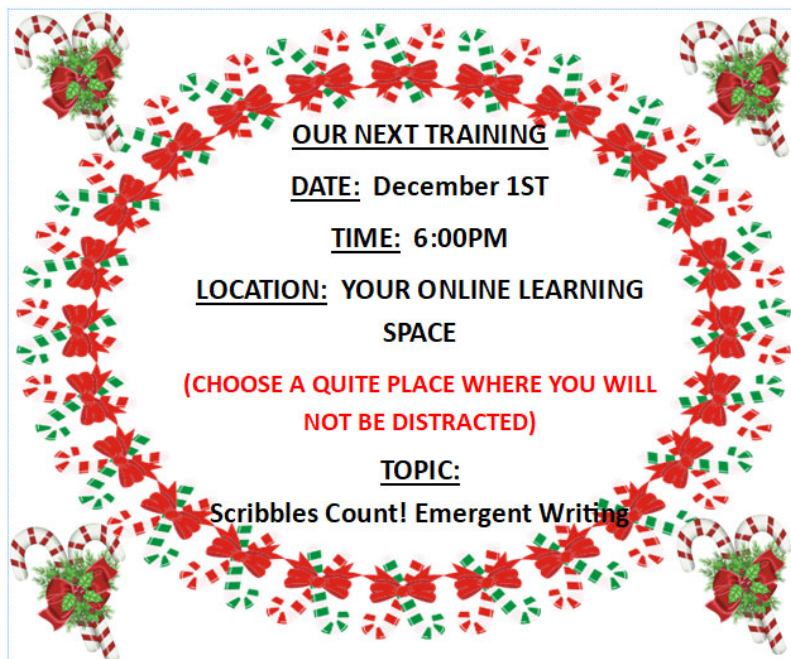


No images? [Click here](#)





OUR NEXT GENERAL BUSINESS MEETING

DATE: December 15th

TIME: 6:30PM

**THIS MEETING IS FOR
ALL MEMBERS.**

**EVERYONE IS EXPECTED
TO ATTEND.**



**OUR NEXT BOARD
MEETING**

DATE: TBA

TIME: 7:30PM

LOCATION: TBA

RSVP TO Angela Lamberti.

EVERYONE IS WELCOME.

[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)

Scribbles Count! Emergent Writing

It is an important aspect of the early childhood environment that caregivers understand that from the moment children have grasped a finger or a rattle, they have taken the first step in becoming a writer. Caregivers can encourage the development of writing skills by providing opportunities in a variety of settings and experiences. In this training participants will

learn how to define emergent writing in the early childhood setting; they will become familiar with the developmental stages of writing; and will come to know how to create a developmentally appropriate print rich environment. This training is VIRTUAL.



From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date	Newsletter for Month
December 11, 2022	January
January 15, 2023	February
February 12, 2023	March
March 12, 2023	April
April 16, 2023	May
May 14, 2023	June
July 15, 2023	Summer Newsletter in August



From Uyen (Marketing/Public Relations)



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 3017252963 www.facebook.com/laurelbutterflychildcare



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, treasurerhcfcca@gmail.com





From Claudia (Hospitality)



From Teresa (Membership)

You can find the application on our website at HCFCCA.org. Our fee is \$80 or \$70 if you do not want to join the MSFCCA. Please remember to either electronically send your payment (with your full name on the subject line if someone else is submitting payment for you) along with your application or you can mail a check separately to HCFCCA, P.O. Box 2154, Columbia, MD 21045.

If you need help with anything regarding your membership please reach out, I am here to help!



From Thelma (MSFCCA Rep)



From Lynda (Sunshine)





From Anita (Volunteering)

APPLICATION FOR LETTER OF VOLUNTEERISM





From Nancy (Secretary and Parent Line and Nominating Committee)



Maryland State Department of
Education (MSDE)



Division of Early Childhood

Last updated: 3/16/2022
To learn more, visit: pds.ohhhs.maryland.gov/earlychild

DEPARTMENT LEAD

Steven R. Hicks	Assistant State Superintendent	410-767-0235
Karen Blackman	Research Statistician	410-767-0001
Donna Pennewell	Chief, Fiscal Manager	410-767-0814
Enrico Lee	Fiscal Program Manager	410-767-7391
Punit Patel	Agency Grants Specialist/Trainer	410-767-0271
Kisha Lee	Early Childhood Systems Director	410-767-0796
Alexis Washington	Communications and Outreach Specialist	410-767-7115

OFFICE OF CHILD CARE

Jennifer Nizer	Director, Office of Child Care	410-767-7906
Tara Barlow	Assistant - Director of the Office of Child Care	410-767-7823
Kisha Maxwell	Admin. of Policy and Special Projects	410-767-7852

EARLY LEARNING BRANCH

Judy Walker	Branch Chief	410-767-6549
Dino Santiago	Administrative Aide	410-767-7798
Erin Anderson	Specialist, Early Learning	410-767-0666
Elizabeth Chambers	Judy Center Program Specialist	410-803-5711
Roslyn Coleman	Specialist, Early Learning	410-767-4441
Shelley Downs	Specialist, Early Learning	410-767-7835
Nancy Garcia	Judy Center Program Specialist	410-767-0785
Susan Haman	Specialist, Early Learning	410-767-0428
Amanda Holliday	Judy Center Program Specialist	410-767-0763
Nyika Washington	Specialist, Early Learning	410-767-0068
Tiffany Williams	Specialist, Early Learning	410-767-0297



WORKFORCE ADVANCEMENT BRANCH

Angeline Bishop-Obidoko	Branch Chief	410-767-7805
Ashle Bradford	Administrative Officer	410-767-7805
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-4947
Agnetha Wright	Deputy Branch Chief	410-767-4923
Julia Chavez	Education Program Specialist - Grants Manager	410-767-6546

MARYLAND EXCELS

Ama Smith	Quality Assurance Supervisor/Acting Branch Chief	410-767-0580
Noelle Johnson	Accreditation Specialist	410-767-8961
Andrea Zabel	Quality Measurement Specialist	410-767-7863
Eric Hughes	Administrative Specialist	410-767-5664
Lisa Smith	Quality Assurance Specialist (Baltimore County)	410-583-4213
Patricia Abram	Quality Assurance Specialist (Baltimore City)	443-377-3960
Audrey Cope Green	Quality Assurance Specialist (Baltimore City)	443-388-2118
Rosemary Laker	Quality Assurance Specialist (Cecil County & Harford County)	410-569-2879
Monique Douglas	Quality Assurance Specialist (Cecil County & Howard County)	410-790-8025
Yvonne F. Bell	Quality Assurance Specialist (Montgomery County)	240-314-1422
Patricia Hilde	Quality Assurance Specialist (Frederick County & Washington County)	301-684-9766
Mary Beth Johnson	Quality Assurance Specialist (Caroline County, Dorchester County, Kent County, Queen Anne's County & Talbot County)	410-819-5801
Dawn C. Aguirre	Quality Assurance Specialist (Somerset County, Wicomico County, & Worcester County)	410-713-3430
Trisa Collier	Quality Assurance Specialist (Anne Arundel County)	410-575-9527
Lincoln Cook	Quality Assurance Specialist (Prince George's County)	301-533-0953
Lucia Burch	Quality Assurance Specialist (Calvert County, Charles County, & St. Mary's County)	301-473-3376
Vickie Dillards	Quality Assurance Specialist Coordinator	240-314-1408
Meghan Leach-Gaym	Quality Assurance Specialist Coordinator	410-649-6494
L'Ornye Beale	Quality Assurance Specialist Coordinator	240-314-1424



BALTIMORE COUNTY FIELD OFFICE (REGION III)

Amber Riley	Regional Manager	410-583-4204
Andrea Brown	Office Secretary	410-583-4200
Patricia Dial	Licensing Supervisor	410-583-6224
Theresa Chennoweth	Licensing Supervisor	410-583-6206
Anna Tross	Licensing Specialist	410-583-6207
Lisa Weeks	Licensing Specialist/Trainer	410-583-6208
Antoinette Harney	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
Danna Lorenz	Licensing Specialist	410-583-6209

CARROLL COUNTY FIELD OFFICE (REGION XIII)

Sharon Atwater	Regional Manager	410-549-6489
Patricia Luffton-Nalley	Licensing Supervisor	410-750-7940
Susan Howell	Licensing Specialist	410-549-6493
Tammy Gutland	Licensing Specialist	410-549-6492
Leif Crocker	Licensing Specialist/Trainer (specialist in Howard and Carroll, works in Carroll office)	410-549-6498

FREDERICK COUNTY FIELD OFFICE (REGION XII)

Sherry Fitzgibbon	Acting Regional Manager	410-767-4766
Kathy Long	Licensing Specialist/Supervisor	301-696-9766 ext. 2
Amy Chalk	Licensing Specialist	301-696-9766
Jennifer Thompson	Licensing Specialist/Trainer	301-696-9766 ext. 9
Lisa Glorioso	Licensing Specialist	301-696-9766 ext. 2



VANESSA WILLIAMS

Vanessa Williams	Specialist, Early Learning	410-767-8221
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LICENSING BRANCH

Louis Valenti	Branch Chief	410-767-7128
Jacqueline Blanding	Administrative Aide	410-767-7128
Lorena Guido	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7027
Marilyn Paul	Nurse Consultant	410-767-5853

CHILD CARE SCHOLARSHIP BRANCH

Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivia Bilhart	Quality Assurance Auditor	410-767-6655
Ruby Cobb-Randall	Policy Specialist	410-767-0649
Kate Digger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7821
Beverly Williams	Quality Assurance Manager	410-767-9624
Janelle Booth	Monitoring Specialist	410-767-7823
Christopher Yonastine	Administrator	301-502-2919

COLLABORATION AND PROGRAM IMPROVEMENT BRANCH

Cynthia LaMerza Lenzner	Branch Chief	410-767-0337
Alberta Stokes	Education Program Specialist, Preschool Development Grant, Birth - Five, Local Early Childhood Advisory Councils	410-767-0235
Vanessa Jones	Head Start Program Specialist	410-767-8941
Melissa McCread	Communications Specialist	410-767-0602
Dan Carlson	Education Program Specialist, Infant and Early Childhood Mental Health	410-767-0240



ALLEGANY COUNTY FIELD OFFICE (REGION VI)

Beth Loherty	Lead Licensing Specialist	301-777-2385
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ANNE ARUNDEL COUNTY FIELD OFFICE (REGION II)

Charlene Farley	Regional Manager	410-573-9122
Teresa Smith	Office Secretary	410-573-9122
Erin Handley-Thon	Licensing Specialist/Supervisor	410-573-9841
Sharon Cresson	Licensing Specialist	410-573-9843
Nyika Green	Licensing Specialist	410-573-9834
Jay Gardner	Licensing Specialist	410-573-9337
Katherine Justice	Licensing Specialist	410-573-9128
Christine White	Licensing Specialist	410-573-9845

BALTIMORE CITY FIELD OFFICE (REGION I)

Temporary Address: 409 Washington Ave. St. ULLA, Towson Maryland 21284		
Alison Van Ham	Regional Manager	410-525-5462
Kay Abrams	Office Secretary	410-583-4201
Sarah Urban	Licensing Supervisor	443-470-9740
Paul Jablonski	Licensing Supervisor	443-716-8315
Crystal Francis	Licensing Specialist	410-525-5442
Danielle Beed	Licensing Specialist	443-805-6471
Yasmeen Jordan	Licensing Specialist/Trainer	443-953-9081
Nia Noakes	Licensing Specialist	443-450-8095
Mary Truany	Licensing Specialist	410-925-5462
Michelle Young	Licensing Specialist	240-424-5398
Teffina Walker	Licensing Specialist	410-925-5462
Nancy Catalina-Sedler	Licensing Specialist/Trainer	410-925-5462
Ginnea Morton	Licensing Specialist	443-985-9990



BALTIMORE COUNTY FIELD OFFICE (REGION III)

Rebecca Bisarth	Licensing Specialist	301-660-6024
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GARRETT COUNTY OFFICE OF CHILD CARE (REGION VII)

Dawna Rodheaver	Licensing Specialist	301-334-3426
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HOWARD COUNTY OFFICE OF CHILD CARE (REGION XII)

Sharon Atwater	Regional Manager	410-750-8770
Bryan Shaw	Office Secretary	410-750-8770
Patricia Luffton-Nalley	Licensing Supervisor	410-750-7940
Sara Moran	Licensing Specialist	410-750-8601
Gerson Grube	Licensing Specialist/Trainer	410-750-8773
Michelle Brinson	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)

201 Beating Dr., Suite 20, Multi Service Building, 2nd Floor, Salisbury Maryland 21861		
Suzanne Ruark	Regional Manager	410-713-3433
Angela L. Bell	Office Secretary	410-713-3430
Jacqueline Maull	Lead Licensing Specialist	410-713-4099
Teresa Handy	Licensing Specialist	410-713-3434
Johanna Brown	Licensing Specialist	410-713-3431
Suzanne Ruark	Regional Manager	410-713-3433
Angela L. Bell	Office Secretary	410-713-3430
Jacqueline Maull	Lead Licensing Specialist	410-713-4099
Teresa Handy	Licensing Specialist	410-713-3434

MONTGOMERY OFFICE OF CHILD CARE (REGION VI) 22 Hoover Plaza, Suite 200, Silver Spring, Maryland 20910			
Leanne Moran	Regional Manager	240-314-1400	
Latoria Jones	Office Secretary	240-314-1400	
Carol McLean	Licensing Supervisor	240-314-1402	
Rosana Soto	Licensing Supervisor	240-314-1427	
Marika Lavelle Ageman	Licensing Specialist	240-314-1428	
Marika Barnes	Licensing Specialist	240-314-1429	
Galina Clew-Farlane	Licensing Specialist	240-314-1416	
Kareem Green	Licensing Specialist	240-314-1404	
Patricia Hamill	Licensing Specialist	240-314-1410	
Davina Elynn-Hopkins	Licensing Specialist	240-314-1424	
Lyla Williams	Licensing Specialist	240-314-1423	
Donna Mills	Licensing Specialist	240-314-1405	
Khalifah Samuel	Licensing Specialist	240-314-1413	
James Denson	Licensing Specialist	240-314-1407	
Gertrude Tetah	Licensing Specialist	240-314-1407	
Flour Bugarud	Licensing Specialist Trainee	240-314-1411	
Amanda Brickell	Licensing Specialist Trainee	240-314-1406	

NORTH CENTRAL OFFICE OF CHILD CARE (REGION XII) 3025 14 th Elementor Rd., Aringdon Maryland 21009			
Ben O'Connor	Regional Manager	410-509-2979	
Alexandra Fortane	Office Secretary	Ext 209	
Betsy Johnson	Licensing Specialist	410-569-2979	
Christine Johnson	Licensing Specialist	410-569-2979	
Darlene Mckendle	Licensing Specialist Trainee	410-569-2979	
Nancy Miller	Licensing Specialist	Ext 204	
Davine Perry	Licensing Specialist	410-569-2979	
Lashia Quarterman	Licensing Specialist	410-569-2979	

UPPER SHORE OFFICE OF CHILD CARE (REGION VIII) 301 Box St, Suite 200, Lorton Maryland 21001			
Sandy Kaplan-Runk	Regional Manager	410-819-5801	
Jane Spill 118	Licensing Specialist	410-819-5801	
Abigail Sherr	Licensing Specialist	410-819-5801	
Endy Maxwell	Licensing Specialist	410-819-5801	

WASHINGTON COUNTY OFFICE OF CHILD CARE (REGION VIII) 1075-C Summit Avenue, Hagerstown Maryland 21740			
Jennifer Campbell	Acting Regional Manager, Licensing Specialist Supervisor	301-791-4383	
Dea Myers	Office Secretary	301-791-4383	
Audrey Gates - Farrell	Licensing Specialist	301-791-4383	
Deann Gipe	Licensing Specialist	301-791-4383	

PRINCE GEORGE'S COUNTY OFFICE OF CHILD CARE (REGION IV) 402 Regional Dr., Luscomb Maryland 22101			
Darika Moore	Regional Manager	301-333-4940	
Kimberly Chambers	Office Secretary	301-333-4940	
Davine Randolph	Licensing Supervisor	301-333-4944	
Sheri Neal	Licensing Supervisor	301-333-4943	
Sophia Berry	Licensing Specialist Trainee	301-333-4949	
Vicki Egan	Licensing Specialist	301-333-4970	
Felicia Bennett	Licensing Specialist Trainee	301-333-4960	
Lafayette Griffin	Licensing Specialist Trainee	301-333-4947	
Yvonne Henderson	Licensing Specialist	301-333-4948	
Carolin Hunt	Licensing Specialist	301-333-4957	
Lafkia Johnson	Licensing Specialist	301-333-4956	
Rhonda Miller	Licensing Specialist	301-333-4959	
Mallia Rankin	Licensing Specialist	301-333-4964	
Pamela Reynolds	Licensing Specialist	301-333-4951	
Stephanie Wheeler	Licensing Specialist	301-333-4950	

SOUTHERN MARYLAND OFFICE OF CHILD CARE (REGION XI) 44470 Courthouse Dr., P.O. Box 1709, Leonardtown Maryland 20650			
Susan Capony	Regional Manager	301-475-3770	
Melisa Spahn	Licensing Supervisor	301-475-3770	
Carl Clement	Office Secretary	301-475-3770	
Janel Haskins	Lead Licensing Specialist	301-475-3770	
Joe Robertson	Lead Licensing Specialist	301-475-3770	
Julie Agent	Licensing Specialist	301-475-3770	
Amy Farr	Licensing Specialist	301-475-3770	
Rachel Holder	Licensing Specialist Trainee	301-475-3770	
Kimberly McCauley	Licensing Specialist	301-475-3770	
Stacy Modlin	Licensing Specialist	301-475-3770	
Deborah Shirley	Licensing Specialist	301-475-3770	

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 – cccentral@conduent.com or 1-866-243-8796

Maryland EXCELS – info@marylandexcels.org

Tuesday Tidbits-November 1, 2022

Tuesday Tidbits: October 4, 2022

Tuesday Tidbits-September 20, 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">• Staff or student/child should not attend or work in a school or child care setting• COVID-19 testing is recommended• If test is negative, may return when symptoms have improved, no fever for 24 hours without medication, and applicable criteria in the Communicable Diseases Summary have been met
Positive test for COVID-19, regardless of symptoms	<ul style="list-style-type: none">• 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• After day 5, may return if symptoms have improved and no fever for at least 24 hours without medication• Upon return, must wear a mask for 5 additional days (except while eating, drinking, sleeping or outside)• 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
Close contact with someone with known or suspected COVID-19 but no symptoms	<ul style="list-style-type: none">• Staff or student/child can continue to work in or attend school and child care regardless of vaccination status• Those who can mask should do so for 10 days from the last day of exposure• A test at 3-5 days after exposure is recommended, especially for those who cannot mask (ex. children under 2 years of age).



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 \times $\$.21 \times$ 5 days a week \times 52 weeks = $\$54.60$ a year
 - 4 children \times $\$.21 \times$ 5 days a week \times 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 Zeeba Zaman HC FCC NEWSLETTR VOL 43 ISSUE 5

DECEMBER 2022

Turkey toilet paper roll

By: Zeeba Zaman

Material: toilet paper roll, googly eyes, card stock, and brown acrylic paint.

Instructions:

First you need to paint the paper roll a brown color. Then we will be making a feather out of the card stock. Then the kids can write whatever they wish on the paper feather cut out. You can also add goggle eyes on the roll using glue. Now attach the feathers to the back of the toilet paper roll. And TA DA you have your turkey toilet paper roll.

This is a great activity to keep kids engaged specially near thanksgiving time. It gets them to start thinking and and ready for Thanksgiving time! This activity allows kids to get comfortable with their ideas. Also great for thanksgiving heme week!



RECIPES

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

STEP 3: Kill Germs & Viruses

**BASIC-G® 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.*²

**TOUGH ON GERMS & VIRUSES
INCLUDING HUMAN
CORONAVIRUS (COVID-19)[†]**



HCFCCA ADVERTISING

HCFCCA does not endorse any specific product, service, organization, company, information provider, or content. The advertisements are for information and convenience of its readers and do not constitute endorsement, recommendation, or favoring by HCFCCA. The use of any advertised products or services is at the sole discretion of the user.

HCFCCA PROVIDER INFORMATION

If you are interested in learning more about the CCCPDF program at Howard Community College contact Joan Johnson (jjohnson6@howardcc.edu) to schedule an individual meeting at a date/time that works for you.

OFFICE OF CHILDREN AND FAMILIES

Resource Room Payment List

EQUIPMENT AND FEES

Hours of operation
Monday-Friday
8:30am-4:45pm

PHOTOCOPIES

White Paper (Black & White)	\$0.12/each
White Paper (Colored)	\$0.50/each
Colored Paper (Black & White)	\$ 0.15/each
Your Paper	\$ 0.10/each

PAPER USAGE

White Paper	\$0.05/each
Colored Paper	\$0.10/each
Construction Paper	\$ 0.10/each
Card Stock	\$ 0.10/each

MISCELLANEOUS

Laminating	\$0.75/ducks
Binder Combs	\$0.50/each
Binder Covers	\$ 0.50/each
Poster Boards	\$ 0.50/each

Die Cuts are FREE with your own paper



CONTACT US

Howard County Family Child Care Association
HCFCCA
P.O. Box 2154
Columbia, MD 21045
(301) 776-4841

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