bradley has served as CA-AAFCS secretary, ways & means chair, delegate to AAFCS Senate several times and as tri-chair for several state conventions. As a member of the San Diego District, she has held all elected offices and served as district president twice. Amber will do her best to represent us all as your state president.

For **VP of Communication**:

Judith C. Anglin, Ph.D., R.D. - Judith is Didactic Program in Dietetics (DPD)
Director and Assistant Professor at California State University, Long Beach since 2008. I have conducted research in sickle cell anemia and body composition. While in Washington D.C. I was health and science writer and editor for a local newspaper, having been trained by Washington Post staff.

Jody Roubanis, Ph.D., CFCS - Jody has served as a reviewer for both the Journal of Family & Consumer Sciences and the Family & Consumer Sciences Research Journal, and has several peer reviewed articles in the two journals. She will tell you that she has been away from home (California) for too long, but during that time she has had the opportunity to work with other affiliates to help them meet their needs with a growing

reliance on technology for communications, and a changing membership demographic. When she was the state FHA/ HERO advisor in Virginia, she led a campaign to help advisors go paperless in their communications from the state. When she was the North Carolina affiliate president, she looked to CA-AFCS as an ideal example of how an affiliate's leadership, in partnership with its membership, could create and maintain a dynamic website. As the CA-AFCS Vice President of Communications, she will strive to continue that high standard of excellence in website visibility and membership communications. She is especially interested in promoting new authors for the Contempo newsletter, and new leaders!

For Treasurer:

Shirley Vernon - Shirley is a 48 year member of AAFCS. She has served on 5 CA-AFCS state conference committees of which she was a tri-chair for two. Other state positions held were as Award Chair and a member of EEF for four years. An active member of Bay District, having served in many offices including president and is the current treasurer.

In 2003, Shirley was appointed to fulfill a term as treasurer and has continued in that office.

Her other activities include being an active member of Delta Kappa Gamma and currently is serving

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her second term as chapter president and as the Area IV Treasurer. She volunteers at the Lace Museum doing special sewing projects for them as well as making quilts for three organizations through a quilting group at her church. She is co-program chair for the San Jose Area Home Economists.

Shirley's daughter is a hospital pharmacist while her son-in-law is the analytical lab manager for a major wine producer in the central valley. She and her husband enjoy vegetable gardening and working on upgrading their home.

For **Nominating Committee:**

Dolores Robles - Current Chair of Nominating Committee. Adjunct Lecturer at CSU Long Beach, Consumer Affairs Area and Adjunct faculty at Mt. San Antonio and Saddleback College.

For Extended Education Fund:

Zoe Engstrom– CSU Long Beach.

As a Family & Consumer Scientist, What Is Your Perception of the Elderly Population?

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	Strongly		Neutral		Strongly
Likert-Statement Responses	Disagree	2	2	4	Agree
I believe that it is the family's responsibility to care for the	The mean score		of 4.55 sugs	4 gests that t	5 he respondents
elderly.	believe that it is				-
I believe it is the government's responsibility to provide care for the elderly.	The mean score believe that it is care for the elde	not the go			_
I believe the elderly should be 100% self-sufficient and care for themselves without any outside help.	The mean score believe that the care for themsel	elderly sh	ould <i>not</i> be 10	00% self-si	-
There are adequate resources addressing the problems of the elderly.	The mean score believe that ther problems of the	re are not a			-
I would never put my elderly parents/relatives in an organized care facility (i.e. nursing home, assisted living facility, residential care facility for the elderly, etc.)	The mean score are not sure who parents/relatives assisted living feetc.)	ether or no s in an org	ot they would janized care fa	place their acility (i.e.	elderly nursing home,
There is nothing I can learn from the elderly.	The mean score believe that they				e respondents

possible; compassionate care providers; transportation; support in the decision-making process; learning alternative procedures as strength wanes (i.e. opening jars); adjusting to a slower pace of life; home repairs.

I believe the 3 major **emotional** needs of the elderly are:

- Companionship (love and support from the Christian community); adjusting to widow or widower status; contentment; dealing with stress, depression and loneliness.
- Respected; a sense of value (feeling useful); talked to and
- treated as individuals of worth rather than as "big children;" aging gracefully.
- Unconditional human love (challenged to focus on the allencompassing love of Christ and the importance of sharing that

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love with others on a daily basis), including encouragement, compassion, forgiveness, reconciliation, meaningful physical touch, humor and laughter.

I believe the 3 major **mental** needs of the elderly:

- Biblical encouragement from believers so they dwell on the Word of God (Philippians 4:6-7)
- A sense of purpose balanced with setting realistic goals.
- Challenged to learn new skills and information; (technology, reading and subsequent discussions, puzzles, writing one's memoirs, scrapbooking, critical thinking activities).

I believe the 3 major **spiritual** needs of the elderly are:

- Hope in Christ to extinguish the fear of death (assurance of salvation).
- Ongoing spiritual maturity;

- walking in the spirit; expressing gratitude; contentment.
- Serving and being served by the Body of believers rather than forgotten, neglected, or set-aside; mentoring the younger men and women (intergenerational relationships); accountability.

Summary

The results of the analysis of the Senior Saint Survey provide some implications for the twenty-first century Family and Consumer Scientist:

The FCS profession possesses a myriad of opportunities to influence the rapidly expanding aging population. It must be proactive through the avenues of counselors, dieticians, interior designers (for home accessibility), clothing and textiles specialists (to modify clothing design), gracious and patient financial advisors, as well as individuals who are willing to compassionately give of their time to talk, read to, and help stimulate the mental processes of the aging population. Such

- actions will ensure that we are fulfilling the goals of our profession.
- The FCS professional has the potential of increasing the value of life for the aging.
- As a profession we provide the knowledge base, tools, and skills to offer preventive measures rather than crisis intervention in the physical, emotional, and mental needs of the aging population.
- The FCS professional sets a role model by preparing for his or her own future success as a mature member of society and then challenging others to emulate their efforts.

Notes

¹ Department of Economic and Social Affairs: Population Division. (2002). *World population ageing: 1950-2050*. Retrieved from http://www.un.org/esa/population/ publications/worldageing19502050

California FHA/HERO Is Taking the Childhood Obesity Campaign to the Streets

viewed as a great way to educate people about childhood obesity and how this epidemic can be prevented."

This year's TIS campaign will culminate at the AAFCS Annual Meeting in Phoenix Arizona June 23-25, 2011. TIS Representatives and other California delegate will report the success of the CA-AFCS TIS campaign to fight childhood obesity. For our FHA/HERO students, the National Leadership Meeting will be held in Anaheim California July 10-14, 2011. Students from chapters all

over the United States will be competing in a new STAR Event titled "Nutrition and Wellness". In this event, students track food intake and physical activity for themselves, their family, or a community group and determine strategies to improve their wellness. Maria Salas closed her comments to the TIS team by bidding, "Stay in contact so that together little by little we can make a change." Together we are all making a difference to fight childhood obesity, and making some

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Maria Salas and Melissa Gutierrez, with advisor Aileen Tanimoto from Paramount High School

connections along the way as we work together!

² Aging Statistics. *Administration on Aging*. (2010). http://www.aoa.gov/AoARoot/ Aging Statistics/index.aspx.



Address Correction Requested

Place Stamp Here

Calendar

April 28, 2011

LA District Fashion Event

April 28, 2011

AAFCS Webinar: Diversity 101

May 15, 2011

Deadline for Ballots/Voting in the 2011 Election

June 1, 2011

Bay District Scholarship Deadline

June 23-25, 2011

AAFCS 102nd Annual Conference & Expo

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

Ask district leaders for more information on activities specific to your district!

Visit us online at www.aafcs-ca.org

Ways & Means

State Fundraiser!

See an attachment with a beautiful California poppy on it? That's for our state fundraiser! Consider donating \$20 to our state association! See the flyer for more details.

Students

Scholarships

Scholarship deadlines are fast approaching. Go online to download application forms. If you have any questions, contact the district scholarship representative.

Students on Facebook

The student section of the AAFCS is active on Facebook! Just search for AAFCS Student Unit to join.

Ways and Means Projects

Dear Friends,

Every other year we have run a campaign to raise money for state our professional association. Your executive board has been working hard to save the association money and has been improving our fiscal status, but, we are still in need of raising funds to be able to achieve the aims of our professional association. Most of us are long time members of AAFCS and I would like to challenge you to make a donation of \$20 to our state association. If you would like more of a challenge, consider donating \$1 for each year you have been a member! In honor of your membership in AAFCS, we are asking you to please support our valuable professional organization by making a special donation.

In addition, we still have some of our beautiful California Poppy note cards for sale. All money received for these cards is all profit as expenses were covered years ago.

Money from the sales of the Purple and Pinks cards goes to the San Diego District. Please consider using some for yourself and to give as wonderful small gifts.

POPPY & PURPLE & PINK NOTE CARDS

Order some of our beautiful poppy or purple & pink note cards from original watercolors by our own artistic member, Sue Blass. Each set consists of five different note cards with envelopes and two gift tags. Wonderful to have on hand when you need a small gift.

THANK YOU FOR SUPPORTING OUR WAYS & MEANS CAMPAIGN! Yes, I would like to support our AAFCS State Fundraiser! Please make out your checks to CaAFCS. One check may be written to cover your donation and note card order. Enclosed is my donation of \$____ for the State Fundraiser. (Sets) Poppy Note Cards (Sets) Purple & Pink Note Cards The <u>first two sets</u> are \$6 each, including postage. <u>Each additional</u> set is \$5 each. You can mix or match your note card sets. The more you order, the more you save! Please mail your ways and means donations and orders to: Amber Bradley Your name 1926 Autocross Ct. El Cajon, Ca. 92019 Address

THANK YOU! THANK YOU! THANK YOU FOR YOUR SUPPORT!



Spring 2011 Election

Note: Please print this form **double-sided** to expedite mailing. Thank you. Please select the specified number of candidates from each section or write in a nomination.

_	esident Elect use select one
	Amber Bradley, San Diego
	Write-in:
	e President of Communication use select one
	Judith Anglin, CSU Long Beach
	Jody Roubanis, Orange County
	asurer ase select one
	Shirley Vernon, San Jose
	Write-in:
	minating Committee use select one
	Dolores Robles, CSU Long Beach
	Write-in:
	ended Education Fund Member
	Zoe Engstrom, CSU Long Beach
	Write-in:

Please **fold** this form in half, **seal** with tape or staple, and **mail** to **Dolores Robles** before **May 15**th, **2011**

	age
Requ	ired

Dolores Robles

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