“Spring” into Action with NYSAFCS!

SAVE THE DATE

March 18, 2020
AAFCS Webinar

April 15, 2020
AAFCS Webinar

Spring/Summer
NYSAFCS group trip to CIA?
We Salute our FCS Educators!

The New York State Association of Family & Consumer Sciences Board of Directors under the direction of Dot Valachovic and Carol Hanley, has done comprehensive work updating The Guidelines for Leaders. I am grateful to them as well as to Robin Brenner and Rosemarie Avanzato for establishing criteria and rubrics for the upcoming NYSAFCS scholarships and grants. We hope that you take advantage of these opportunities by applying or sharing with someone who is eligible.

Co- Presidents’ Message
By: Mary Taylor

Congratulations
Denise Paley!

Denise Paley, CTE-FCS educator in Marion, NY, has earned the National Board Teacher Certification. Denise’s certification is in “Career and Technical Education Early Adolescence through Young Adulthood-Community Services”. Our AAFCS – the New York Affiliate extends congratulations on this achievement and wishes her continued success.

State Members’ Spring Travel Plans!

Presently, we are looking into the idea of visiting the Culinary Institute of America, in Hyde Park, NY.

How about a statewide gathering to tour and dine this spring or summer?

Think about it! Please send us feedback on the trip at www.nysafcsboard@gmail.com

LIVE WEBINAR:
Driving Community Health Through Collaborative Opportunities: A Multi-Sector Nutrition Engagement Model

Wed. March 18, 2020 4:00-5:00
Moderator: American Heart Association
Please Register by March 17, 2020 on www.aafcs.org
Happy Spring! Well almost- wishful thinking I guess as I long for early sunrises, trips to the farmers market and fresh air. Spring holds the promise of new beginnings, a chance to try again, learn something new, reflect on what was and what might be. Which brings me to my point. The idea of a fresh start or experiencing another way of looking at the world, is truly personal AND professional development. Whatever stage of life you are in...life-long learning matters!

In a recent article titled “Lifelong Learning Is Good for Your Health, Your Wallet, and Your Social Life” by John Coleman, co-author of Passion & Purpose: Stories from the Best and Brightest Young Business Leaders, published by Harvard Business Review,

“The reasons to continue learning are many, and the weight of the evidence would indicate that lifelong learning isn’t simply an economic imperative but a social, emotional, and physical one as well. We live in an age of abundant opportunity for learning and development. Capturing that opportunity — maintaining our curiosity and intellectual humility — can be one of life’s most rewarding pursuits.”

As Family & Consumer Sciences Professionals, we all understand the importance of life-long learning, taking care of ourselves and helping one another. In a world where so much is at our fingertips, it’s easy to become overwhelmed and overstimulated with all of the information coming at us. Be selective! Take care of yourself so that you may take care of others....that’s what FCS people do!

What follows are two upcoming webinars offered to AAFCS members. Perhaps one of them resonates with you! Also, if you have not yet read a blog written by Sophy Mott for a recent FCS Wellness Wednesday topic- “Caregiving Changes Relationships,” I have attached it to the bottom of my newsletter article. As a daughter taking care of her mom with dementia, I found this entry particularly helpful.
FCSfit Wellness Wednesday: Caregiving Changes Relationships

By: Sophy Mott

Ask anyone who is a caregiver, who has been a caregiver, or who needed a caregiver if caregiving changes relationships, and the answer is a resounding "Yes."

Caregiving changes relationships with our elder because what we are willing to do – or not do – for one another gets tested. The ways in which you support your loved one will increase. Shared interests and social outlets that bind your relationship together will be more difficult to do together.

Here’s an unspoken truth: no one warns you that caregiving impacts ALL your relationships. Suddenly, you are struggling to find the time to help your child with homework, to have a date night with your husband, to go out to the movies with friends, to get to the gym or take care of yourself in a way that brings you back to you.

Webinar - Driving Community Health Through Collaborative Opportunities: A Multi-Sector Nutrition Engagement Model

When: Mar 18, 2020 from 4:00 PM to 5:00 PM (ET)

Through the Healthy for Life 20 by 20 community engagement program, the American Heart Association and Aramark are working collaboratively with multi-sector organizations to equip individuals to improve their dietary habits. The utilization of the science and evidence-based education experiences equips individual and families with the knowledge, skills and confidence to discover, choose and prepare healthy food that helps them reach their potentials. Participants will be able to access no cost Healthy for Life science and evidenced-based education experiences.

More Information

Webinar - High Level Thinking: Critical Science in Family and Consumer Sciences

When: Apr 15, 2020 from 4:00 PM to 5:00 PM (ET)

Develop an understanding for the critical science approach in FCS and learn how to integrate it into your classroom to help students build high level thinking skills and find solutions to perennial problems. This webinar was developed for middle school and high school audiences. Educators will complete the webinar with a solid foundation of how to incorporate the Experiencing the Ordinary framework into the classroom and Career and Technology student organization activities.

More Information
The mistake we make is in not preparing for when (not if) you will become a caregiver. If you are picking up prescriptions for your elder while doing your own shopping, you are a caregiver. If you ask how book club or church or their best friend is doing and they have not been out of the house, you are about to become a caregiver. **There are ways to control the impact caregiving has on your life, but it requires that you don’t ignore gut feelings.**

**This first ‘knowing’ is an opportunity to have meaningful discussions with your elder.** Don’t start with the ‘You need to’ discussions like “You need to stop driving.” That will shut down the conversation quickly. Instead, start a conversation that focuses on the details of their social life and tasks that need to be done around their home. **Use language that keeps the control with them and statements that do not shut the conversation down.**

**Here are some examples of language and possible outcomes:**

“Mom, when does your book club meet? Do you rotate where you get together? Do you drive alone or with someone else? I’m thinking about options if you’re too tired to drive but don’t want to miss out.”

These conversations allow you to plan together (go team!) for the resources and support they might need in the future. You can think about what your boundaries are now, and together find answers that keep you from being completely responsible for everything in their life.

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<tr>
<th>I would like to:</th>
<th>What is required for this activity?</th>
<th>Who can help us fulfill this wish list?</th>
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<tbody>
<tr>
<td>Attend book club second Wednesday of each month</td>
<td>Drive to a member’s house</td>
<td>Another book club member or Uber</td>
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Thanks to Debra Hallisey, who contributed this issue of FCSfit WW. A caregiving advocate, Debra blogs at [https://advocateformomanddad.com/](https://advocateformomanddad.com/) and is the author of *Your Caregiver Relationship Contract*. You can connect with Debra on [LinkedIn](https://www.linkedin.com).
Retirees On the Go!
By: Cindy Theiss

Our co-president, Mary Taylor, is from the Capital District. She retired in 2011 after teaching for 32 years at the Ballston Spa Middle School. Currently, she tutors part-time at the Huntington Learning Center teaching reading, phonics and math. Her current mission is reaching out to future teachers to consider CTE/FACS as a career. The variety of curriculum, and opportunity for being creative is a dual incentive!

During the summer, Mary and her husband run a seasonal mobile home park on Saratoga Lake about 4 miles from the Saratoga Race Track. She enjoys kayaking especially when viewing the golden sunsets.

Her faith is also an important part of her life. She is a fifth grade church school instructor who uses her FACS skills to make community service projects such as quilts, grocery bags, and pillowcases.

Mary enjoys many favorite activities such as family get-togethers, knitting, oil painting, sewing, experimenting with the Instant Pot, and she is an expert pie baker!

* Share your retirement joys with Cindy Theiss at ctheiss4@optonline.net

Policy Watch 2020
By: Mary Taylor

Become an advocate for CTE-FCS through www.acteonline.org, Advocacy, Take Action

President Trump Proposes a Large Increase for Perkins CTE in FY 2021 Budget Request.

Other policies requiring you “Taking Action”: see above website, Advocacy, Take Action

1. Perkins State Grant Funding (scroll down)
2. Senators and Representatives to co-sponsor 2020 CTE Month
3. Senators and Representatives to support Short Term Pell Grants
4. Voice Funding for Perkins 2020
5. Ask Representatives to Include Workforce Development in any Infrastructure Package.

An opportunity to support CTE-FCS that makes an impact and takes minutes. Thank you for your support.
CWD members, Carol Hanley, Katherine Humphrey, Judy Lynd, and Mary Beth Tyndall traveled to Lake Placid, NY in June to visit The History Museum of the Lake Placid-North Elba Historical Society. “Suffrage Centennial: Women’s Place in Society” was the featured exhibit. It included local women who pushed societal norms and whose contributions created a lasting impact on Lake Placid. It addresses the lives of women who made their impact by the life they lived within their families. Our founder, Ellen Swallow Richards was one of these insightful individuals. Pieces of our association china were included in the display.

The Adventures of NYSAFCS Members!
Central Western District

Ellen Swallow Richards Featured
Members visit history museum

Home economics didn’t become a movement in our country until Ellen Swallow Richards brought it to the forefront.

The first meeting of contemporaries in the field of Home Economics was held at the Lake Placid Club in 1899. The Lake Placid Conferences, as they are called were, for the most part, held at the Club for the first ten years. These conferences were conducted to meet and talk about the latest advances in the subject. The group believed home economics would allow students the opportunity to manage their own homes and be prepared for careers focused on people and the environments around them.
Welcome New Members!

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<th>Name</th>
<th>Location</th>
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<tbody>
<tr>
<td>Deborah Hall</td>
<td>Cobleskill NY</td>
</tr>
<tr>
<td>Denise Hartmann</td>
<td>Parish NY</td>
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<tr>
<td>Lauren Ostner</td>
<td>Montgomery NY</td>
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