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OUR NEXT TRAINING

DATE: JANUARY 6th

TIME: 6:30PM

LOCATION: YOUR ONLINE LEARNING SPACE

**(CHOOSE A QUIET PLACE WHERE YOU WILL NOT BE
DISTRACTED)**

TOPIC: "NEW YEAR'S SURPRISE CLASS"



OUR NEXT GENERAL BUSINESS MEETING

DATE: January 13th

TIME: 6:30PM

**THIS MEETING IS FOR
ALL MEMBERS.**

**EVERYONE IS EXPECTED
TO ATTEND.**



[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

Click on the button above to get information on our Board & Committee Members.



January

Sparkling winter sunshine,
Faces all aglow
Making resolutions,
And angels in the snow ~
Steaming cups of cocoa,
A year that's fresh and new...
All of this is magic ~
Unfolding just for you.

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From Rhonda (President)

Welcome 2022 and Happy New Years to all.

- Let's have a flash back from 2021 (I do apologize if I miss any events).
- Many of us from Howard County started off the year by receiving a grant. It was one of the best birthday presents I received in years lol.
- Some providers received a grant from John Hopkins for being a level three or higher in Maryland Excels. MSDE gave out two grants.
- We were able to maintain our membership list. As we lost providers, we had some return and had others join us from other counties.
- We celebrated our 40th Anniversary, HCFCCA received so much support from many businesses, state and local representatives and organizations.
- We had our first member's donation drive and received our largest donation to date.
- We had a Macarons and Better Futures DC fundraiser.
- Our membership application went digital.
- The cost of membership was raised for the first time in five years.
- We offered memberships to retirees.
- HCFCCA can now accept donations from Facebook.
- Office of Children and Families is offering us training for Credentialing, Maryland Excels, CDA and accreditation.
- Maryland Family Network offered us a free class in September.
- We were in person to promote HCFCCA at a backpack event sponsored by Just Living Advocacy.
- NAFCC and Maryland State Family Childcare Association had in person conferences.
- HCFCCA is working on their first conference.

MSDE is offering us a grant for our conference.

From where I see it, we have been truly blessed.

We are in need of a treasurer, if interested please contact me at hfccabusiness@gmail.com

I would like for you to also really think about becoming a Board or Chairperson for HCFCCA. If you love this association and you want to see it succeed, then take the chance or at least offer to help out with these positions.

IMPORTANT INFORMATION

Howard County Health Department: 410-313-6284

Carroll County Health Department: 410-876-4900

Email your licensing specialist your answer from the health department or call 410-750-8771



From Angela (VP of Education)



(Treasurer)

**HCFCCA IS IN URGENT NEED OF A
TREASURER. IF YOU ARE INTERESTED IN
VOLUNTEERING FOR THE POSITION, PLEASE
CONTACT RHONDA WATSON
hfccabusiness@gmail.com**



From Uyen (Secretary/Fundraising)

Cooking Lesson Plan: Vietnamese Summer Rolls

Age of Children: 4-5 Years Old

Objectives:

To use traditional Vietnamese rice papers and fresh herbs to roll into a “burrito” looking dish.

To smell and taste the new kind of flavor with a combination of cooked shrimps, pork, vermicelli, and fresh herbs.

To demonstrate the technique of rolling to enhance fine motor skill.

Materials:

Rice paper wrappers

Shrimp (Cooked, then cut into half lengthwise)
Pork shoulder (Cooked, then cut into thin slices)

Cooked vermicelli noodles

Fresh herbs (bean sprouts, lettuce, Thai basil, cucumber, cilantro, and chives-These herbs are needed to either cut into smaller pieces or strips for easy to roll

Procedure/Transition:

Children will gather and watch a short cooking show about making the summer rolls on the iPad.

They will wash their hands, then each will have a plate with rice paper already soaked in water thoroughly and another plate with described ingredients as above.

Motivation:

Show children pictures of beautiful Vietnamese dishes in the book, “Little Vietnam: From Lemongrass Chicken to Rice Paper Rolls.” By Nhut Huynh.

Let them taste those mentioned ingredients separately to see how they are, then suggest them to put all into a “burrito” looking rolls.

Presentation:

Look at the pictures of Vietnamese dishes from the book

Watch a cooking show about Summer Rolls

Place lettuce on the rice paper, then add fresh herbs and vermicelli noodles

Fold 2 sides of the rice paper over, then add pork and shrimp slices.

Time to roll. It is finished.

Language/Literacy: Children will have the opportunity to read the following books to get inspiration for cooking:

“Going Home, Coming Home” by Truong Tran

“Con an com chua-Have you eaten yet?” by L.A.Dinh

“Mom and I Make Banh Bot Loc” by Tien Thuy

Extension/Follow-up Activities:

All the centers in my daycare will reflect the theme. For example, we count the rice papers to

match up with the numbers for math. We use mung bean seeds to grow bean sprouts by placing them in a mason jar with sprouting lid or cheesecloth, then add water for science experiment. In dramatic play, children should play dress up in cultural clothes and accessories. In art, we will dye the leftover cooked vermicelli noodles into different colors using food coloring and water. For literacy development, they will work on a couple of Vietnamese words for summer rolls, lettuce, herbs, etc.

Evaluations:

Do the children seem to be interested in rolling and tasting the summer rolls?

Are they asking questions while going through pictures of Vietnamese dishes?

Are they excited to play in other centers with the ongoing theme?

Do they tell their parents the name of the dish they made when asked?



**CLICK THIS BUTTON TO FILL OUT AN
APPLICATION ONLINE**

Children

C is for **curiosity**, their adventurous, enthusiastic curiosity.
H is for **happiness**, the endless happiness they bring to our lives.
I is for **innocence**, their endearing, pure innocence.
L is for **love**, their loyal, unconditional love.
D is for **delight**, the joyful, delight they bring to our lives.
R is for **refreshing**, their passionate and refreshing outlook on life.
E is for **energy**, their vibrant energy and entertaining expressions.
N is for **nourish**, how they nourish and complete our entire lives.



www.LearningStationMusic.com

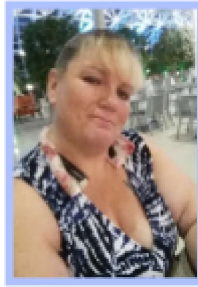
© Monopoli/The Learning Station

From Lisa (Vice President of Membership)

Hope everyone had a Great Holiday! Thinking of you all

Please remember to renew your membership on time so we have no delays in your training each month. Since I will be recovering from surgery, please contact Rhonda during this time. I will not be available over the next 6 weeks.


Continue to reach out to others to have them join our association. Fill out your renewals online. You can find the application on our website at HCFCCA.org. Membership fee is 80.00, 70.00 if you do not want to be part of MSFCCA. Thank you all for what you do every day.



Welcome January

January is a time of quiet and new beginnings - is the perfect time to reflect on how you want to live your life.

January is the perfect time to refocus on your priorities and set goals.

Think Positive Words 

From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date Month	Newsletter
January 16th	February
February 13th	March
March 13th	April
April 17th	May
May 15th	June
July 17th	August Summer 2022 (first newsletter of 22/23 Vol 43)

Please send your newsletter contributions to newsletterhcfcca@gmail.com. Any contributions to the newsletter are eligible for a PAU. **YOU must print out your article AFTER it is published in the newsletter.**



From Therese (Mentoring/Networking)

Joan Johnson and I plan on holding one support group each month to assist providers with NAFCC Accreditation and the Maryland Credential. Meetings will be virtual on the third Thursday of each month from 6:30 – 7:30 pm. Here is the link for the months ahead

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mc0003bf5632c8cf1a135f7437af4ffd2>

Here is the meeting schedule

- *1/20/22 (Accreditation)*
- *2/17/22 (Credential)*
- *3/17/22 (Accreditation)*
- *4/21/22 (Credential)*
- *5/19/22 (Accreditation)*

Please feel free to reach out if you have any questions or concerns

Therese Mason-443-850-3400

laurelbutterflychildcare@gmail.com

Or

Joan Johnson -410-313-1432

jmjohnson@howardcountymd.gov



All are welcome to join our women's walking group. We meet weekly either on a Saturday or Sunday 9am at local a walking path to socialize and get exercise together. Attend whenever it's convenient for you. Join our Facebook group or text me for more information.

https://www.facebook.com/groups/147690680847397/?ref=share_group_link



Application For Letter of Volunteerism

From Anita (Volunteer Coordinator)

"January opens
The box of the year
AND brings out Days
That are bright and clear
AND brings out Days
That are cold and grey
AND shouts, "Come see
what I brought today!"
- Leland B. Jacobs, January



**From Nancy (Parent Message Board
Coordinator)**

If you have a parent inquiring about an opening at your child care home and you are unable to accommodate them, please offer to help them by taking their name, contact information (phone and/or email), their needs for care, and their location. Please email the information to me and I will in-turn forward it to the Association. Or you can certainly refer them to our Parent's Message Line at (301) 776-4841 or our website HCFCCA.com.



From Deena (Marketing and Public Relations)

Happy Holidays to All,

I hope everyone continues to be merry & bright!

As mentioned during our General HCFCCA Zoom Meeting on December 9, 2021, there are three upcoming events. You will receive a PAU if you volunteer for any of these events.

The first event is on Saturday, January 22, 2022, from 10:00 am until 2:00 pm. This is the Howard County Child Care Fair located at Laurel Community Center, 9411 Whiskey Bottom Road, Laurel MD.

Please look out for the upcoming flier to pass along to your parents and neighbors with young children who are interested in Child Care.

I have 2 ladies who have stepped up to volunteer for this day I would like one more person. I will send out a reminder email after the Holidays and closer to the event.

The second event, The Discovery Fair will be on April 23, 2022, will also be located at Laurel Community Center.

More information will follow. I will need at least 3 to 4 volunteers for this event.

The third event is our 1st Howard County Family Childcare Conference! The conference will be held on Saturday, March 19, 2022! Volunteers are needed for the event. Please contact Jody at jlamb75@gmail.com.

If you are interested in helping in Public Relations and Marketing, please contact me at dloveshearts@aol.com.



From Thelma (MSFCCA Director)





From Claudia (Website Coordinator)

Mini Blueberry Cheesecake Tarts

- MAKES 21
- PREP 0:15
- COOK 0:08

Ingredients

- 250g Butternut Snap biscuits
- 2 tsp gelatin
- 250g cream cheese
- 1/2 cup caster sugar
- 1 tsp vanilla essence
- 1/2 cup cream
- 1-2 pints blueberries
- icing sugar, to dust

1- Preheat oven to 180C. Place cookies over the holes of two 12-cup patty pan trays. Bake for 8-10 minutes until cookies have softened, being careful not to let them burn.

2- Remove from oven and use a spoon to gently push the softened cookies into the pans to create a rounded tart case. Allow to cool completely.

3- Place 1/4 cup boiling water in a small bowl and sprinkle over gelatin. Stir until dissolved.

4- In a stand mixer or using hand-held beaters, beat cream cheese, sugar and vanilla until smooth. Add cream and gelatin mixture and beat until combined.

5- Pipe or spoon into tart cases and refrigerate to chill. Just prior to serving, top with blueberries and sprinkle with icing sugar.



From Natacha (Social Media Chair)

Happy New Year!

Every new year we wish each other “Happy New Year.” It’s tradition. Some of us say it in the commotions of greetings and cheers and some of us say it because we wish the new year will bring some happiness to it. Therefore, if it begins that way, it will end the same. Last year had it’s up and down, it’s uncertainty and sorrows, but we had a chance to overcome some of its whirlwind, we survived, and we’ve made it with a little ray of hope. Here we are starting a brand-new year. We don’t know what awaits us. We don’t know what this year, 2022, has in store for us. But we know, with strength, with resilience, with hope, with wisdom and with love, we will conquer, we will be victorious. So, my prayer for this year for all of us, is that the favor of God rests on us; that he will establish the work of our hands; and that he will bless our coming and going throughout this year.

Haitian Soup Joumou is a Haitian traditional soup that most Haitians cook every year on the 1st of January to celebrate the new year and our independence as a nation. Growing up, I remembered my family would start to make this soup shortly after midnight. It is one of the most savored foods as it is a rarity. “The main reason that makes this soup so special to Haitians, is that it is a reminder of our struggles and victory. During slavery, Haitian slaves were not allowed to enjoy this soup as it was only to be prepared for the slave masters. Therefore, on January 1, 1804, Haiti’s Independence Day, the newly freed Haitians celebrated their freedom with SOUP JOUMOU (HAITIAN SQUASH SOUP)!” It doesn’t matter where Haitians or Haitians Descendant live around the world, you best believe on January 1st, we are most likely celebrating the New Year with a bowl of Soup Joumou. This is one of the soups that cannot be prepared without love, patience, and a smile on your face. So, enjoy this recipe as I am spreading the love around.

May God give us peace and be with us all. Have a wonderful year 2022!

SCROLL DOWN TO THE RECIPE SECTION OF THE NEWSLETTER TO GET THE SOUP JOUMOU RECIPE

Please be sure to join our private Facebook group, HCFCCA Providers. Click on this link to get to our Facebook page, HCFCCA Providers | Facebook.

Maryland State Department of Education (MSDE)

Division of Early Childhood		
Steven R. Hicks	Assistant State Superintendent	410-767-0335
Sharon Brooks	Executive Associate	410-767-0335
Vacant	Legislative Liaison/Program Developer	410-767-6786
Kenneth Blackman	Research Statistician	410-767-0583
Donna Pennewill	Fiscal Service Officer	410-767-0814
Eunice Lee	Fiscal Service Administrator	410-767-0339
Danella Scruggs	Agency Grants Specialist	410-767-7824
Kim Stewart	Agency Grants Specialist	410-767-7802
Alberta Stokes	Early Childhood Systems Specialist	410-767-0112
Alexis Washington	Communications and Outreach Specialist	410-767-7115
James McMahan	Specialist, ECCATS	410-767-6922
Rachel Demma	Director, Early Childhood System Development	410-767-0339
Office of Child Care		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
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Early Learning Branch		
Judy Walker	Branch Chief	410-767-6549
Zina Spriggs	Administrative Aide	410-767-7798
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Donald Corbin	Specialist, Early Learning	410-767-0240
Susan Harman	Specialist, Early Learning	410-767-0428
Charlie Mitchell	Specialist, Early Learning	410-767-0586
Nykia Washington	Specialist, Early Learning	410-767-0088
Vacancy	Specialist, Early Learning	410-767-7811
Licensing Branch		
Louis Valenti	Branch Chief	410-767-7128
Jaqueline Blanding	Administrative Aide	410-767-7128
David Hanauer	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7037
Manjula Paul	Nurse Consultant	410-767-1853
Child Care Scholarship Branch		
Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivier Bithari	Quality Assurance Auditor	410-767-9655
Robyn Cobb-Randall	Policy Specialist	410-767-0649
Raye Dugger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7831
Beverly Ollivierre	Quality Assurance Manager	410-767-9654
Janelle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
POC HELPLINE		1-866-243-8796
Amber Green	Specialist, CCATS	410-767-8187
Eric Bundy	Specialist, CCATS	410-767-0440
Morgane Cole	Specialist, CCATS	410-767-9684
Allen Ward	Specialist, CCATS	410-767-0451
DeMoyne White	Specialist, CCATS	410-767-5964

Frederick County Office of Child Care (Region XII)		
5303 Spectrum Drive, Suite G Frederick, Maryland 21703 Janet Speak	Regional Manager	301-696-9766
Garrett County Field Office		
430 Weber Rd, Suite B Oakland, Maryland 21550 Dawna Rodeheaver	Lead Licensing Specialist	301-334-3426
Howard County Office of Child Care (Region VI)		
3300 North Ridge Road, Suite 190 Ellicott City, Maryland 21043 Sharon Afework Michelle Royal	Regional Manager Office Secretary	410-750-8770
Lower Shore Office of Child Care (Region IX)		
201 Baptist Street Suite 32, Multi-Service Bldg., 2nd Fl. Salisbury, Maryland 21801 Suzanne Roark Angela L. Bell	Regional Manager Office Secretary	410-713-3430
Montgomery County Office of Child Care (Region V)		
51 Monroe Street, Suite 200 Rockville, Maryland 20850 Carl Eggleston Latonya Jones	Regional Manager Office Secretary	240-314-1400
North Central Office of Child Care (Region XI)		
3105 1A/B Emmorton Road Abingdon, Maryland 21009 Beth O'Connor Alexandria Fortune	Regional Manager Office Secretary	410-569-2879
Prince George's County Office of Child Care (Region IV)		
807 Brightseat Road Landover, Maryland 20785 Danita Moore Kimberly Chambers	Regional Manager Office Secretary	301-333-6940
Southern Maryland Office of Child Care (Region X)		
41670 Courthouse Drive, P.O. Box 1709 Leonardtown, Maryland 20650 Susan Copsey Cathy Clements	Regional Manager Office Secretary	301-475-3770 800-874-6797
Upper Shore Office of Child Care (Region VIII)		
301 Bay Street, Suite 305 Easton, Maryland 21601 Sandy Kepler-Klunk	Regional Manager	410-819-5801

Collaboration and Program Improvement Branch		
Cynthia LaMarca Lessner	Branch Chief	410-767-0337
Levette Woodrum	Administrative Support	410-767-0583
Amy Beal	Judy Center Partnership	410-767-0675
Vacancy	Specialist Judy Center	410-767-7802
Wendy Dantzer	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleed	Communications Specialist	410-767-0602
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Beulefeld	Administrative Officer	410-767-7805
Nancy Cahlink-Seidler	Training Approval Coordinator	410-767-7852
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-6947
Jacqueline Woodruff	Grants Specialist	410-767-8961
Agnetha Wright	Deputy Branch Chief	410-767-6923
EXCELS		
Lindi Budd	Branch Chief	410-767-7845
Vacancy	Administrative Aide	410-767-1664
Vacancy	Quality Assurance Coordinator	410-767-8961
Michelle Young	Community Outreach Specialist	410-767-7814
Jena Smith	Quality Assurance Manager	410-767-0580
Andrea Zabel	Quality Measurement Specialist	410-767-7863
Allegany County Field Office		
3 Pershing Street Cumberland, Maryland 21502 Ruth Lafferty	Lead Licensing Specialist	301-777-2385
Anne Arundel County Office of Child Care (Region I)		
49 Old Solomons Island Road Annapolis, Maryland 21401 Renee Woodard Tonya Smith	Regional Manager Office Secretary	410-573-9522
Baltimore City Office of Child Care (Region II)		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218 Sherry Tsigoumis Kay Abrams	Regional Manager Office Secretary	410-554-8300
Baltimore County Office of Child Care (Region III)		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary	410-583-6200
Carroll County Office of Child Care (Region XIII)		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784 Sharon Afework	Regional Manager	410-549-6489

Washington County Office of Child Care (Region VII)		
1075-C Sherman Avenue Hagerstown, Maryland 21740 Dolores Harmon Dee Myers	Regional Manager Office Secretary	301-791-4585

Contacting the Division Branches

Office of Child Care –
earlychildhood.msde@maryland.gov

Early Learning Branch
early.learningbranchesmsde@maryland.gov

Collaboration and Program Improvement Branch
– collaboration.programimprovement@maryland.gov

Licensing – licensingocc.msde@maryland.gov

Credentialing –
credentialocc.msde@maryland.gov or 1-866-243-8796

Subsidy – ccscentral@conduent.com or 1-866-243-8796

Maryland EXCELS – info@marylandexcels.org

Tuesday Tidbits-December 14, 2021

Tuesday Tidbits-December 28, 2021



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



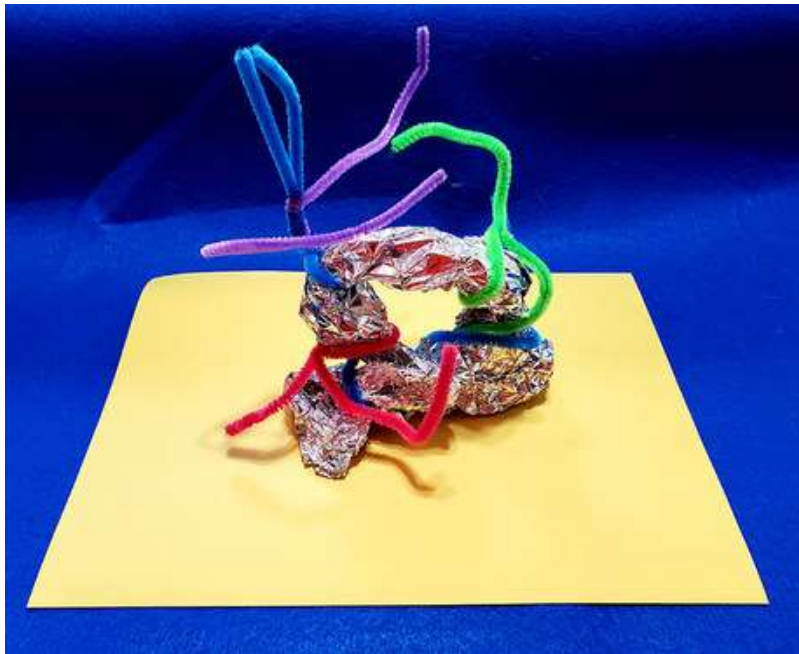
CRAFT AND ACTIVITY

Fun with Foil

adapted from themailbox.com

Materials: Aluminum foil, pipe cleaners, glue, sturdy cardboard or construction paper

Description: Youngsters will love creating this colorful and shiny process art. Place colorful pipe cleaners and lengths of aluminum foil at your art center. Then encourage youngsters to squeeze, coil, and wrap the items to create a unique sculpture. If desired, have students use craft glue to attach the finished sculpture to a sheet of construction paper.



RECIPES



SUBMITTED BY Natacha Michel HCFCCA NEWSLETTER VOL 42
ISSUE 5 JANUARY 2022

**S O U P J O U M O U (HAITIAN
SQUASH SOUP)** **It This dish is often
accompanied with bread or dinner rolls.**

Course Breakfast, Dinner, Lunch, Main Course
Cuisine Haitian

Prep Time: 45 minutes

Cook Time: 2 hours 30 minutes

Total Time: 3 hours 15 minutes

Servings: 8 People

Calories: 327kcal

Ingredients

Stovetop Soup Jouvou

- **1 Butternut squash about 2 1/2 - 3 lbs.**
- **3 cups Macaroni**
- **1 lb. Beef cubes**
- **1 tbsp fresh ginger chopped**
- **1 lb. Fresh vegetable 8 blend**
- **Salt and pepper to taste**
- **2 Garlic cloves**
- **Juice from 2 lemons or limes**
- **1 tsp Garden sage fresh and chopped**
- **3 cups Shredded cabbage**
- **1 tbsp Better than bouillon vegetable paste • 2
tbsp olive oil**
- **2 tbsp Fresh parsley**
- **10 cups Water plus extra for cooking**
- **2 cups Vegetable broth**

*Instant Pot Soup Jouvou Ingredients to Marinate
the Meat*

- **2 Lbs. Angus Beef**
- **1 Cup Haitian Epis**

- **2 Tbsp. Ground Fresh Ginger**
- **2 Tsp. Kosher Salt**
- **2 Tsp. Black Pepper**
- **2 Tsp. Ground Cloves**

Instant Pot Soup Ingredients

- **1 Large Butternut Squash about 2 ½ - 3 lbs.**
- **1 Tsp. Kosher Salt**
- **2 Rosemary Sprigs**
- **5 Thyme Sprigs**
- **1 ½ Tsp. Allspice**
- **Fresh Sage about 3 leaves**
- **3 Large Carrots Peels**
- **1 Small Cabbage about 1 ½ lbs.**
- **1 Box Penne Pasta or about 3 cups of pasta**
- **2 Large Fresh Lemon**
- **2 Tbsp. Better Than Bouillon Paste Vegetable paste**
- **8 Cups Water**

Instructions

Stovetop Instructions

- 1. In a medium-size bowl, season the meat with salt and pepper, garlic, sage, 1 lemon or lime juice, and parsley.**
- 2. Marinate for 6-8 hours or overnight.**

3. Transfer the meat with the marinating liquid to a 5-quart Dutch oven, or deep pan. Add 8 cups of water and cook on medium-high covering the pan halfway. Cook the meat for 2 hours. Be sure to check the water quantity so it does not dry. Add more water if needed as the meat cooks. In the end, you should have about 2 cups of water left with the meat. Reduce the heat to low.

4. Meanwhile, cook the squash until fork through (about 35 minutes). Remove the squash from the heat, cut in half, remove the seeds, and cut into small pieces. Feel free to leave the skin on. Place the squash the blender, blend until liquify with cups of vegetable broth and 2 cups of water.

5. Pour the mixture into the meat, stir. Add the bouillon paste and vegetables, cook for 10 minutes. Stir constantly.

6. Add the juice from the other lemon or lime, then add the noodles. Cook for 10 minutes. Stir. Serve warm with bread. Enjoy!

Instant Pot Soup Jomou Instructions

1. Cut and wash the meat well. Pat dry and place in the instant pot basket. Add the marinating ingredients, mix well. Cover with foil and set aside. Let marinate for 30 minutes or overnight.

2. Wash the squash, then cut into large pieces. Then add the squash into the basket with the meat. Add 8 cups of water. Cover and turn the knob to seal. Pressure cook on high for 35 minutes. When the timer goes off, quick release. Place the meat in one bowl. Do NOT discard the water from the meat and squash. Place the water in large bowl to use for later. Add the squash to the Instant Pot Blender or good quality blender. Add 2 ½ cups of the water from the meat. Blend well to a smooth consistency.

3. In the Instant Pot, add the oil, carrots, cabbage, and noodles. Stir until well combined. Then transfer the blended squash to the vegetables and noodles.

Add the remaining ingredients - herbs, salt, lemon juice, allspice, and Better Than Bouillon Paste (See Instant Pot Soup Ingredients list above).

Add the cooked meat. Next, add the remaining water from the meat (broth) and stop until the liquid reaches the "max" mark in the pot. Do not overfill, otherwise the soup will overflow when cooking.

Stir lightly to mix the ingredients together. Cover and seal. Cook for additional 10 minutes. Quick release when complete.

Serve and enjoy.

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We may have joints throughout our body, but we often don't realize just how important our joints are until they start to bother us. Joints are the connections between our bones that provide support and help us move. We work our joints every day, which is why it's important to take care of them and address any pain that comes up. So, let's talk about why you may have joint pain or discomfort and some tips for relieving your joints.

The Cause of Joint Pain & Discomfort

Joint pain is a common occurrence, especially as you age. Your joints can feel tender or stiff, swell up, or become hard to move. A common cause of joint pain is injury from overexertion, a sprain, or strain on your joints. So, if you're very active or play sports, joint discomfort can come from these activities. Another common cause of joint pain and discomfort is the normal wear and tear of your joints as you age. Your joints consist of bones covered in a cushion of cartilage to protect them. As you age, the cartilage can become thinner or get damaged. So, your joint health is dependent on the health of the cartilage surrounding the joints.

How to Relieve Joint Pain & Discomfort

Here are a few ways you can help prevent and/or relieve discomfort in your joints.

Exercise regularly. One of the best ways to keep your joints healthy is to use them! In general, the more active a person stays, the healthier their joints. Any exercise where you are moving your joints works, like walking, running, tennis, etc. If you already have joint issues, try exercises that does not put additional pressure on the joints, like cycling or swimming.

Build your muscles. Strong muscles support and protect your joints, so it is key to maintain muscle mass as you age. Weight training can help build muscle and protect joints.

Ice your joints. If you overexert your joints, icing them can help with the pain. Try icing them for 15-20 minutes at a time. Repeat every hour as needed.

Eat for your joints. To help keep your joints strong, make sure you have calcium and vitamin D in your diet to help strengthen your bones. Nutrients like omega-3s as well as vitamin C and other antioxidants help support your joints.

If you don't have these nutrients in your diet, you can get them by supplementing. Supplements are a great way to get natural support for your joints. For example, Advanced Joint Health Complex* can help with joint discomfort as it contains glucosamine to help maintain healthy cartilage and a patented Boswellia extract that has been clinically shown to improve joint comfort in as few as five days. You can also get a boost in

antioxidants with Turmeric Boost, which is standardized to contain 95% curcuminoids, the active compounds found in turmeric that have powerful antioxidant properties. Let's keep our joints healthy and moving with the nutrition and care they need!

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HCFCCA PROVIDER INFORMATION



The Office of Children and Families is excited to offer a free, new opportunity for infant and toddler early care and education providers. You are invited to partner with us to address the social and emotional needs of children.

The primary goal of this program is to increase early care and education providers' capacity to address the **social and emotional needs of children age birth to three** by providing coaching, consultation and training services in infant and toddler classrooms.

We provide infant/toddler staff the opportunity to:

- set the stage to decrease negative behaviors in the classroom;
- develop innovative strategies to manage challenging behaviors;
- teach children new skills to replace challenging behaviors; and
- support each other in addressing difficult behaviors

A partnership with the PPO I/T program will **provide your infant/toddler teachers with a certified coach**, offering a one-on-one approach within each classroom, and access to free resources and materials. Your coach will model techniques, observe staff/child interactions, and provide hands-on strategies to equip teachers of young children with the tools and information to better regulate and more effectively address the developing emotions of those in their care.

For more information, or to participate,
contact the CAREline at

410-313-CARE (2273)

VOICE/RELAY

children@howardcountymd.gov • www.howardcountymd.gov/children



If you need this information in an alternative format, contact the Office of Children and Families at 410-313-1940 (voice/relay) or children@howardcountymd.gov.

Directory of NACES Members

If you have been referred to the NACES website for an evaluation of your non-US studies, please select a NACES member organization from the list below. This list provides links to each member's website – we recommend that you contact our members directly to obtain information about the services they offer, their fees, and their requirements.

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Revised 3/31/2011*

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Education Evaluators International, Inc. 11 S. Angell Street #348 Providence, RI 02906 Phone: 401-521-5340 www.educei.com	International Consultants of Delaware, Inc. P. O. Box 8629 Philadelphia, PA 19101-8629 or 3600 Market Street, Suite 450 Phone: 215-222-8454 ext. 603 www.icdel.com
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Please Note:

Credits from institutions in other countries shall be evaluated for comparability of degree and course work by an independent agency authorized to analyze foreign credentials. The agencies listed above are designated by the Department to provide this service. A course-by-course evaluation using original documents is required.



CONTACT US

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