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APRIL

HCFCCA NEWSLETTER VOL 41 ISSUE 9 APRIL
2021

OUR NEXT GENERAL TRAINING

DATE: APRIL 1ST

TIME: 6:00PM

LOCATION: YOUR ONLINE LEARNING SPACE

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

TOPIC: Sustaining Teacher-Child Connections

OUR NEXT BOARD MEETING

DATE: APRIL
8TH

TIME: 7:30PM

RSVP
TO RHONDA
WATSON TO AT-
TEND. EVERY-
ONE IS
WELCOME.



OUR NEXT GENERAL MEETING

DATE: APRIL
8TH

TIME: 6:30PM





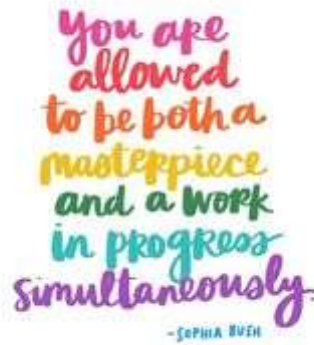
[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

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



From Rhonda (President)

Happy April, there are only three more months left in this session. Last month we had a great Accreditation training from Joan. I would like to thank Joan for all of her support to Howard County Family Childcare Association Inc. She is always willing to put together a training for us. She never forgets to include us in any Child Care related events. Joan you're the best!

This is the time of the year to think about how you can help HCFCCA. All board and chair positions are available. As I have stated in the past if you can't take on a position please consider helping out where needed. An hour here and there will speak volumes. Debbie Yare retired in March. To honor her for all that she has done for the association please donate diapers to the Debbie Yare Diaper Drive. They are in greater need of diapers sizes 3 or higher but all are welcomed. Please label your donation:

Howard County Family Child Care Association Inc./Debbie Yare Diaper Drive

Deliver Diapers to the:
Howard County Food Bank

Donations are accepted Monday through Friday
9am to 3pm
Community Action Council of Howard County Food Bank
9385 Gerwig Lane, Suite J, Columbia MD 21046

I need someone that can manage our Facebook and
Instagram pages ASAP

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

Children's Mental Health Awareness Week is 2-8, 2021!

Children's Mental Health Awareness Week offers the opportunity to learn more about children's mental health and view resources to help ensure all children have what they need to be successful. Mental health refers to a person's overall behavioral, social, emotional and psychological well-being. Mental health impacts how we think, feel, and act, including how a child feels about themselves, relates to other children and adults, and handles change, stress and other life situations. Early awareness highlights the importance of caring for every child's mental health and reinforces that positive mental health is essential to a child's healthy development.

During this week and beyond, children will learn ways to help themselves and others feel better

when they are experience big emotions and how to take good care of their physical, social, and mental health. Programs can receive five days of short activities to do in your program as well as easy, complementary activities for parents to do at home. You can implement these activities during this week or schedule however works throughout the month to best meet your program's needs. If you are interested in this free opportunity to help boost mental health awareness and family engagement with your community, please contact our office at 410-313-CARE or by e-mail at children@howardcountymd.gov before May 10 th

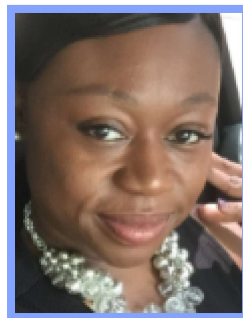
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From Angela (VP of Education)

April's training supports the participants in learning the basics about how to develop and maintain quality interactions with the children. We will focus on how to make adaptations to sustain teacher-child interactions while adhering to current CDC guidelines to keep the children safe and healthy.



From Aisha(Treasurer)

Moving forward if you're making a payment with a business check please write YOUR name in the memo section of the check so we can identify who the check belongs to.

We will be accepting money orders and check payments by mail only.

Please stay safe and if you have any questions or concerns please email me.



From Uyen (Secretary/Fundraising)

Fundraising helps nonprofits work together towards a common goal, motivates us towards organizing & planning, and keeps our nonprofit sustainable. Fundraising is also a way for us to promote our messages, to build partnerships and develop community relationships. Please email me your fundraising event ideas at ufeliks@gmail.com.



[CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION](#)

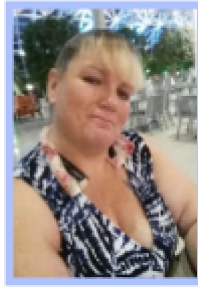
From Lisa (Vice President of Membership)

Hope everyone is doing well and staying healthy!

I would like to welcome all of the NEW members to our association.

Thank you all for completing the membership applications. Its so important that your information is updated. This is the best way to keep your information current with us. Please do not wait until your membership expires to renew. You do not want it to mess up getting on our training calls. We appreciate your cooperation.

Please continue to support and encourage others to join our Association. If each of us reached out to one provider a month, with a phone call inviting them to join us., our association would only become better. WE are a strong organization, lets keep it strong!



If you are interested in receiving a PAU send in an article you found interesting, a craft you have done with your children, or a recipe that your children enjoy. After the newsletter is published all you need to do is print out your article and keep it in a safe place. There is one other opportunity to help with the newsletter. Are you a good proofreader? If you proofread the newsletter you can receive a PAU at the end of the year. You will need to print out the volunteer form under Anita's photo to keep track and you must proofread ALL of the newsletters.



From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date Month	Newsletter
April 11th	May
May 16th	June
July 11th	Summer Newsletter

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)

Please join us for a scheduled Webex meeting for Accreditation support group.

Tuesday, April 13, 2021

6:30 pm - 7:30 pm

Join from the meeting link

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=m09b099f2217fe76c454ffd10473a9adf>

Please join us to a scheduled Webex meeting for Credentialing workshop.

Wednesday, April 28, 2021

6:30 pm - 7:30pm

Join from the meeting link

<https://howardcountymd.webex.com/howardcountymd/j.php?MTID=mb55beaaa3adb1f5290973633ad89e3e0>



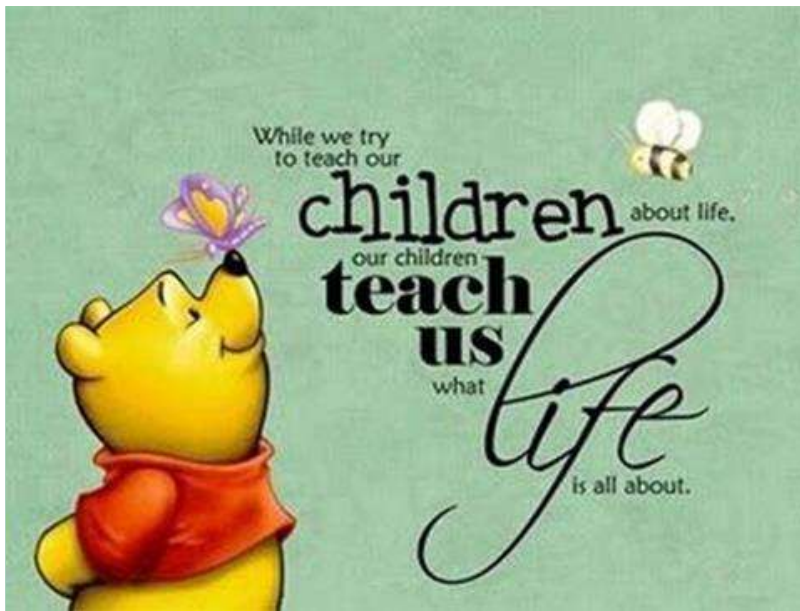
Application For Letter of Volunteerism

From Anita(Volunteer Coordinator)

“How can I earn a Professional Activity Unit (PAU) for the Maryland Credential Program?”

Another way to earn a PAU is to help make phone calls to fill our Board positions so that we may proceed with our election. Contact Nancy Cauley at nancymco@aol.com





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

Please remember to refer any potential clients that you cannot help to our Parent's Message Line. The Parent's Message Line phone number is (301) 776-4841.



From Deena(Marketing and Public Relations)

Hope everyone is well and ready for the Springtime to begin!

I have a few requests:

I need at least one other person to fill the 10:30 to 1:00 spot at the **Nearly New Sale** on Saturday, April 17 at Howard County Fairgrounds. You will earn a PAU. Please send me an email at Dloveshearts@aol.com.

Please pass along the information to your parents so they could attend the sale.

Please join the Maryland State Department of Education's Division of Early Childhood and the National Association for the Education of **Young Children** (NAEYC®) to celebrate the early learning community during the **Week of the Young Child™** (WOYC) from **April 11 – 17!**

How do you celebrate the Week of the Young Child?

Celebrate those who support young learners. Share family stories and pictures to acknowledge the role families play in a **child's** learning. Parents can read a favorite children's book to their early learner or take their child on a picnic.

The Week of the Young Child® is an annual celebration sponsored by the National Association for the Education of Young Children (NAEYC), the world's largest early childhood education association, with nearly 60,000 members and a network of 51 Affiliates.

The purpose of the **Week of the Young Child®** is to focus public attention on the needs of young children and their families and to recognize the early childhood programs and services that meet those needs.

NAEYC first established the **Week of the Young Child®** in 1971, recognizing that the early childhood years (birth through age 8) lay the foundation for children's success in school and later life. The Week of the Young Child™ is a time to plan how we—as citizens of a

community, of a state, and of a nation—will better meet the needs of all young children

Our 40 Year Celebration is in June. I am still looking for a few ladies to help me coordinate/organize this event. "The Incredible HCFCCA". We have come a long way in 40 years and it would be a great time to appreciate all the incredible women and men who have paved an awesome path to where we are today!

Looking forward to hearing from you all SOON!



From Rashmi (MSFCCA Director)

Virtual Training registration for the month of APRIL (Class G & H) is now available.

Visit www.msfccca.org/training to register.

-Training is for **current members only**. If you already paid your membership and have not received your Digital Card, please put "pending" on the MSFCCA Member No.

-Review all information before submitting. If your email is typed incorrectly, you will not be able to receive the zoom invitation.

-Refrain from submitting multiple registrations.

-Please make sure that you are available on the day of the training before submitting a registration.

-Slots are limited. If you are unable to attend, you should inform MSFCCA so we could give your slot to the next person in line. **Failure to notify MSFCCA of your**

absence may result in being removed from the next two (2) classes you are registered in.



From Claudia (Website Coordinator)

Submitted by Claudia Costas HCFCCA Newsletter Vol 41 Issue 9 April 2021.

FAVORITE BLUEBERRY BANANA SMOOTHIE

This quick and easy Blueberry Banana Smoothie is a great option for breakfast, snack time, or even dessert. It packs Vitamin C, potassium, healthy fats, and fiber to keep little bellies full and happy.

INGREDIENTS

- Milk (I use plain nondairy milk)
- Fresh or frozen blueberries
- Fresh or frozen banana
- Spinach or baby kale

- Peanut or [almond butter](#) (optional but recommended)
- Hemp or flaxseed (optional but recommended)

TIP: If you use one fresh and one frozen fruit, you'll wind up with a not-too-thick smoothie that's easy for kids to drink through a straw.

1. Place all ingredients into the blender, cover, and blend on low to start to combine the ingredients.
2. Increase to high and blend for 30-60 seconds to get everything super creamy. The longer you blend, the less you'll see tiny green flecks!
3. Serve!

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
Doona 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
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
Early Learning Branch		
Judy Walker	Branch Chief	410-767-6549
Zina Spriggs	Administrative Aide	410-767-7798
Erika Anderson	Specialist, Early Learning	410-767-0646
Roslyn Coleman	Specialist, Early Learning	410-767-4441
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
Janielle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
POC HELPLINE		
Amber Green	Specialist, CCATS	1-866-243-8796
Eric Bundy	Specialist, CCATS	410-767-8187
Morgane Cole	Specialist, CCATS	410-767-0440
Allan Ward	Specialist, CCATS	410-767-9684
DeMoyne White	Specialist, CCATS	410-767-0451
		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-March 23 2021

March 23 Tuesday Tidbits - Oh no! We made a boo-boo!

Tuesday Tidbits-March 9 2021

IMPACT from MSDE FALL EDITION



Child and Adult Care Food Program (CACFP) "Where healthy eating becomes a habit"

What are the benefits of CACFP?

- ❖ CACFP is nationally recognized as an indicator of quality [child care](#).
- ❖ CACFP helps children grow healthy and strong through better nutrition.
- ❖ CACFP can play a vital role in obesity prevention by educating caregivers about meal planning, health, and child nutrition.
- ❖ CACFP is a successful program with a 25+ year track record that helps reduce the cost of being a provider.
- ❖ CACFP is a marketing tool that [says](#) "I care about the health & nutrition of the children in my care!"

CACFP and The Planning Council provide:

- ❖ Monthly cash reimbursement to providers for nutritious meals served (we offer direct deposit right to your designated account).
- ❖ Free training in nutrition and [child care](#) that meets licensing requirements for non CKD hours
- ❖ Resources full of current information, menu ideas & helpful hints
- ❖ Networking opportunities with other [child care](#) professionals
- ❖ Free Organizational Binder to keep all your records in one place
- ❖ Free On-line Claiming with Minute Menu's KidKare program (can be used on your smart phone, tablet, [laptop](#), or desktop)

Participation is easy, what are the requirements?

- Have a current "non-expired" license and have at least one (1) child enrolled.
- Agree to have on-site visits from your sponsor at least three (3) times per year.
- Prepare and serve meals that meet the USDA - CACFP Meal Pattern Requirements.
- Serve milk that meets USDA Meal Pattern Requirements:
 - 1% or Skim to children age 2 and above
 - Whole Milk to children age 1
 - Offer your choice of Iron Fortified Formula to Infants
- Post a weekly menu for children in all age groups.
- Offer supplemental infant food to all enrolled infants (Juice is not allowed for infants in the CACFP)
- Offer one (1) "whole grain" meal option per day.
- Keep meal counts and attendance record (*Easy to do with the free software we offer*)
- Inform parents about the benefits of the food program and the meals for which their child may be claimed.

How can I become a CACFP provider?

In Howard and Baltimore County Contact:

Fernanda Brito @ 443-850-1056 or by e-mail @ fabrito@theplanningcouncil.org

This institution is an equal opportunity provider.



July 1, 2020 – June 30, 2021

Child & Adult Care Food Program

Meal Reimbursements

You may be reimbursed for 2 meals and 1 snack or 2 snacks and 1 meal per day

Meal Type	Tier 1	Tier 2
Breakfast	\$1.39	\$0.50
Lunch/Supper	\$2.61	\$1.58
Snack	\$0.78	\$0.21
Daily Total *	\$4.78	\$2.29

* based on serving and claiming **breakfast**, **lunch**, and a **snack** each day. Daily totals change based on meals served and claimed.

⊕ Monthly Totals Examples for Fulltime (FT)*

2 FT Children for 20 days in month	\$191.20	\$ 91.60
5 FT Children for 20 days in month	\$478.00	\$229.00
8 FT Children for 20 days in month	\$764.80	\$366.40

FREE Online Claiming with KidKare

Get started immediately with KidKare and logging onto our secure site and record all your Food Program Records in minutes!

You can easily:

- Record Meals
- Enroll Children
- Note school holidays, child sick days, etc.
- Pre-plan Menus
- Record Child In & Out Times
- Eliminate Claim Errors
- Submit your menus online

CRAFT

Submitted by Melissa Gaither HCFCCA Newsletter Vol 41 Issue 9 April 2021

Adapted from www.wittyhoots.com

Earth Day is April 17th. Celebrate the Earth and teach your children the importance of recycling. Plan an activity that will help the earth. When you make this craft you upcycle plastic bottles and have a beautiful plant to improve the air quality.

How to Make Your Plastic Bottle Terrarium

You will need these simple tools and materials:

- clean plastic bottle
- scissors or a craft knife
- pebbles

- sand
- soil or compost
- plants

First, you will need to decide how you want your terrarium to look. You could cut the bottle in half, cut the top off the bottle or cut it length ways. (Adults should do this step)

Next, add a layer of pebbles and then a layer of sand until it is about a third full. Then add the compost and then arrange the plants. (Children should do this step)

To finish off your terrarium you could add some pebbles, cork or bark chippings onto the top of the soil to make it more interesting.(Children should do this step)

Water occasionally and place in an area that suits the plants you have used, either near a window for sun-loving plants or on a table for those who thrive in shadier places.

Once you start making these novel little gardens you will be surprised what you can make. Try different plants, colored sands or pebbles to create something a little more interesting.

Below is a video from Youtube.com that will help you. It also has some interesting facts you can share with your children.



Make a
**PLASTIC BOTTLE
TERRARIUM**



WittyHoots.com

RECIPES



Submitted by Melissa Gaither HCFCCA Newsletter Vol 41 Issue 9 April
2021.

Adapted from www.Allrecipes.com

Tropical Zucchini Carrot Muffins

Super scrumptious way to use up the summer zucchini harvest.

Recipe Summary

Prep: 20 mins

Cook: 20 mins

Additional: 5 mins

Total: 45 mins

Servings: 20

Yield: 20 muffins

Nutrition Info

Ingredients

- 2 1/2 cups whole wheat flour
- 1 cup oat bran
- 1 teaspoon salt
- 1 teaspoon baking soda

- 1 teaspoon baking powder
- 1/2 teaspoon ground cinnamon
- 1 1/2 cups grated and squeezed zucchini
- 1 1/2 cups mashed ripe papaya
- 1 cup grated carrot
- 1 cup unsweetened applesauce
- 1/3 cup honey
- 3 large eggs
- 2 teaspoons vanilla extract
- 2 lemons, zested
- 1 teaspoon lemon juice

Directions

Instructions Checklist

- Step 1
Preheat oven to 350 degrees F (175 degrees C). Grease and flour 2 muffin tins.
- Step 2
Mix flour, oat bran, salt, baking soda, baking powder, and cinnamon in a large bowl; form a large well in the center of the mixture. Add zucchini, papaya, carrot, applesauce, honey, eggs, vanilla extract, lemon zest, and lemon juice to the well; stir to combine batter. Spoon batter into prepared muffin tins, filling each 2/3 full.
- Step 3
Bake in the preheated oven until a toothpick inserted in the center of a muffin comes out clean, 18 to 20 minutes. Allow muffins to cool in the tin for 5 minutes before transferring to a cooling rack.

HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



Spring is here and that means it's time for a fresh start—and a clean start! Spring is the perfect time to say out with the old and in with the new. It's also a great time to do a deep clean of your house after a long winter. It may seem like you have a lot of work ahead of you! But before you tackle your spring cleaning, here are a few tips and guidelines to help you tackle the mess.

Plan out your cleaning

You can build your schedule and your checklist on a calendar. Figure out which days of the week you're going to clean and choose parts of the house to clean on each of those days. Think about which rooms need the most cleaning and prioritize them. And when you complete a room, check it off to see your progress!

Start with de-cluttering

Before you think about how to clean a room, you should think about decluttering it. You can save a lot of time and space by getting rid of things that you no longer need. Try a garage sale, donate items to a charity, or fill up your recycling bin. You'll find it much easier to clean and organize once the unnecessary clutter is out.

Get the family involved

If you're not the only one that lives in your home, you're not the only one responsible for keeping it clean! Spring cleaning is the perfect time to give the kids a few extra chores. Plus, it makes a huge difference in workload when the rest of your family is involved.

Work from top to bottom

When you think about cleaning a room, start with the ceiling and work your way down. Save the floor for last. This will help you avoid double cleaning as dirt, dust, and debris fall down on your furniture or floor.

Think about the air

Coming home should be a breath of fresh air, so don't overlook air quality! Make sure to clean the dust that builds up over your windows, vents, and ducts. Consider using air filters or air purifiers to make sure you're breathing clean, healthy air. And when you use cleaners, try something that won't leave behind harmful fumes—something like our [Get Clean®](#) line.

Use the right tools

It's a lot easier to clean your home when you have the right tools for the job. Save the tissues and paper towels, and make sure you have a fresh set of sponges, brushes, and dusters to do your cleaning; they are reusable and can help you cut back on waste.

Choose the cleaners that fit

Different cleaners may have different applications! You may need something more powerful for the bathtub than you do for the dining room table. Keep this in mind as you're choosing cleaners for spring cleaning. Also, always make sure to use [green cleaners](#) so you're not putting harmful fumes and chemicals into your home like the ones that can come from some conventional cleaning products.

Once you're ready to get cleaning, use these tips as a guide and you will be done in no time. Then sit back, relax, and enjoy your fresh, clean home!

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

Submitted by Therese Mason HCFCCA Newsletter Vol 41 Issue 9 April 2021.
Written By Mayo Clinic Staff

Exercise: 7 benefits of regular physical activity

You know exercise is good for you, but do you know how good? From boosting your mood to improving your sex life, find out how exercise can improve your life.

Want to feel better, have more energy and even add years to your life? Just exercise.

The health benefits of regular exercise and physical activity are hard to ignore. Everyone benefits from exercise, regardless of age, sex or physical ability.

Need more convincing to get moving? Check out these seven ways exercise can lead to a happier, healthier you.

1. Exercise can help prevent excess weight gain or help maintain weight loss. When you engage in physical activity, you burn calories. The more intense the activity, the more calories you burn.

Regular trips to the gym are great, but don't worry if you can't find a large chunk of time to exercise every day. Any amount of activity is better than none at all. To reap the benefits of exercise, just get more active throughout your day — take the stairs instead of the elevator or rev up your household chores. Consistency is key.

2. Exercise combats health conditions and diseases

Worried about heart disease? Hoping to prevent high blood pressure? No matter what your current weight is, being active boosts high-density lipoprotein (HDL) cholesterol, the "good" cholesterol, and it decreases unhealthy triglycerides. This one-two punch keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases.

Regular exercise helps prevent or manage many health problems and concerns, including:

- Stroke
- Metabolic syndrome
- High blood pressure
- Type 2 diabetes
- Depression
- Anxiety
- Many types of cancer
- Arthritis
- Falls

It can also help improve cognitive function and helps lower the risk of death from all causes.

3. Exercise improves mood

Need an emotional lift? Or need to blow off some steam after a stressful day? A gym session or brisk walk can help. Physical activity stimulates various brain chemicals that may leave you feeling happier, more relaxed and less anxious.

You may also feel better about your appearance and yourself when you exercise regularly, which can boost your confidence and improve your self-esteem.

4. Exercise boosts energy

Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.

Exercise delivers oxygen and nutrients to your tissues and helps your cardiovascular system work more efficiently. And when your heart and lung health improve, you have more energy to tackle daily chores.

5. Exercise promotes better sleep

Struggling to snooze? Regular physical activity can help you fall asleep faster, get better sleep and deepen your sleep. Just don't exercise too close to bedtime, or you may be too energized to go to sleep.

6. Exercise puts the spark back into your sex life

Do you feel too tired or too out of shape to enjoy physical intimacy? Regular physical activity can improve energy levels and increase your confidence about your physical appearance, which may boost your sex life.

But there's even more to it than that. Regular physical activity may enhance arousal for women. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise.

7. Exercise can be fun ... and social!

Exercise and physical activity can be enjoyable. They give you a chance to unwind, enjoy the outdoors or simply engage in activities that make you happy. Physical activity

can also help you connect with family or friends in a fun social setting.

So take a dance class, hit the hiking trails or join a soccer team. Find a physical activity you enjoy, and just do it. Bored? Try something new, or do something with friends or family.

The bottom line on exercise

Exercise and physical activity are great ways to feel better, boost your health and have fun. For most healthy adults, the Department of Health and Human Services recommends:

- At least 150 minutes a week of moderate aerobic activity or 75 minutes a week of vigorous aerobic activity, or a combination of moderate and vigorous activity. The guidelines suggest that you spread this exercise throughout the week. Examples include running, walking or swimming. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.
- Strength training exercises for all major muscle groups at least two times a week. Examples include lifting free weights, using weight machines or doing body-weight training.

Spread your activities throughout the week. If you want to lose weight, meet specific fitness goals or get even more benefits, you may need to ramp up your moderate aerobic activity to 300 minutes or more a week.

Remember to check with your doctor before starting a new exercise program, especially if you have any concerns about your fitness, haven't exercised for a long time, have chronic health problems, such as heart disease, diabetes or arthritis.

From Maryland Family Network

Original

Link: <https://www.marylandfamilynetwork.org/for->

parent cafes - for parents

Parent Cafés & Virtual Parent Cafes

Being a parent or caregiver is wonderful – and it can be hard (really hard) sometimes. Parent Cafés are created by parents, for parents. They are a guided opportunity for you to step back from the day to day details of life and talk honestly about the joys and challenges of parenting. The conversations in a Parent Café are designed to promote well-being, strengthen families' protective factors, and help you get to know other parents. People who attend Parent Cafés (virtually or in-person) report feeling more connected and having new ideas about taking care of themselves and their families and being a parent.

When we say “parent,” we mean anyone who cares for a young child - parents, grandparents, caregivers, and family members.

We'd love for you to join us. Here are a list of our upcoming Virtual Parent Cafés – just click the link to register.

[Cafe de Padres Virtual en Español - March 10 1:00 PM - 3:00 PM](#)

[A Strengthening Families Maryland Virtual Parent Café - March 22 from 6:00 PM- 8:00 PM](#)

[Strengthening Families Maryland Virtual Parent Café – Wednesday, April 14 from 3 – 5 PM](#)

[Strengthening Families Maryland Virtual Parent Café – Monday, April 26 from 6 – 8 PM](#)

[Strengthening Families Maryland Virtual Parent Café – Wednesday, May 12 from 2 – 4 PM](#)

[Strengthening Families Maryland Virtual Parent Café – Tuesday, May 25 from 6 – 8 PM](#)



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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Member since May 2008

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Member since March 1987

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Center for Applied Research Evaluation & Education P. O. Box 18358 Anaheim, CA 92817 Phone: 714-237-9272 www.iescareg.com	FACS, Inc. Foreign Academic Credentials Service, Inc. P.O. Box 400 Glen Carbon, IL 62034 Phone: 618-656-5291 www.facsusa.com
Educational Credential Evaluators, Inc. P.O. Box 514070 Milwaukee, WI 53203-3470 Phone: 414-289-3400 www.eca.org	Foundation for International Service, Inc. 14926 35th Avenue West Suite 210 Lynnwood, WA 98097 Phone: 425-248-2255 www.fis-web.com
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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Evaluation Service, Inc 333W. North Ave. #284 Chicago, IL 60610-1293 Phone: 847-477-8569 www.evaluationsservice.net	Span Tran Educational Services, Inc. 7211 Regency Square Blvd. Suite 205 Houston, TX 77036-3197 Phone: 713-266-8805 www.spantran-edu.org
Foreign Educational Document Service P.O. Box 4091 Stockton, CA 95024 Phone: 209-948-6589 www.documentsservice.org	World Education Services, Inc. Bowling Green Station P.O. Box 5087 New York, NY 10274-5087 Phone: 212-966-6311 www.wes.org

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.



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You are a member of HCFCCA, this entitles you to our monthly newsletter.

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