



THE RENAISSANCE RECORDER

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Lifelong Learning for more than 30 Years

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The Renaissance Society of
Sacramento

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Renaissance Society (RS) programs are more than halfway completed for our Fall 2021 semester. RS registrations surpassed our “Everyone Bring One” membership Fall 2021 campaign goal of **1500** members with over **10,200** program enrollments in **108** seminars. **343** generous members gave **\$18,925** in voluntary registration donations to support RS operations.

The Renaissance Society of Sacramento currently has members in **63 California cities** and **19 states/districts** – Arizona, California, District of Columbia, Hawaii, Illinois, Maine, Massachusetts, Michigan, Missouri, Montana, Nevada, New Jersey, New York, North Carolina, Oklahoma, Oregon, South Dakota, Texas, and Washington.

RS has **61 Honorary Members** who are 90 years of age or older. As of June 2021, our senior member is **Louise McCullough at age 102**.

In the next few weeks, you will be receiving a solicitation letter in the mail for our annual Sac State Student Scholarship Program. This year RS will be presenting \$3,000 scholarships to seven deserving students in need of financial assistance to continue their Sac State studies. Our RS Scholarship Committee is already hard at work refining their selection process to find the students most worthy of educational support. Our Spring 2021 student scholarships were fully funded by member voluntary donations. Since 1993, RS had awarded 107 scholarships totaling \$227,000. Please consider making a tax-deductible donation to support Sac State students.

At 3:00 to 4:00 p.m. on Friday, December 10th, Sac State President Robert S. Nelsen will join us for the final Fall 2021 semester Forum Speaker Series presentation. President Nelsen will update RS members on what’s happening at Sac State for the first half of the program. I’ll share the RS past, present and vision for the future during the second half. If you have not already signed up, please register now to attend this last Fall Forum speaker presentation.

The RS Hybrid Working Group is starting our Spring 2022 semester planning. At our December 6, 2021, RS Board of Directors meeting, the RS Board will determine our plans for the possible Spring 2022 Sac State return to campus plans.

Thank you for joining the Renaissance Society this year for the opportunity to learn, connect and share!

MEMBER PROFILE



HISTORY JUMPS OUT AT CATHY MINICUCCI

Judy A. Lewis

Although she was born in Berkeley, Cathy Minicucci grew up in Southern California. She began studying history at UCLA but found the professors so boring that she switched to anthropology. Little did she know that history would turn out to be her first love after all.

She attended Harvard Law School, withdrew in good standing because “it wasn’t for me” and enrolled in the Graduate School of Education. Cathy earned a master’s degree in Educational Research.

After working for the Massachusetts State Department of Education in Boston, and enduring six years of New England winters, she decided to head back to California. Returning to Sacramento, she worked as the Educational Consultant for the Senate Office of Research.

In 1985, Cathy left her position with the State Legislature, forming her own consulting business, which kept her occupied for the next 30 years.

An avid San Francisco Giants fan, she loves watching her team play, preferably on TV, rather than in person, as “the view is better.”

A self-described history buff, at age 60 Cathy set a goal of visiting all 10 places on her bucket list. Since completing that milestone, she’s now working on a new list. She prepares herself by doing extensive research on each destination before she heads out.

Since joining the Renaissance Society in 2016, Cathy has shared her extensive knowledge of history by offering classes on *Turning Points in American History*, *American Leaders*, and the *American Revolution*. Through her genealogical research, she has been able to trace her family connections back to the early Puritans.

Cathy is hopeful that the Renaissance Society will be able to return to a hybrid model of instruction. She is especially impressed by Renaissance’s leadership team which stepped forward to organize ZOOM classes but misses meeting older learners

DINING TOGETHER

DECEMBER 2021

Cheryl Nelson



Dining Together will meet at **Bennett’s American Cooking**, on Fair Oaks Boulevard at **5:30 PM on December 8 AND 16, 2021**. Dining Together members who wish to attend should select ONE preferred date and **RSVP** to Cheryl Nelson: slynnsearch@yahoo.com or (916) 421-0407 no later than December 2, 2021. Separate checks will be provided. Free valet parking is available. The diners will conform to County COVID health requirements. (www.bennettsamericancooking.com)

SACRAMENTO STATE ARBORETUM

Donna Eash

November is a perfect month to enjoy a walk through the beautiful Sacramento State Arboretum, located near the "J" Street entrance to campus. The Arboretum currently contains diverse conifers and plants adapted to our Mediterranean climate that are bursting with flamboyant fall colors!

As **Dr. Mike Baad**, the Arboretum director, explains: “Good growing conditions late into autumn will allow many of our deciduous species of trees and shrubs to build up their supply of accessory pigments which will show through as chlorophyll breaks down with the return of colder weather.”

Note: Parking on campus to visit the arboretum requires purchase of an hourly or daily Sac State parking sticker.



FRIDAY FORUMS

3:00-4:00 PM

Nov. 5

A Conversation with Comedian Tom Dreesen

Tom Dreesen & Mike Agron



Tom Dreesen is a well-respected comedian, monologist and entertainer who started his career shining shoes to ultimately performing on the world stage. He has appeared on The Tonight Show and on The Late Show with David Letterman.

He will be joined by Renaissance Society music class leader **Mike Agron** who will walk us through Tom's career to have a close look at the anatomy of his humor.



Nov. 12

All About Gov. Gavin Newsom's Recall Attempt?

Rob Stutzman & Steven Maviglio

California has faced its second gubernatorial recall attempt in its history, with voters deciding not to recall Gov Newsom.

As former Communications Deputy Chief of Staff for Governor Arnold Schwarzenegger, **Rob Stutzman** is a Republican political strategist who specializes in campaigns, communications, crisis management and award-winning political advertising.



Conversely, **Steven Maviglio** is a Democratic political strategist that specializes in public affairs strategies for progressive political campaigns and clients. Steven was press secretary for Governor Gray Davis.

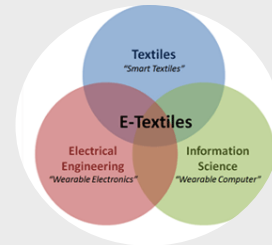
These two political veterans discuss the history of the recall process, and the origins of this year's effort—polling, messaging, finances.

Nov. 19

The Future of Electronic Wearables: E-Textiles and "Smart" Clothing

Dr. Gozde Goncu Berk

Assistant Professor **Gozde Goncu Berk** from the UC Davis Department of Design is breaking barriers by developing extraordinary designs in wearable "reactive" clothing (for people with disabilities or improving pain management from chronic diseases) that "sense" changes in people's emotions such as anxiety and/or physiological conditions.



ETHNIC REFLECTIONS

NATIONAL LATINX HERITAGE MONTH
SEPTEMBER 15TH TO OCTOBER 15TH

Darryl Omar Freeman

This is a snippet of the historical contributions by Latinx Americans to the development of our United States Society.

By the time the US entered WWII, over 500,000 Latinx Americans (350,000 of whom were Mexican Americans) had enlisted into the United States armed services. This is a staggering commitment of patriotism from an ethnic group numbering about 2.7 million at the time. Still facing public discrimination forcing them to occupy low wage jobs and relegated to low-income neighborhoods known as "the Barrios," Latinx Americans seized the opportunity to demonstrate that they were proud Americans entitled to the same opportunities as other Americans. Mexican Americans provided distinguished service to the country's war effort both at home and abroad. By the end of the war over 200,000 bracero farm workers had harvested \$432 million dollars of food supplies for the U.S. military.

(Cont'd. Pg. 6)

MEET MICHELE FINERTY

OUR NEWEST MEMBER AT LARGE IS SURE TO INSPIRE YOU

Energy
&
Enthusiasm

Deborah Seiler



Where to begin with Michele Finerty? The fact that she was inducted into the American Association of Law Libraries (AALL) Hall of Fame? Her appearance on the opera stage as a zombie? Trudging down the halls of the county animal shelter feeding dogs? Sitting at a park table in the freezing cold to help low-income pet owners obtain free vaccinations and low cost spay and neutering for their pets?

Michele knows the value of arduous work and treasures a spirit of volunteerism. She also likes to have fun.

As our newest Member at Large on the Renaissance Society Board of Directors, Michele grew up in the Midwest and received her BA in English Literature from Loyola University in Chicago. She later obtained a MLIS from the University of Illinois, Urbana-Champaign, and held her first law librarian position from 1981 until 1985 as the Technical Services Law Librarian at the Leon E. Bloch Law Library at the University of Missouri-Kansas City.

Before coming to Sacramento, Michele spent the years 1986 to 2001 in Orange County where she served as the Technical Services Law Librarian at the Orange County Public Law Library in Santa Ana. While there, she and a law librarian from the East Coast established an AALL Working Group with the support of Justice George Nicholson of the California Court of Appeal, 3rd Circuit, now retired, to develop a template to assist court administrators to improve their websites for better public access. It was in Orange County that she volunteered for the opera guild and various ballet companies, serving as a supernumerary, and organizing fund-raising events with speakers who were prominent in the arts.

Beginning in 2001, until her retirement in 2014, she was the Assistant Director for Technical Services at the Gordon D. Schaber Law Library, Pacific McGeorge School of Law.

Throughout her career, Michele served on a multitude of committees ranging from Awards and Grants to Governmental Relations and Advocacy. She put together programs and served as a coordinator, moderator, and panelist. With so many professional awards, she might need a larger house to display them.

Ever interested in animal welfare, she founded with others the AALL Animal Law Caucus and became its first president, advocating before the State Legislature to end animal cruelty.

"In her 40 years of service to AALL and the profession, Michele Finerty has built a well-deserved reputation as a team player, an advocate, and a leader. She has made outstanding and lasting contributions to AALL through its special interest sections, committees, caucuses, and chapters."

Induction statement for AALL Hall of Fame Award

Michele joined Renaissance in 2015 and recently began serving with Tom Suchanek as co-chair of the Forum Committee. She is inspired by Tom's work and excited to be part of the committee.

For a delightful and fascinating morning, invite Michele to coffee. She may even tell you about her service as a new Member at Large or about her work on the Friends of the Sacramento Public Library, Elk Grove Branch. Her energy and enthusiasm will inspire you!

WINNERS OF 2021 RENAISSANCE SCHOLARSHIPS

Express Their Gratitude

Judy Lewis, Scholarship Committee

As many Renaissance Society members know, each year our organization awards seven \$3,000 scholarships to students whose career goals include providing services which would benefit older individuals. The generosity of our members has continued to grow over the years. Each dollar donated goes directly to the winning students.

We contacted the students and among the responses we have received are these:

“The Renaissance Society scholarship that I received this semester has been very impactful in my education. Starting the nursing program involves some additional costs beyond normal college courses. These include clinical preparation software, uniforms, medical equipment, and most of the textbooks required for the two-year program. The scholarship helped me pay for all those items which was a huge relief to me and my family. I have been able to focus on being prepared to succeed in the program instead of wondering how to pay for all of it. That is a huge help and has also allowed me to focus on some of my other responsibilities like being a dad and helping my own mom find new housing during a difficult transition in her life. Truly the Renaissance Society scholarship has already made a huge difference in my life and the lives of those around me. The investment in my current education will continue to help me and my family for the rest of our lives. I cannot thank the wonderful members of the Renaissance Society enough for their generosity and encouragement. Thank you from the bottom of my heart.”

Tony Lima, Nursing Student, Spring 2023

“Since receiving the 2021 Renaissance Society Scholarship I started my second and last year of graduate school. I am studying Communication Sciences and Disorders to become a Speech Language Pathologist. This scholarship has made it possible for me to pay for this semester’s tuition without taking out any more student loans.

My program also highly recommends graduate students to not work during school since we are taking 16 units. These 16 units include rigorous courses and working with four clients, twice per week. I am now able to put forth all my time and energy towards focusing on my studies to become the Speech Language Pathologist that I strive to be. The Renaissance Society has made such a positive impact on my life and I appreciate all your support in helping me achieve my Master of Science.”

Danielle King, Communications Sciences and Disorders (CASD)

If you want to help, choose one of these effortless ways to make your contribution:

- Donate online at <https://tinyurl.com/RensocFunds>
OR
- Send a check made payable to **University Foundation at Sacramento State with Renaissance Scholarship in the notation line. Mail it to The Renaissance Society, Sacramento State, 6000 J Street, Mail Stop 6074, Sacramento, CA. 95819-6074.**

A HEALTHY LIVING PARADIGM

PART 3

Don Forrester and Allan Keown

In this article we'll be discussing Dr. John McDougall's residential program for helping people to minimize illness and create health.

Dr. McDougall developed and ran a live-in program at the St. Helena Hospital in Napa for 16 years before moving to the Flamingo Resort in Santa Rosa in 2002. He developed his approach to achieving health based on his medical training, his extensive reading of the literature, and the experiences he had working in Hawaii with multigenerational families.

<https://www.drmcDougall.com/our-story>

Whether held at a hospital, a resort, or via Internet, the program's key components for regaining lost health and getting off unnecessary medications is the same:



It's the food—eat whole plant foods emphasizing starches (e.g., corn, beans, potatoes, rice, and wheat) without oils.

Tailoring treatment of medical conditions to each individual while providing science-based education.

Provide ongoing support including free website information. (e.g., lectures, newsletters, etc.) and one-on-one support (e.g., emails, health coaches, etc.) for all graduates.

One of us, Dr. Don Forrester, was fortunate to have been mentored in the residential program by Dr. McDougall from 2011 to 2017. Moreover, Don attended and spoke at the Advanced Study Weekends at which health experts from around the world provided the best science-based information. In addition, Don came to know and have profound respect for the entire McDougall staff.

The residential McDougall Program included “eat as much as you want” starch-centered buffets, 20+ hours of education, and “functional fitness” opportunities. Mary McDougall, John's wife, offered many of the recipes and helped Dr. McDougall create an effective program that could be used by large organizations seeking to improve the health of their

employees, thereby reducing medical costs.

The success of the McDougall program attracted the attention of John Mackey, CEO Whole Foods, who led Whole Foods to establish four residential programs modeled on the McDougall program as a benefit for their employees and family members. The Century Link organization added the McDougall program as a benefit for their employees in 2017. The interest in corporate programs is increasing as businesses understand the importance of having healthy employees.

The success of this program, now managed by CEO Heather McDougall with patient care provided by Anthony Lim MD, reinforces the authors' belief that diet is the key determinant of health. Viewing the McDougall program through his “Quality Improvement” (QI) lens, Don believes that the program is consistent with QI's best features (e.g., focus on the proper goal (health), continual improvement, “mass customization to one”). Don also believes that the McDougall Program has done more to improve health and reduce costs than any other program or organization. It is presently available to patients as a 12-day virtual course. Dr. Forrester would like to extend a special thanks to John McDougall MD and Jeff Novick RD for contributing to this article and the past support of Mary and Heather McDougall, Tiffany Hopson, and Doug Lisle PhD.

— Pg. 3 Cont'd.— Ethnic Reflections —



Mexican American women entertained troops in military USOs, served in the Army medical corps and raised over a million dollars of War Bonds for the war effort. Additionally, thousands of Mexican men and women supported the war effort in skilled aircraft and other military manufacturing work. Segregated Mexican military units earned more than 30 Congressional Medals of Honor for valor under fire during the war. One of the unrecognized accomplishments of the war was the liberation by an all Mexican battalion of one of the Nazi concentration camps.

CLINICAL PEARLS

GUIDELINES FOR THE 2021-2022 SEASONAL INFLUENZA VACCINE FOR OLDER ADULTS

Dolores J. Eitel BSN, MA, cNY FNP



Every year 50,000-90,000 adults in the United States die from vaccine-preventable diseases. This coming flu season there is even a greater threat — it is possible to have the seasonal flu along with COVID-19 as well as other respiratory illnesses. This can result in even more hospitalizations and death.

Immunizations provide a foundation for staying healthy throughout life. Being aware of preventable diseases, completing prevention and treatment courses are essential in reducing disease transmission. The following are the 2021-2022 CDC seasonal flu recommendations for older adults that follow evidence-based research:

Seasonal influenza vaccine: Obtain a single yearly dose optimally September to the end of October, at least two weeks before flu season begins. The vaccine takes two weeks to become effective. All flu vaccines are quadrivalent (four component) this season, protecting against the four different flu viruses that research has identified as being the most likely to cause illness. The CDC has not indicated a preferred vaccine over another. However, there are two enhanced flu vaccines designed to create a stronger immune response in adults aged 65 and older. These are the high dose flu vaccine, the adjuvanted flu vaccine and the recombinant (for those who have an egg allergy) flu vaccine. Commercial names for the high dose vaccines for persons over 65 are Fluvad and Fluzone High Dose. Fluzone quadrivalent is the standard vaccine name for persons aged 6 months to 65 years. For persons under 65, Fluaxis and Flubox are the standard names. Egg free quadrivalent vaccines are Flublox and Flucelvax.

There are several misconceptions (myths) about the flu vaccine:

Myth: The flu vaccine can give you the flu. **Fact:** The vaccine contains dead viruses that cannot cause an infection.

Myth: You can still get the same flu against which you were vaccinated. **Fact:** Unless you were exposed up to two weeks before your vaccination, you cannot get the same flu. However, you can get a flu caused by a strain of virus that is not covered by the vaccine. If you do get sick with the flu, normally the symptoms will be milder than if you were not vaccinated.

Myth: The flu vaccine has severe side effects. **Fact:** One in a million get a severe side effect. 650,000 people a year can die of the flu. Without a vaccination, and you get the flu, you are at high risk to develop severe complications such as pneumonia, sinus and ear infections, heart or brain inflammations.

Vaccine needs, doses, schedules are determined in shared clinical decision-making (collaboratively with your health care provider) in consideration of your family and medical history, medical conditions, medications, lifestyle, and health risks.

Never receive any vaccination without consultation with your healthcare provider.

References:

www.cdc.gov www.adultvaccination.org
www.NCIRD www.fda.gov

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In Memoriam

Judy Matthews rests in peace after a long battle with cancer. RS member Douglas Bonetti said she spoke highly of Mike Agron's class.

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Happy Thanksgiving

