



CO/WYAFCS NEWS

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February 2010

*Affiliates of the American Association of Family & Consumer Sciences
Dedicated to improving quality of life for individuals and families since 1908*

The Brain: New Challenges, New Solutions

Colorado and Wyoming AAFCS Affiliates 2010 Annual Conference

March 5 - 6, 2010

**Hilton Garden Inn
Fort Collins, Colorado**

Conference Schedule

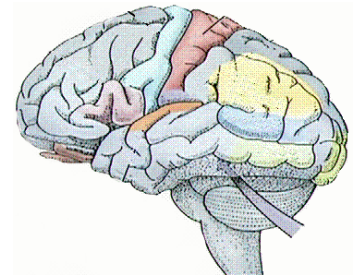
Friday, March 5: 4:00 p.m. CAFCS Board Meeting

6:00 p.m. Registration

6:00 p.m. Dessert Reception & View Student Posters

7:00 p.m. Opening General Session

"A Piece of Her Mind", Mona and Stacy Gupton



On April 10, 2003 Stacy Gupton, a 21-year-old University of Wyoming art education major, suffered a massive stroke. Life as she and her family knew it came to a screeching halt. **A Piece of Her Mind** chronicles the powerfully personal story of Stacy's stroke and recovery. Her mother Mona guides us through a recount of their journey from diagnosis to critical care, through rehabilitation, and finally a poignant return home. Forever changed by the event, Stacy and Mona forged ahead, defied the naysayers, and created a new life for Stacy, as an artist defined by her abilities. A special collection of Stacy's paintings and journal entries are featured along with accounts of the impact of her valiant fight for life on other women in her family. The decision to share this story came from the encouragement of friends and family who insisted other people could benefit from this tale of survival and hope.

Saturday, March 6: 8:00 a.m. Registration

8:30 a.m. CAFCS Business meeting

9:30 a.m. Breakout Session **Doug Ishii, Ph.D**

10:30 a.m. Break and Displays

11:00 a.m. Breakout Session **Patricia Butler**

12:00 noon Lunch and Awards

Closing Speaker, Dr. Jean L. Raden

"Creating Enriched Environments for Adolescents: R U Redy?"

Applicable brain research for those who work with teens.

Dr. Jean Raden, a CSU professor teaching in the School of Teacher Education and Principal Preparation. Her areas of interest include brain research and its applications to teaching and learning, Professional Development Schools, adolescent development, and foreign language instruction.

3:00 p.m. Adjournment

Breakout Sessions:

Relationship of Diabetes to Brain Atrophy & Alzheimer's

Doug Ishii, Ph.D, CSU Professor, Biomedical Sciences

Dr. Ishii's research is focused on the neurobiology as well as potential medical uses of the insulin-like growth factors (IGFs). IGFs are members of a gene family that is involved in the development and maintenance of the nervous system. Recently, Ishii's group has been studying the causation of brain atrophy (shrinkage) and dementia that is common to diabetes and Alzheimer's disease (AD). There are an estimated 27 million people worldwide with AD. Aging and diabetes are strong risk factors. The total annual overall cost of treating 4.5 million AD patients is \$147 billion in the USA, and the number of patients is anticipated to triple by year 2050. More than \$3 billion is expended annually for drugs that do not prevent the ongoing brain atrophy responsible for ever worsening dementia. Ishii's research group discovered that brain shrinkage and impaired learning may be due to the age-dependent loss of two key brain proteins in both diabetic and AD patients. Proof-of-concept tests show that both brain atrophy and impaired memory can be prevented in animal models of disease by replacing these two brain proteins. What has emerged is the discovery of critical factors that normally maintain the preponderant bulk of adult brain mass, and that may be used to prevent brain atrophy. Ishii's challenge now is to join with others who have a commitment to developing novel drugs for AD to prevent the terrible suffering inflicted on patients and their families. If new treatments are not found soon, the public health expenditure for AD will exceed \$1.47 trillion within the next 10 years, and this may well have devastating consequences for the future availability of public health resources.

Life Span and the Brain

Patricia Butler: Alzheimer's Disease Specialist, Consultant and Author

She is recently retired as the Community Relations/Admissions/Alzheimer's Disease Specialist at a skilled nursing facility for 20 years. Former Director of Social Services at Skilled Nursing Facility that opened first Special Care Unit in Wyoming for care and treatment of Alzheimer's Disease. She is a former State of Wyoming Alzheimer's Association Board Chairperson and Educator and Alzheimer's Disease Support Group facilitator for over 20 years. Served on State of Wyoming Adult Protective Services Board, Wyoming Health Care Ethics Forum, Wyoming Health Care Association, served on Board of Directors of Whitney Wellness Center in the Laramie Senior Center, Albany County Senior Health Task Force, Albany County Mental Health Task Force. She has an educational background in psychology, communications, aging, human sexuality, and life-span development.

Lodging: Hilton Garden Inn

2821 E. Harmony Road

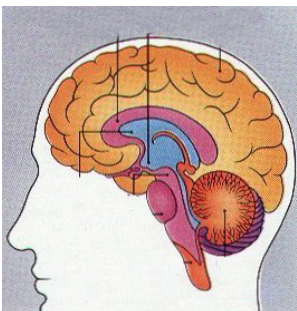
Fort Collins, CO 80528

970-225-2900 1-800-HILTONS

Hilton Garden Inn has a room block at a rate of \$79 for this conference plus tax of 9.7%.

The block will be held until February 12

Ask for group code CAFCS when making reservation.



President's Message

-Linda Valentine

Action Plan

The new year is well under way, and I hope it has gotten off to a good start for all of you. In reflecting on the time I have left as your state president, I looked back on the Action Plan I proposed at the beginning of my term to see how I was progressing. Here is what I discovered.

- If anyone has used the H1N1 information from AAFCS, we have not heard about it. Please let us know if you have been able to educate anyone under your stewardship using this information.
- We have some nominees for our CAFCS awards, but most have come from board members. We would appreciate your ideas concerning those who deserve recognition for their contributions to our field.
- Colorado and Wyoming are making excellent progress in working collaboratively as an affiliate. Wyoming members participate actively in board meetings

and conference planning, and offer strength of ideas and numbers to the organization.

- CSU continues to participate in Pre-PAC, a strong point for the University students.
- Membership is not increasing as I had hoped. I encourage you to consider ways to introduce CAFCS/AAFCS to your colleagues and invite them to join us.
- The positions of President-elect, 1st Vice President, and 2nd Vice President are still vacant. Please consider filling one of these positions! They do not take large amounts of time, and the personal and professional growth you can gain is so valuable!

There still seems to be a lot to do and ways to improve our organization. In what ways are YOU willing to help?

Annual Conference

The CAFCS /WAFCS board has been busily planning our annual conference and are hoping you are making arrangements to attend. The conference, which is March 5-6 at the Hilton

Garden Inn in Fort Collins, is following the theme, "The Brain: New Challenges, New Solutions". Speakers will address a variety of topics related to brain development and research, from Alzheimer's Disease to Strokes, and Learning Theory to Adolescent Brains. We have invited a member of the Colorado House of Representatives who experienced recovery from a stroke to attend our conference, as well. In addition, there will be handouts, displays, an awards luncheon, and great networking opportunities. The Board has tried to plan the conference to facilitate teaching and work schedules, as well as support your need for personal and family time during the week-end. We hope you will make the commitment to support your organization through this conference. Detailed information, including the conference schedule and registration information, can be found in this newsletter as well as on the CAFCS web site (**[Go to www.coloradoafcs.org](http://www.coloradoafcs.org)** for more information on lodging, registration, and costs).

HOPE TO SEE YOU IN MARCH!

AAFCS Updated

Elections for AAFCS ends on February 12. Voting is being done online at the AAFCS web site (www.aafcs.org). Take the

time to vote, if you have not already done so. Thank you for participating in the 2010 Election process. AAFCS is still working on the H1N1 initiative. The web site has links to helpful resources, lesson plans, and activities to help us reach and teach those in our community about ways cleanliness can reduce the risks of illness.

CATFACS Update

The CATFACS Winter Conference, held Jan. 28-30 in Colorado Springs, was attended by 150 teachers and college students throughout the state. The conference focused on sustainability, with workshops titled "21st Century Trends", "Save Your Assets", "Green Living for a Better Life", "Connecting Herbs and Sustainable Cuisine to Health and Wellness", "Power Against Fraud", "TACTile", and "Design with Envi-romental Mindfulness", among others. Teachers also had the opportunity to visit roundtables, discuss FCCLA in the classroom, research resources for middle school teachers, learn about the Colorado Healthier School Initiative, and receive updates from state personnel. Keynote speaker, Bob Melvin, shared his perspective of the economic situation and ways we could financially make it through these difficult times.

Attendees enjoyed the awards presentations, the president's reception, the exhibits and dessert bar, and networking opportunities, in addition to conference workshops.

Can Openers Wanted!-- AAFCS's 2010 Conference and Expo

Each year at AAFCS's Annual Conference & Expo the Student Unit has a project to benefit the local area as well as to generate recognition for the efforts of Family & Consumer Sciences. This year, June 2010, in Cleveland, the students' project collaborates with Feeding America (the national organization supporting food banks and soup kitchens) and the Cleveland Food Bank. They are asking those going to the conference to bring **manual can openers** for Cleveland's children. Think of the times when you wished you could open the can of peaches in your lunch but you did not have a can opener or there was no electricity.

CAFCS members going to AAFCS in June will take your can openers—**bring them** to our conference in March (or make a cash contribution and Carole Makela will go shopping) so CO and WY have a box of can openers to present to the Student Unit in Cleveland. Yes there is a

way to get them through airport security. Previous years' efforts included eye glasses, baby clothes, and women's sweat suits. The students are creative.

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**Carole Makela is the
Director of the School of
Education at CSU.
Congratulations Carole!**
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Websites to view:

Genes to Cognition Online

<http://www.g2conline.org/>
The Dolan DNA Learning Center at Cold Spring Harbor, NY has created this fantastic website to explore neuroscience, and it is focused on cognitive disorders, cognitive processes, and research approaches. "Teacher Pages," "Student Worksheets", and "Test Items" are offered in PDF form. [KMG]

<http://web.sfn.org/baw/> /
(Brain Awareness Week)

[http://www.cdc.gov/aging/
healthybrain/index.htm](http://www.cdc.gov/aging/healthybrain/index.htm)
**(Center for Disease
Control)**

**Brain Awareness Week
March 15 - 21, 2010**

2010 CAFCS Conference Registration
March 5-6, 2010
Hilton Garden Inn
Fort Collins, Colorado

Registration DUE: Postmarked on or before Saturday, February 20

Make Checks Payable to: CAFCS

Mail Registration to: Carole J. Makela, CAFCS Treasurer

906 Sandy Cove

Fort Collins, CO 80525

Registration	Amount	
AAFCS Affiliate Member (CO, WY or Other) - Full Conference	\$ 75.00	_____
Non Member - Full Conference (Includes 1 Year Membership)	\$210.00	_____
Student: Full Conference	\$ 35.00	_____
Student: Friday and Saturday, <i>No Saturday Lunch</i>	\$ 20.00	_____
Guest: Saturday Lunch	\$ 20.00	_____
Total Registration Fees		_____
Donation for CAFCS Foundation		_____
Donation to Support Student Members		_____
\$25.00 Late Fee (Postmarked after February 20)		_____
TOTAL ENCLOSED		_____

Name _____ AAFCS Member Number _____

Address _____ City _____ St _____ Zip _____

Work Phone _____ Home Phone _____

Email _____ FAX _____

Special Requests (i.e. meal, ADA accommodation) _____

Please make a copy of this registration form for your records before mailing.