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**OUR NEXT TRAINING**

**Date: October 6th**

**TIME: 6:30PM**

**TOPIC: Jumping into  
Science**

www.ourstateofill.com



**OUR NEXT GENERAL  
MEETING**

**DATE: December 8th**

**Time: To Be Announced**



**OUR NEXT BOARD MEETING**

**DATE: Wednesday October 12th**

**TIME: 7:30PM**

**RSVP**

**To Angela Lamberti if you would like to attend. Everyone is invited to join this meeting.**

[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)



From (President)

**This position is vacant.**

**HCFCCA needs you!**

**I know there is a strong leader within our association that can take on the responsibilities of leading our association for our 2022/2023 year. Please reach out to any of the board members if you are interested.**



**From Angela (VP of Education)**

October 6, 2022

Jumping into Science

Many of the habits of scientific thinking are inherently part of children's play. Participants will explore the importance of developing scientific thinking skills in young children and how they can support those skills with simple materials. Participants will experience using the science materials and will create materials to utilize in their own program.



**From Melissa (Newsletter Editor)**

**Newsletter Deadlines**

<b>Due Date</b>	<b>Newsletter for Month of</b>
<b>October 16th</b>	<b>November</b>
<b>November 13th</b>	<b>December</b>
<b>December 11, 2022</b>	<b>January</b>
<b>January 15, 2023</b>	<b>February</b>
<b>February 12, 2023</b>	<b>March</b>
<b>March 12, 2023</b>	<b>April</b>
<b>April 16, 2023</b>	<b>May</b>
<b>May 14, 2023</b>	<b>June</b>
<b>July 15, 2023</b>	<b>Summer Newsletter in August</b>



**From Uyen (Marketing/Public Relations)**

I am looking for one member to volunteer and represent our Association on Sunday, 10/16 from 9:30am-12:30pm at Gary Arthur Community Center. You will earn a PAU for your commitment of 3 hours. This is an event where you will have plenty of opportunities to market your program because there are tons of families with young children. Please text or call me at (443) 220-7336 by 10/8.



From Therese (Mentoring/Networking)

## National Accreditation and Credentialing

National Accreditation has providers look at their program using the self-study tools and develop an improvement plan. Providers look at their interactions with their families, their environment, curriculum, and business practices. There are 289 standards that weave through 4 levels. Many of these standards are also MSDE regulations. Being Nationally Accredited helps you move up the ladder in the Credentialing and EXCELS programs. It also provides validation that you are a high-quality child-care program.

Think you might be interested in doing this? MSDE will pay the fees if you are credentialed at a level 2 or higher. Need help with Credentialing or National Accreditation?

Contact me if you have any questions or if you're interested [laurelbutterflychildcare@gmail.com](mailto:laurelbutterflychildcare@gmail.com) 3017252963 [www.facebook.com/laurelbutterflychildcare](http://www.facebook.com/laurelbutterflychildcare)



## Walking Group

All group walks weather permitting will be at Centennial Park on Saturday morning only at 8am. We will always meet in the parking lot in front of pavilion D at the playground. All are welcome. Please join the Facebook group to be notified about walks and other events.

[https://www.facebook.com/groups/147690680847397/?ref=share\\_group\\_link](https://www.facebook.com/groups/147690680847397/?ref=share_group_link)

All are welcome to join us for a relaxed walk and networking at different local walking trails.



### **From Delali (Treasurer)**

Hello everyone!!!

I hope you and your family are doing well. I would like to remind everyone to put their name and what the payment is for in the memo section. Otherwise, your payment will be considered a donation to the association until someone lets me know. Please remember that cash apps and Zelle are faster and easier ways for your payment to be processed. You must state your name and that the payment is for membership in the memo section. If you have any questions or concerns, please do not hesitate to email, [treasurerhcfca@gmail.com](mailto:treasurerhcfca@gmail.com)







### **From Claudia (Hospitality)**

Sensory play is so important to young children's development. It allows them to explore their world in a hands-on way. Even the youngest toddlers and babies can join in with some taste-safe sensory play material such as this quick and easy chickpea foam.

The best part is that there are so many ways to incorporate aquafaba into your child's play! Use food coloring to make an ocean theme, garden theme, and much more.

Playing with aquafaba will let children use their sense of touch to explore the texture, and you don't have to worry about little hands in mouths, as this is completely toddler friendly.

### **What is aquafaba?**

Aquafaba is a whipped cream-like foam made when the drained liquid in a can of chickpeas is whipped. This is an edible foam; it is completely taste safe, so it is perfect for the youngest children to explore.

Fun fact, you can also use aquafaba as a vegan alternative to egg whites in cooking!

### **Making, Using & Storing Aquafaba**

There are different aquafaba recipes. The following recipe we've used will yield a fun and fluffy material.

#### **You will need:**

- 1-2 cans of chickpeas (depending on how much foam you want)
- ¼ tsp of cream of tartar
- Food coloring (optional)

#### **How to make this Baby Chickpea Foam Activity**

1. Drain the chickpea liquid from the chickpeas into a mixing bowl. You will need the chickpea water, not the beans themselves.
2. Use a hand mixer or standing mixer to whip up the liquid until it is thick and fluffy. This should take about 4 to 6 minutes.
3. Add ¼ teaspoon of cream of tartar
4. Adding your favorite food coloring (or choosing a color based on a play theme) is an optional third step. Without color, it will look like aquafaba whipped cream and will be just as fun!

So, you have your aquafaba, now what? Here are some play ideas!

- Hide some toys and encourage your child to find them.
- Put in some animal or people figures and give them a bath in clean water.
- Add some cars and wash them off in a clean bucket car wash.
- Scoop it into plastic cups or silicone cupcake liners.
- Practice drawing shapes, letters, or numbers with a finger.

This was a great activity. The children in my daycare really enjoyed it. It was a bit messy but easy to clean up. Children in this photo range in age from 20 months to 4 years old. We also roasted the chick peas and did a taste test. No one liked them. So, we put the roasted beans into the foam.

photo taken at Miss Muffett's Early Learning Center



**From Teresa (Membership)**



From Thelma (MSFCCA Rep)



From Lynda (Sunshine)



From Anita (Volunteering)

**APPLICATION FOR LETTER OF VOLUNTEERISM**





**From Nancy (Secretary and Parent Line and Nominating Committee)**

adapted from <http://pillartopost.com/>

### **Garden Cleanup Time: Do it now**

Warm fall weather encourages many of us to delay putting our gardens to bed, but late September and all of October are the best times to do it.

Some tomato lovers leave their plants in the ground in hopes that their green tomatoes will ripen. It's time to give it up. The same is true for peppers and cucumbers and other garden favorites.

Pull the spent vegetables and annuals and put them in the composter. Take good-sized green tomatoes off the branches. Put them in brown paper bags or a box. Check regularly for mold or rot. Over days or weeks, they will ripen.

You can leave healthy perennials standing. They can trap insulating snow and provide a bit of winter interest. But if any plants show signs of disease, pull them now.

Water everything. Trees, shrubs, and perennials could use a good soak. The same is true of grass if you're allowed to water it right now in your community. Most plants survive winter better if they go into the season with well-watered roots. Water them again in October or November.

Empty your containers. Ceramic, terra cotta, concrete and clay containers can shatter if left outside during the winter. Clean them and stack them in the garage.

You'll breathe a sigh of relief in spring if you clean up your yard tools now. Wash dirt off the hoe, shovel, cultivator, and the tiller blades. Put a film of oil on them to prevent rust.

Spread fertilizer on your grass in September or October.

Rake your lawn as needed. If you have a thin layer of leaves, simply chop them up with your lawn mower. But if you have lots of leaves, rake, bag and save the leaves to use as mulch once the soil freezes. If left on the grass, a thick layer of leaves can cause snow mold, which can damage grass. So, keep up with your raking, experts advise.



Maryland State Department of  
Education (MSDE)





### Division of Early Childhood

Last updated: 3/24/2022  
To learn more, visit: <http://ednet.maryland.gov/earlychildhood>

#### DEPARTMENT LEAD

James R. Hicks	Assistant State Superintendent	410-767-0335
Kenneth Blackburn	Research Statistician	410-767-0031
Donna Pennehill	Chief, Fiscal Manager	410-767-0814
Enrico Lee	Fiscal Program Manager	410-767-7391
Paul Patel	Agency Grants Specialist/Trainer	410-767-0271
Kisha Lee	Early Childhood Systems Director	410-767-0716
Alicia Washington	Communications and Outreach Specialist	410-767-7115

#### OFFICE OF CHILD CARE

Jennifer Nizer	Director, Office of Child Care	410-767-7866
Tara Barlow	Assistant - Director of the Office of Child Care	410-767-7823
Kathia Maxwell	Admin. of Policy and Special Projects	410-767-7852

#### EARLY LEARNING BRANCH

Jack Hester	Branch Chief	410-767-6549
Zeva Spritz	Administrative Aide	410-767-7778
Erika Anderson	Specialist, Early Learning	410-767-0666
Elizabeth Chambers	July Center Program Specialist	410-803-5711
Roshni Coleman	Specialist, Early Learning	410-767-6441
Shelley Downs	Specialist, Early Learning	410-767-7835
Nancy Garcia	July Center Program Specialist	410-767-0785
Susan Haman	Specialist, Early Learning	410-767-0428
Ananda Halliday	July Center Program Specialist	410-767-0763
Nyika Washington	Specialist, Early Learning	410-767-0088
Tiffany Williams	Specialist, Early Learning	410-767-0297



#### WORKFORCE ADVANCEMENT BRANCH

Angelia Bishop-Ohiska	Branch Chief	410-767-7805
Ashle Bradford	Administrative Officer	410-767-7805
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-6947
Agnieszka Wright	Deputy Branch Chief	410-767-6923
Julia Chavez	Education Program Specialist - Grants Manager	410-767-6546

#### MARYLAND EXCELS

Jana Smith	Quality Assurance Supervisor/Acting Branch Chief	410-767-0580
Nicole Johnson	Accreditation Specialist	410-767-8941
Andrea Zabat	Quality Measurement Specialist	410-767-7863
Eric Hughes	Administrative Specialist	410-767-5664
Lisa Smith	Quality Assurance Specialist (Baltimore County)	410-583-4213
Patricia Abum	Quality Assurance Specialist (Baltimore City)	443-377-2966
Andrey Cape Green	Quality Assurance Specialist (Baltimore City)	443-380-2118
Rooney Luter	Quality Assurance Specialist (Carroll County & Harford County)	410-540-2079 Ext. 302
Marlene Cousins	Quality Assurance Specialist (Carroll County & Howard County)	410-750-8033
Yvonne E. Bell	Quality Assurance Specialist (Montgomery County)	301-214-1422
Henna Hicks	Quality Assurance Specialist (Frederick County & Washington County)	301-499-8766
Mary Beth Johnson	Quality Assurance Specialist (Caroline County, Dorchester County, Kent County, Queen Anne's County & Talbot County)	410-819-8803 Ext. 108
Diana C. Aguirre	Quality Assurance Specialist (Garret County, Wicomico County & Worcester County)	410-713-3430
Therese Quinn	Quality Assurance Specialist (Anne Arundel County)	410-573-9523
Unsol Cook	Quality Assurance Specialist (Prince George's County)	301-333-0593
Stacie Barth	Quality Assurance Specialist (Calvert County, Charles County, & St. Mary's County)	301-475-3370
Kisha Okonko	Quality Assurance Specialist Coordinator	202-214-1408
Neghan Leach-Casper	Quality Assurance Specialist Coordinator	410-549-6954
L'Ornya Bowle	Quality Assurance Specialist Coordinator	202-214-1423



#### BALTIMORE COUNTY FIELD OFFICE (REGION III)

407 Washington Avenue, Suite 104, Towson, Maryland 21286	Regional Manager	410-583-6204
Andrea Riley	Office Secretary	410-583-6200
Patricia Dial	Licensing Supervisor	410-583-6224
Theresa Cheneveth	Licensing Supervisor	410-583-6206
Anna Trzon	Licensing Specialist	410-583-6207
Lisa Weeks	Licensing Specialist/Trainer	410-583-6208
Antoinette Harvey	Licensing Specialist	410-583-6218
Cheryl Johnson	Licensing Specialist	410-583-6217
Felicita White	Licensing Specialist/Trainer	410-583-6222
Molly McGuff	Licensing Specialist/Trainer	410-583-6211
Michelle Grant	Licensing Specialist/Trainer	410-583-6216
Jennifer Woodard	Licensing Specialist	410-583-6223
Kara Young	Licensing Specialist	410-583-6221
Donna Lorenz	Licensing Specialist	410-583-6209

#### CARROLL COUNTY FIELD OFFICE (REGION III)

1411 North St., Suite 206, Elicottville, Maryland 21768	Regional Manager	410-549-6489
Patricia Luffen-Nalley	Licensing Supervisor	410-750-7940
Susan Howard	Licensing Specialist	410-549-6493
Tammy Guffland	Licensing Specialist	410-549-6492
Leif Craviken	Licensing Specialist (Licenses a specialist in Howard and Carroll, works in Carroll office)	410-549-6498

#### FREDERICK COUNTY FIELD OFFICE (REGION III)

5303 Spectrum Dr., Suite C, Frederick, Maryland 21703	Acting Regional Manager	410-767-6786
Kathy Long	Licensing Specialist Supervisor	301-496-9766 ext. 5
Amy Cheli	Licensing Specialist	301-496-9766 ext. 7
Jennifer Thompson	Licensing Specialist/Trainer	301-496-9766 ext. 9
Lisa Gelfand	Licensing Specialist	301-496-9766 ext. 2



### LICENSING BRANCH

Vanessa Williams	Specialist, Early Learning	410-767-8221
Loish Valenti	Branch Chief	410-767-7128
Jacqueline Blending	Administrative Aide	410-767-7128
Lorena Guido	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7037
Marjula Paul	Nurse Consultant	410-767-5853

### CHILD CARE SCHOLARSHIP BRANCH

Rene Williams	Branch Chief	410-767-0140
Stephen Lesinger	Administrative Support	410-767-0578
Olivia Bihari	Quality Assurance Auditor	410-767-8655
Robert Cobb-Randall	Policy Specialist	410-767-0449
Kate Diigger	Quality Assurance Specialist	410-767-7860
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7821
Beverly Williams	Quality Assurance Manager	410-767-6654
Jessica Shurts	Monitoring Specialist	410-767-7832
Christopher Viancotte	Administrator	301-580-2999

### COLLABORATION AND PROGRAM IMPROVEMENT BRANCH

Corinna LaMona Leason	Branch Chief	410-767-0337
Alberta Stokes	Education Program Specialist, Professional Development CCEC Birth - Five, Local Early Childhood Advisory Councils	410-767-0335
Vanessa James	Head Start Program Specialist	410-767-8941
Makia McClint	Communications Specialist	410-767-0602
Dan Cullen	Education Program Specialist, Infant and Early Childhood Mental Health	410-767-0240



#### ALLEGANY COUNTY FIELD OFFICE (REGION VII)

1000 Main St., Cumberland, Maryland 21501	Local Licensing Specialist	301-777-2385
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#### ANNE ARUNDEL COUNTY FIELD OFFICE (REGION II)

40 Old Science House Rd., Annapolis, Maryland 21401	Regional Manager	410-573-9322
Charlene Farley	Office Secretary	410-573-9322
Tanya Smith	Licensing Supervisor	410-573-9861
Eric Handley-Tibon	Licensing Specialist	410-573-9863
Shantel Clemons	Licensing Specialist	410-573-9863
Nikita Green	Licensing Specialist	410-573-9826
Jay Gardner	Licensing Specialist	410-573-9827
Katherine Justice	Licensing Specialist	410-573-9828
Christina White	Licensing Specialist	410-573-9865

#### BALTIMORE CITY FIELD OFFICE (REGION II)

100000 Avenue, 400 Washington Ave., Suite 103, Towson, Maryland 21286	Regional Manager	410-925-1662
Allison Van Ham	Office Secretary	410-583-6201
Kay Abrams	Licensing Supervisor	443-470-9745
Sarah Utian	Licensing Supervisor	443-776-0335
Paula Jarman	Licensing Supervisor	410-925-1662
Cristal French	Licensing Specialist	443-805-4675
Therese Reed	Licensing Specialist	443-333-9861
Yvonne Jordan	Licensing Specialist/Trainer	443-430-8095
Na Hoakes	Licensing Specialist	410-925-1662
Mary Tracey	Licensing Specialist	202-424-5388
Michelle Young	Licensing Specialist	410-925-1662
Terina Walker	Licensing Specialist/Trainer	410-925-1662
Nancy Collins-Snyder	Licensing Specialist	443-985-9990
Ginnea Morlan	Licensing Specialist	443-985-9990



#### BALTIMORE COUNTY FIELD OFFICE (REGION III)

407 Washington Avenue, Suite 104, Towson, Maryland 21286	Regional Manager	410-583-6204
Andrea Riley	Office Secretary	410-583-6200
Patricia Dial	Licensing Supervisor	410-583-6224
Theresa Cheneveth	Licensing Supervisor	410-583-6206
Anna Trzon	Licensing Specialist	410-583-6207
Lisa Weeks	Licensing Specialist/Trainer	410-583-6208
Antoinette Harvey	Licensing Specialist	410-583-6218
Cheryl Johnson	Licensing Specialist	410-583-6217
Felicita White	Licensing Specialist/Trainer	410-583-6222
Molly McGuff	Licensing Specialist/Trainer	410-583-6211
Michelle Grant	Licensing Specialist/Trainer	410-583-6216
Jennifer Woodard	Licensing Specialist	410-583-6223
Kara Young	Licensing Specialist	410-583-6221
Donna Lorenz	Licensing Specialist	410-583-6209

#### GARRETT COUNTY OFFICE OF CHILD CARE (REGION VII)

100 Union St., Suite B, Oakland, Maryland 21550	Licensing Specialist	301-440-6024
Diana Robinson	Licensing Specialist	301-338-3426

#### HOWARD COUNTY OFFICE OF CHILD CARE (REGION XII)

1300 North Ridge Rd., Suite 190, Ellicott City, Maryland 21043	Regional Manager	410-750-4770
Sharon Atkinson	Office Secretary	410-750-4770
Bryan Shaw	Licensing Supervisor	410-750-7401
Patricia Luffen-Nalley	Licensing Specialist	410-750-8605
Sara Moran	Licensing Specialist	410-750-8601
Gerran Grobe	Licensing Specialist/Trainer	410-750-8772
Michelle Brannon	Licensing Specialist	410-750-8775
Lisa Warner	Licensing Specialist	410-750-8774
Paul Skoda	Licensing Specialist	410-750-8953
Nancy Louie	Licensing Specialist/Trainer	410-750-9034

#### LOWER SHORE OFFICE OF CHILD CARE (REGION IX)

281 Baynet St., Suite 32, Multi-Service Building, 1 <sup>st</sup> Floor, Salisbury, Maryland 21801	Regional Manager	410-713-3435
Suzanne Ruark	Office Secretary	410-713-3430
Angela L. Bell	Local Licensing Specialist	410-713-4099
Jacqueline Mauld	Licensing Specialist	410-713-3434
Teresa Handy	Licensing Specialist	410-713-3431
Johnnie Brown	Licensing Specialist	410-713-3431
Suzanne Ruark	Regional Manager	410-713-3435
Angela L. Bell	Office Secretary	410-713-3430
Jacqueline Mauld	Local Licensing Specialist	410-713-4099
Teresa Handy	Licensing Specialist	410-713-3434

MONTGOMERY OFFICE OF CHILD CARE (REGION VI) 55 Howard Road, Suite 200, Rockville, Maryland 20850			
Leanne Moran	Regional Manager	240-314-1400	
Latoria Jones	Office Secretary	240-314-1400	
Carol McLean	Licensing Supervisor	240-314-1402	
Roseana Soto	Licensing Supervisor	240-314-1427	
Melika Lewis-Ageman	Licensing Specialist	240-314-1428	
Melika Barnes	Licensing Specialist	240-314-1420	
Georgette Diaz-Fantles	Licensing Specialist	240-314-1416	
Kareed Green	Licensing Specialist	240-314-1404	
Patricia Hamel	Licensing Specialist	240-314-1410	
Danisha Ragain-Hopkins	Licensing Specialist	240-314-1424	
Lara Williams	Licensing Specialist	240-314-1423	
Davina Mills	Licensing Specialist	240-314-1405	
Khadija Sumari	Licensing Specialist	240-314-1415	
James Shennold	Licensing Specialist	240-314-1407	
Gertrude Tetlow	Licensing Specialist	240-314-1407	
Flour Bagudkar	Licensing Specialist Trainee	240-314-1411	
Amanda Bickell	Licensing Specialist Trainee	240-314-1406	

NORTH CENTRAL OFFICE OF CHILD CARE (REGION XI) 3025 1A/B Eisenhower Rd., Adelphi, Maryland 21009			
Beth O'Connor	Regional Manager	410-565-2879	
	Ext 309		
Amanda Fontaine	Office Secretary	410-565-2879	
	Ext 310		
Beth Johnson	Licensing Specialist	410-565-2879	
	Ext 308		
Christine Johnson	Licensing Specialist	410-565-2879	
	Ext 307		
Darlene McInnis	Licensing Specialist Trainee	410-565-2879	
	Ext 312		
Nancy Miller	Licensing Specialist	410-565-2879	
	Ext 306		
Darlene Perry	Licensing Specialist	410-565-2879	
	Ext 305		
Lashba Quarman	Licensing Specialist	410-565-2879	
	Ext 303		

UPPER SHORE OFFICE OF CHILD CARE (REGION VIII) 361 Bus St., Suite 205, Lorton, Maryland 21081			
Sandy Kaplan-Klusk	Regional Manager	410-819-5801	
Jane "Bark" Hill	Licensing Specialist	410-819-5801	
Ashley Murray	Licensing Specialist	410-819-5801	
Emily Marvel	Licensing Specialist	410-819-5801	

WASHINGTON COUNTY OFFICE OF CHILD CARE (REGION VIII) 1017 C. Simpson, James Hagerstown, Maryland 21740			
Jennifer Campbell	Acting Regional Manager, Licensing Specialist Supervisor	301-791-4583	
Dee Myers	Office Secretary	301-791-4583	
Audrey Gates - Farrell	Licensing Specialist	301-791-4583	
Dawn Gipe	Licensing Specialist	301-791-4583	

PRINCE GEORGES COUNTY OFFICE OF CHILD CARE (REGION IV) 4011 Regional Rd., Leesdale, Maryland 21719			
Daniela Moore	Regional Manager	301-333-6940	
Kimberly Chambers	Office Secretary	301-333-6940	
Denise Randolph	Licensing Supervisor	301-333-6944	
Sheel Neal	Licensing Supervisor	301-333-6943	
Sophia Berry	Licensing Specialist Trainee	301-333-6949	
Viola Egan	Licensing Specialist	301-333-6970	
Felicia Forrest	Licensing Specialist Trainee	301-333-6960	
Lailaha Griffin	Licensing Specialist Trainee	301-333-6967	
Yvonne Howdman	Licensing Specialist	301-333-6968	
Candice Hunt	Licensing Specialist	301-333-6967	
Lafika Johnson	Licensing Specialist	301-333-6956	
Rhonda Miller	Licensing Specialist	301-333-6959	
Marta Pinkney	Licensing Specialist	301-333-6964	
Pamela Reynolds	Licensing Specialist	301-333-6951	
Stephanie Wheeler	Licensing Specialist	301-333-6950	

SOUTHERN MARYLAND OFFICE OF CHILD CARE (REGION XI) 4167/7 Courthouse Dr., P.O. Box 1708, Leonardtown, Maryland 20650			
Susan Capony	Regional Manager	301-475-3770	
Michele Spahn	Licensing Supervisor	301-475-3770	
Cathy Clements	Office Secretary	301-475-3770	
Janet Haskewicz	Lead Licensing Specialist	301-475-3770	
Jay Robertson	Lead Licensing Specialist	301-475-3770	
Julia Albert	Licensing Specialist	301-475-3770	
Amy Farr	Licensing Specialist	301-475-3770	
Rachel Hider	Licensing Specialist Trainee	301-475-3770	
Kimberly McCasby	Licensing Specialist	301-475-3770	
Stacy Madlin	Licensing Specialist	301-475-3770	
Deborah Shirley	Licensing Specialist	301-475-3770	

## Contacting the Division Branches

Office of Child Care –  
[earlychildhood.msde@maryland.gov](mailto:earlychildhood.msde@maryland.gov)

Early Learning Branch  
[early.learningbranchesmsde@maryland.gov](mailto:early.learningbranchesmsde@maryland.gov)

Collaboration and Program Improvement Branch  
 – [collaboration.programimprovement@maryland.gov](mailto:collaboration.programimprovement@maryland.gov)

Licensing – [licensingocc.msde@maryland.gov](mailto:licensingocc.msde@maryland.gov)

Credentialing –  
[credentialocc.msde@maryland.gov](mailto:credentialocc.msde@maryland.gov) or 1-866-243-8796

Subsidy – [ccscentral@conduent.com](mailto:ccscentral@conduent.com) or 1-866-243-8796

Maryland EXCELS – [info@marylandexcels.org](mailto:info@marylandexcels.org)

**Tuesday Tidbits: Special Edition - Maryland  
 Rebuilds Grant Update**

## Tuesday Tidbits-August 9, 2022

## Tuesday Tidbits-July 26, 2022

## Tuesday Tidbits-July 13, 2022

### Appendix A: MDH/MSDE Guidance for COVID-19 Symptoms, Isolation, and Quarantine

Staff or Student/Child with	Guidance for Management
COVID-19 symptoms	<ul style="list-style-type: none"><li>• Staff or student/child should not attend or work in a school or child care setting</li><li>• COVID-19 testing is recommended</li><li>• If test is negative, may return when symptoms have improved, no fever for 24 hours without medication, and applicable criteria in the <a href="#">Communicable Diseases Summary</a> have been met</li></ul>
Positive test for COVID-19, regardless of symptoms	<ul style="list-style-type: none"><li>• Staff or student/child must stay home for 5 days from the start of symptoms or from the date of the positive test if no symptoms</li><li>• After day 5, may return if symptoms have improved and no fever for at least 24 hours without medication</li><li>• Upon return, must wear a mask for 5 additional days (except while eating, drinking, sleeping or outside)</li><li>• If unable to wear a mask, may return if they have a negative test at day 5 or later; otherwise, they should remain at home for days 6 -10</li></ul>
Close contact with someone with known or suspected COVID-19 but no symptoms	<ul style="list-style-type: none"><li>• Staff or student/child can continue to work in or attend school and child care regardless of vaccination status</li><li>• Those who can mask should do so for 10 days from the last day of exposure</li><li>• A test at 3-5 days after exposure is recommended, especially for those who cannot mask (ex. children under 2 years of age).</li></ul>



## JOIN THE FOOD PROGRAM AND GET PAID TO SERVE NUTRITIOUS FOOD!

### What is the Child and Adult Care Food Program (aka CACFP)?

- USDA CACFP is a federal program that reimburses family child care providers for serving nutritious meals and snacks to children.

### Why join the Food Program?

- It's Free!
- All regulated FCC providers are eligible to join the CACFP.
- There are two main benefits:
  - Nutritional Benefits – You will receive the most up-to-date nutrition education based on USDA guidelines to help you plan and serve healthy meals and snacks to the children in your care.
    - Nutritious food contributes to the wellness and development of young children and teaches them healthy eating habits that last a lifetime!
  - Financial Benefits – Each month you will report, through KidKare (the free software we provide to our providers), the number of meals and snacks you serve. You will then receive a reimbursement to help you cover the costs of the food you served.
  - Providers receive reimbursement based on Tiering:
    - Tier 1 Rate – Higher rate of reimbursement if you live in a community that is economically in need and/or qualify by household income.
    - Tier 2 Rate – Lower rate – “All Other Providers”
  - If you serve one breakfast, lunch and a snack per day the average rate of reimbursement “per child” is:
    - Tier I (higher) - \$1,205 per year (20/21 Rate)
    - Tier II (lower) - \$577 per year (20/21 Rate)

*NOTE: USDA Announced in April 2021 that because of the COVID 19 Pandemic a waiver has been put in place that allows all providers to receive the higher Tier 1 Rate of Reimbursement from JULY 1, 2021, through JUNE 30, 2022.*

### Is it financially beneficial for me to be on the program? What about taxes?

- Joining the food program makes financial sense. You are always financially better off on the Food Program.
  - Do you want to win the lottery?
  - If your spouse got a raise, would you accept it?
  - If your child care parents paid you more, do you want it?
  - The answer is “yes” to all the above. In each of these scenarios you earn more money, pay more in taxes, and have **MORE MONEY IN YOUR POCKET** after paying taxes.
  - **MORE INCOME IS ALWAYS BETTER!!!**
  - For every \$1000 you receive from the CACFP you can expect to keep about \$600-\$700 in your pocket after taxes.



#### Common Objections:

"It's too much paperwork" – Well we all know paperwork is no fun, BUT you are being paid to do the paperwork. The Planning Council pays for KidKare and offers it free to all providers. KidKare reduces your paperwork, and you can use your smartphone, iPad, laptop and/or computer to record your meals and attendance and use eForms to enroll your children, etc.

- If you spend 3 hours/week doing paperwork and care for 4 children, serve breakfast, lunch, and a snack = 156 hours/year
- Tier 1 –  $\$1205 \times 4 = 4820 \div$  by 156 hours =  $\$30.89$  per hour
- Tier 2 –  $\$577 \times 4 = 2308 \div$  156 hours =  $\$14.79$  per hour

"I only qualify for Tier 2 Rate and the CACFP reimbursements don't cover the cost of my food."

- Some money is always better than no money.
- If you got \$1000 from the CACFP and your food costs were \$2500
  - Why give up \$1000 in income?
  - If you do not take the \$1000 income from the CACFP your food costs will not change.

"My enrollment is low; I'm Tier 2 and I only serve one (1) snack. It's not worth it to claim a 21-cent snack."

- Well, actually "NO" that is inaccurate.
  - You will earn approximately \$10.06 per hour by claiming a 21-cent snack.
  - 1 child x  $\$.21 \times$  5 days a week x 52 weeks =  $\$54.60$  a year
  - 4 children x  $\$.21 \times$  5 days a week x 52 =  $218.40$  a year
  - 5 minutes a day to enter it into KidKare = 21.7 hours a year
  - $\$218.40 \div$  21.7 hours =  $\$10.06$  per hour for your CACFP hours.

"I will lose my food deductions if I join the CACFP so I will be worse off financially."

- Nope! This is a common misunderstanding.
- You are entitled to claim food expenses in the same way whether you are on the CACFP or not.
- You can deduct the meals/snacks you get reimbursed for by the CACFP.

**JOIN Now!** *There really aren't any serious objections to joining the CACFP. It's a wonderful nutrition program that will help keep the children in your care healthy and it's a significant financial benefit that will put cash in your pocket.*

**TO GET STARTED CALL THE PLANNING COUNCIL @ 1-800-477-3993, ext. 3025 or 410-967-5848**



## CRAFT AND ACTIVITY

Submitted by Kathy Henderson HCFFCA Newsletter Vol 43 Issue 3 October  
2022

### Materials Needed for Candy Corn Craft:

- Candy Corn Template
- White, orange, & yellow construction paper
- Glue stick
- Scissors

Set your crafting station up by tearing up little pieces of each color of paper. Glue torn paper onto template. Click on the following link to get the template-

<https://drive.google.com/file/d/15oOK84nKLC421VOisTdwkSnBOOBencUh/view?usp=sharing>



*Easy*

# Candy Corn Craft



## RECIPES



## The Best Pumpkin Bread Recipe

This homemade pumpkin bread recipe is super moist and easy to make. It's full of spices like nutmeg, cinnamon and ginger and has a super moist texture from the oil, melted butter and eggs. It's really the best pumpkin bread and simple to make! #pumpkinbread #easypumpkinbread #moistpumpkinbread

Prep Time 8 mins

Cook Time 1 hr.

15 mins

Total Time 1 hr. 23 mins

### Ingredients

- 1 1/2 cup all-purpose flour
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1 tsp nutmeg
- 1/2 tsp ginger
- 1 tsp salt
- 1 1/2 cups canned pumpkin
- 1 1/2 cups sugar
- 2 tsp vanilla extract
- 1/2 cup vegetable oil or canola oil
- 1/2 cup melted butter
- 2 eggs

### Instructions

- Preheat the oven to 350 degrees.
- In a mixing bowl, add the flour, baking soda and baking powder, spices, and salt. Set aside
- Combine the oil, butter, and vanilla in a liquid measuring cup.
- In a mixing bowl with a fitted paddle attachment, beat the pumpkin, sugar, and eggs until combined.

- Turn the mixer to low and slowly add in the liquid ingredients. Let this process take about 1 to 2 minutes so the mixture becomes light and fluffy.
- Using a spatula, fold the dry ingredients into the wet and slowly fold until the ingredients are blended.
- Prepare a 10 x 5 loaf pan by buttering it well and then adding a strip of parchment paper to the bottom and up the sides for easy removal.
- Bake in a preheated 350-degree oven for 1 hour. The bread will be fully risen in the center, like a loaf. Make sure it's fully cooked and brown on the top otherwise it will fall in the middle once removed from the oven.

## Notes

- Measure all the ingredients before. Liquid in one measuring cup, dry in a mixing bowl.
- Always use high quality ingredients when baking. Whole, organic eggs, full fat butter, pure vanilla extract. This all makes a difference in the quality of the pumpkin bread.
- When adding the oil, butter, and vanilla, add it very slowly with the mixer running to incorporate air into the mixture.
- Remember that the true oven temperature and the material of the loaf pan you're using will influence the baking time.
- If adding in chocolate chips or nuts, fold them in when folding in the dry ingredients.

## HCFCCA FUNDRAISERS

**HCFCCA Shaklee Fundraiser**





For many people, supplementation is a hard pill to swallow—literally. While multivitamins and vitamin supplements are a fantastic way to fill gaps in your nutrition, the form factors of tablets and capsules aren't for everyone. In fact, 40% of the general population have difficulties swallowing tablets or capsules. (1)

Up to 94% of individuals four years and older don't get enough key nutrients from their diet alone. (1) Even if you eat healthily and follow dietary guidelines, your food could be lacking vital nutrients. Therefore, it's so important that those who can't take tablets or capsules are still able to get foundational nutrition. Our newest product, [Essential MultiV Drink](#), is our solution. Here's a breakdown of why we love this new addition to our nutrition line as well as a few recipes using this liquid vitamin drink mix.

#### Why Is Essential MultiV Drink the Perfect Liquid Multivitamin for Adults?

Essential MultiV Drink lets you supplement your diet and nourish your body with a refreshing drink if you struggle with swallowing tablets or capsules. The convenient and naturally delicious peach mango vitamin powder delivers 17 essential vitamins and minerals to help you feel your best each day. It is also vegetarian, dairy-free, gluten-free, soy-free, and star-K kosher.

#### Why We Love It

- The ultimate foundation for complete nutrition. Essential MultiV Drink delivers core nutrients essential for overall health and well-being, including all essential vitamins and 4 major and trace minerals. \*

- 100%+ of all 8 B vitamins. B vitamins provide energy support by helping your body turn the carbohydrates, fats, and protein in your diet into energy it can use. Vitamins B2, B12, and folic acid also support key brain functions. \*
- Provides immune support with vitamin C, vitamin D, and zinc. \*
- Supports bone health with calcium and vitamin D.\*
- Tastes great. The peach mango flavor makes staying on top of your daily nutrition routine a joy. Plus, it contains no artificial sweeteners and only 1 gram of sugar.

### HCFCCA Shaklee Fundraiser

TOUGH ON GERMS & VIRUSES  
INCLUDING HUMAN  
CORONAVIRUS (COVID-19)<sup>†</sup>

**STEP 3: Kill Germs & Viruses**

**BASIC-G<sup>®</sup> GERMICIDE  
+ SPRAY BOTTLE**

- Powerful multipurpose germicide to disinfect, clean, and deodorize.
- Effective against 30 types of bacteria and 26 types of viruses, including human coronavirus.<sup>‡2</sup>



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## HCFCCA PROVIDER

# INFORMATION

This is from Tom Copeland's 'Resources for Family Child Care Businesses'. If you would like to see the other articles in this series click on this link [Resources for Family Child Care Businesses \(hhs.gov\)](https://www.hhs.gov/family-child-care-businesses).

How Much Money Do You Want to Make?

by Tom Copeland

You may want to know the answer to this question because you are considering raising your rates and need help in justifying higher rates. Or you are just curious. Whatever the reason, here's the simplest way to figure this out: First, take the number from last year's IRS Schedule C, line 31. This represents your profit from last year. It takes into account all your business income minus all your business expenses. It's your profit. Second, take the number from last year's IRS Form 8829 Expenses For Business Use of Your Home, line 4. This represents how many hours you worked last year. Third, divide your profit (line 31 of Schedule C) by the number of hours you worked (line 4 of Form 8829). The result is the amount you earned per hour for your work last year. For example, if your profit was \$25,000 and you worked 3,000 hours, you earned \$8.33 per hour (\$25,000 divided by 3,000). Many providers underestimate how many hours they work by not carefully counting all the hours they spent on business activities in their home when children were not present. If this is the case for you, your hourly wage will be lower if you include all of these hours. Some providers under-report their business expenses by not claiming all the expenses they are entitled to. My book Family Child Care Record Keeping Guide lists over 1,000 allowable deductions. How can you use this information? If you want to raise your hourly wage, multiply the hourly wage you want by line 4 on Form 8829 to see what your profit must be. So, in the above example, if you want to earn \$10 an hour, multiply \$10 by 3,000 hours = \$30,000 profit. To reach this goal you would need to earn an additional \$5,000 per year. If you care for four children, you could raise your rates by \$1,250 per year or \$24 per week. Or

you could cut our business expenses by \$5,000 per year. Sometimes parents look at how much they pay you, see how many other children are in your care and assume you are earning a lot more money than you really are. The next time parents question your rates, tell them how much you make per hour. Tom Copeland – [www.tomcopelandblog.com](http://www.tomcopelandblog.com)



#### CONTACT US

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