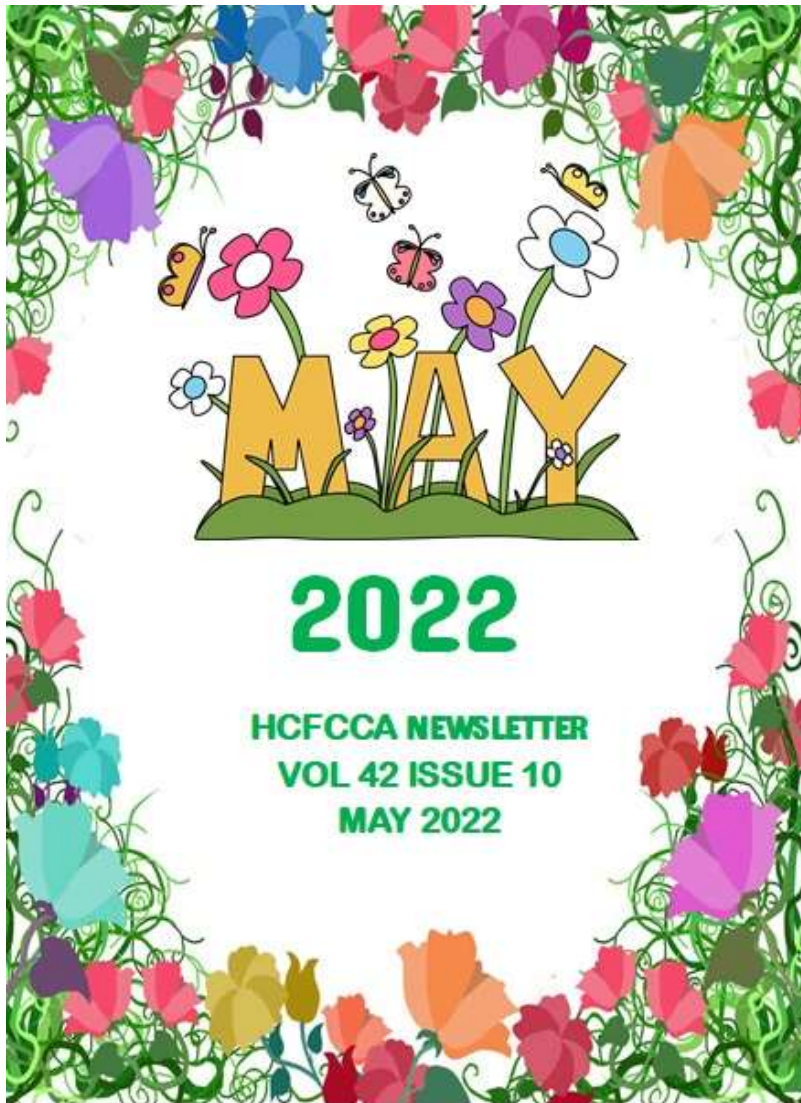


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May

**OUR NEXT GENERAL
TRAINING**

Date: May 5th

TIME: 6:30PM

TOPIC: To Be Announced

**OUR NEXT GENERAL
MEETING**

DATE: May 19th

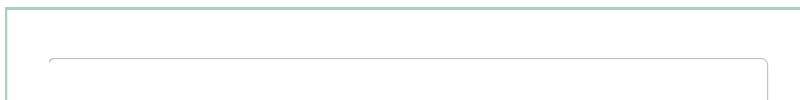
TIME: 6:30PM

**OUR NEXT BOARD
MEETING**

DATE: May 19th

TIME: 7:30PM

**RSVP
TO RHONDA
WATSON TO
ATTEND. EVERY-
ONE IS WELCOME.**



[**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)

Wow it is May, we only have one more month left of this session. We have made it another year. We had so many positive things happen this session. We celebrated our 40th year anniversary. We had past Board members as well as current Board members and members from the Association attend. We had support from several organizations as well as our local and state government. We had more members become credentialed or move up in the credentialing program than ever before. We have several members that received their Accreditation or are in line to have their visit. We received over \$10,000 in donations (between gift cards, money, and contributions of well needed marketing items). Our membership is growing with more out-of-county members. We are still receiving support from Howard County Children and Families. The Howard County library also hosted an educational session on what is offered and the support the library offers. We also had our first annual conference that really turned out to be a wonderful event. This was our biggest money maker. The more money we raise, the more opportunities we will have in the future come our way.

This is the time of the year in which we will be having our election. I will be on vacation May 12th so our election will be held via Zoom on May 19th at 6:30 during our general meeting. Please understand that all positions are available. This means you can put your name in the hat for any position. The positions in which the board members are leaving are, President, Membership and Marketing. For this association to continue we must have all board positions filled as of June 30th. If you are interested, please reach out to Nancy Cauley at nancymco@aol.com.

Now is the time to work on me and my family. My son Taye will be graduating and going to Drexel University. He received over half of his tuition in scholarships. We are truly proud parents. I need this time to adjust to being an empty nester. I have given this association 4 years and I loved every minute of it. I have learned so much and have met so many amazing people. I wouldn't trade that for anything in this world. I will take all I have learned and use it to build my new businesses. Yes, I will still be doing in-home childcare but on a different level.

I will not be taking on any positions on the board, so that the new president will have the chance to build her relationship with the association. I will still be a member and have a chance to still network with all of you.

We are having our Provider Appreciation Day at the Miller Library on May 21st. Time will be announced soon. So please save the date, this event will only be successful if you attend. If you are interested in helping with the planning of this event, please contact me at hfccabusiness@gmail.com

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 Nancy (Nominating Committee)

The Nominating Committee is busy making phone calls to all the Association Members. We need to fill three positions (President, Marketing, and Membership), but all positions can have new candidates. Please talk to current Board members and seriously think about volunteering for any position. The Association needs to have a full Board to function! Please contact me at (301) 703-5359 if you would like your name to be added to the proposed candidates.



The **MORE** that you **READ**,
the more **THINGS** you will **KNOW**.
The **MORE** you **LEARN**,
the more **PLACES** you'll **GO!**
~ Dr. Seuss

From Angela (VP of Education)

May's training will be announced soon



From Delali (Treasurer)



From Uyen (Secretary/Fundraising)

Music Lesson Plan

Title of Lesson: Introduction to Vietnamese Folk Music

Subject: Vietnamese Folk Music, "Trong Com"

Age of Children: 3-5 Years Old

Objectives:

To introduce children to a different country's folk music. They can listen to one of Vietnamese children's folk songs, called, "Trong Com" or "Rice Drum"

To demonstrate how to use the real Rice Drum and dance along with the music.

To identify a couple of Vietnamese words in the song and translate them into English.

Materials:

8 Rice Drums

"Ao Tu Than" or traditional dresses of peasant for girls and boys

Pictures of Vietnamese children playing this instrument on stage performance and pictures of children in their daily life activities on Poster Board

English Vietnamese coloring and reading books

Procedure:

Transition:

Gather children in a circle and explain they will be watching a short performance of Vietnamese children playing and dancing along with the Rice Drums.

Motivation:

Pass out Vietnamese traditional toys like paper kites, paper lanterns, To He (small figurine made from glutinous rice powder)

Play a game called "Meo Bat Chuot" or the Cat chasing the Mouse.

Presentation:

Watch a video

Introduce Rice Drums and demonstrate on how to use

Let the children explore them

Have children dress up
Put on music and have fun

Language/Literacy:

Children will have the opportunity to read the following books:

“Song of the Mekong River” by Na-mi Choi

“Tet: Vietnamese New Year” by Dianne M.

MacMillan

“Going Home, Coming Home” by Truong Tran

“Wishes” by Muon Van and Muon Thi Van

Extension/Follow Up Activities:

All the centers in my daycare will reflect the theme.

- For Art, children will make Vietnamese flags by coloring white rectangle papers in red, then use star cookie cutters to stamp yellow on top of the red flags.
- For science, they color jasmine rice with vinegar into a variety of colors.
- For math, they then use the colored rice to measure into different bottles using cups measurement.
- In dramatic play, they have opportunities to wear traditional clothes and wooden shoes and triangle hats.
- In the kitchen, they will assemble Banh Mi, an extremely popular sandwich combining both Viet and French pate on a baguette and taste a variety of herbs like cilantros and pickled daiko with carrot.

Evaluation:

Do the children seem interested in this folk music?

Do they dance along with the song?

Do they enjoy exploring and making sound out of the Rice Drums?

Do they try Banh Mi or enjoy making sandwiches?

Are they excited playing dress-up?



[CLICK THIS BUTTON TO FILL OUT AN APPLICATION ONLINE](#)

From Lisa (Vice President of Membership)

Hope everyone is enjoying Springtime!

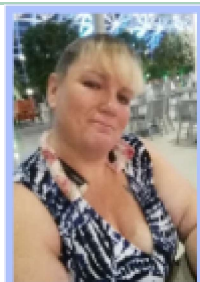
I wanted to thank everyone for their renewal of their memberships and welcome the new members. Please continue to look at your emails when your upcoming renewals are due. It is particularly important for them to be paid on time, so you do not miss out on your trainings.

All renewals are done online and it can be found on our newsletter or our website at HCFCCA.org.

We have many options for you to pay now. Please make sure all of your information is updated and filled out correctly.

I am here to help if you have any questions with anything you are needing regarding your memberships.

Please take the time to reach out to the community and fellow providers to tell them about our association.



From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Dae Month	Newsletter
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 to hold one support group each month to assist providers with NAFCC Accreditation and the Maryland Credential. Meetings will be held virtually 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

- 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 locally at 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)

I would like to give a shout out to our members who volunteered for the Nearly New sale and the Discovery Fair. We certainly appreciate you giving your time to further the community's knowledge of Family Child Care. We are getting ready to vote for our new Board. PLEASE consider volunteering for any of the positions, especially President, VP of Education and Marketing/fundraising. All these positions are essential for our association to stay a non-profit.

Thanks



From Nancy (Parent Message Board Coordinator)

If you have a parent inquiring about an opening at your childcare 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 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.



The most courageous
decision you make
each day is to be
in a good mood.

**From Deena (Marketing and Public
Relations)**

It's NOT November (thankful Thanksgiving) but I feel extremely thankful that I was able to have all these volunteers help on Saturday, April 23 with Nearly New Sale, and Children's Discovery Fair!!!!

Rhonda Watson was the chair for the Nearly New Sale and Sona Yoder, Teresa Goodwin and Nusrat Raja volunteered to help her! Big kudos, thank you!

The Children's Discovery Fair was a success with many littles and parents stopping by our activity "Mirror, Mirror" to learn more about labeling their emotions! I

had fun and learning time was experienced by all who participated!

Thank you to Kathy Henderson, Rohini Chibber, Rashmi Tandon & Mukesh Tandon, Mariam Vohra, Sona Yoder for helping me make this event successful. Without these volunteers our association would not have been represented at either event. It is important to let parents know about HCFCCA and the wonderful work we do with the children in our care. These volunteers gave a little of their time, did a little work and received a PAU for their efforts.

Phone calls are currently being made to all association members to volunteer for positions on our Board and any of the Chair positions! Please reply when you are contacted.

Look for information and Save The Date for May 21st. Miller Library for Provider Appreciation!

Happy May Everyone!



From Thelma (MSFCCA Director)



From Claudia (Website Coordinator)



Baked Ham and Egg Cups

Would like to make something easy and simple with the children for Mother's Day breakfast? Look no further with this easy and delicious recipe.

- Level: Easy

- Yield: 6 servings
- Total: 35 min
- Prep: 15 min
- Cook: 20 min

Ingredients

12 thin slices Black Forest ham (about 10 ounces)

1/2 cup shredded Swiss cheese

6 large eggs

6 tablespoons heavy cream

Kosher salt and freshly ground black pepper

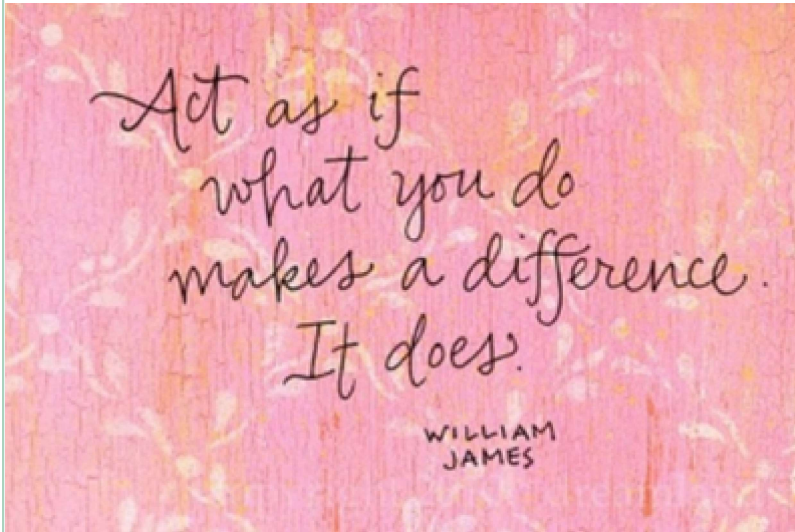
1 tablespoon chopped fresh chives

Directions:

Special equipment:

Six 8-ounce ramekins or souffle cups

1. Preheat the oven to 400 degrees F. Line the ramekins with nonstick aluminum foil and place on a baking sheet.
2. Stack 2 slices of ham directly on top of each other and fit into a ramekin to form a cup, making sure the ends of the ham hang over the ramekin slightly. Repeat with the remaining ham. Dividing evenly, sprinkle half of the cheese into the bottoms of the ham cups. Crack an egg into each and add 1 tablespoon cream. Divide the rest of the cheese, 1/4 teaspoon salt and 1/4 teaspoon pepper evenly among the cups.
3. Bake until the egg whites are set, and the yolks are still soft, 20 to 24 minutes, rotating the baking sheet halfway; some cups may cook faster than others. Sprinkle with the chives and then carefully lift the ham cups out of the foil so you do not tear the ham or break the shape of the cup. Place on a large platter or on individual plates and serve.



From Natacha (Social Media Chair)



**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
Alberto 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 Hamauer	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		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 Tsigounis 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-April , 2022

Tuesday Tidbits-April 5, 2022



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."

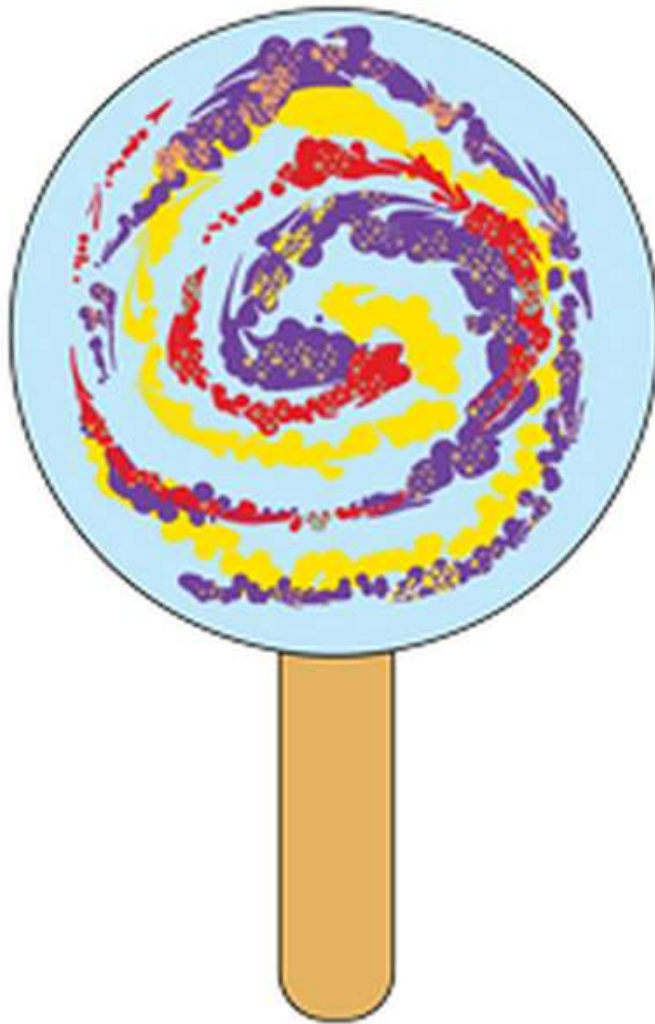
- Nope! This is a common misunderstanding.
- You are entitled to claim food expenses in the same way whether you are on the CACFP or not.
- You can deduct the meals/snacks you get reimbursed for by the CACFP.

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



adapted from themailbox.com

Luscious Lollipop

Description

This lollipop looks good enough to eat!

Materials for one lollipop:

- light-colored construction paper
- small plastic lazy Susan
- tempera paints in squeeze bottles
- glitter (optional)
- jumbo craft stick
- tape
- scissors

Setup: Cut a circle from the paper to match the size of the lazy Susan. Lightly tape the cutout to the center of the lazy

Susan.

Steps:

1. Squeeze a small amount of paint on the paper as your teacher slowly spins the lazy Susan. Repeat this process for other colors of paint.
2. Sprinkle glitter over the wet paint if desired. Set the painting aside to dry. (Tape the craft stick to the back of the painting.)

RECIPES



Adapted from www.dinnerthendessert.com

Sour Patch Grapes

With only two ingredients, these candied grapes come together in seconds and taste like you threw deliciously tart green grapes into the machines at the Sour Patch Candy factory!

Yield 24 servings

Prep Time 10 minutes

Cook Time 0 minutes

Total Time 10 minutes

Author Sabrina Snyder

Ingredients

- 1/3 box Jolly Rancher Watermelon Mix
- 1/3 box Jolly Rancher Green Apple Mix
- 1/3 box Jello Lemon Mix
- 1/3 box Jello Orange Mix
- 3 pounds green grapes
- toothpicks
- 1 cup water

Instructions

- Pour 1/3 of each flavor into small bowls.
- Poke a toothpick in through the spot where the stem was attached.
- Using toothpick, dip in water and roll in mix. (Or just have a bowl of grapes sitting in water).
- Put in fridge for as long as it takes to chill them completely.
- I also froze a few to test, I will update my post in the morning about how good they are!
- Once they are fully chilled you can easily remove the toothpicks.
- Enjoy!

HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



Most of us have a general idea of what a healthy, well-balanced meal looks like. The ratio of $\frac{1}{2}$ vegetables, $\frac{1}{4}$ lean protein, and $\frac{1}{4}$ healthy grains on your plate comes to mind. But as we celebrate National Nutrition Month, we also want to take an international look at well-balanced meals. Here's a peek into what's considered healthy around the world.

Japan

Being an island nation, it's natural for fresh fish to be a big part of a healthy diet in Japan. Hundreds of years ago, people in Japan mostly ate fish and vegetables. And while there are more meat options available now, it's no surprise that fish tops the list as it is full of protein and omega-3s. Along with fish or other proteins, Japanese people also eat meals that are balanced by carbohydrates, vegetables, and fruit.

Israel

In Israel, a healthy meal has vegetables, whole grains, fish, and very little red meat or poultry. While meals are typically low in fat, they do have healthy fats from olives, nuts, and avocados. There is also a variety of spices that not only add complex flavor but also offer different health benefits.

France

This nation is famous for their food, so it's easy to immediately think of rich and indulgent foods. But France keeps meals healthy by centering their diet around quality ingredients and fresh produce while avoiding processed and fast foods. Portion sizes also tend to be more conservative.

India

A typical well-balanced meal in India would have millet flatbread, vegetables, and curry. There are many different curries available, but most are made with beans, vegetables, and a variety of spices with different health benefits. And when it comes to meats and oils, they make up a small part of the meal and are consumed moderately.

Sweden

While there are typically less fruit and vegetable options than other countries, Sweden enjoys local and seasonal product that can be grown in colder climates. Along with greens, Swedish people eat a lot of fatty fish, quality meats, root vegetables, and whole grains. This selection helps keep meals low in carbs and high in healthy fats.

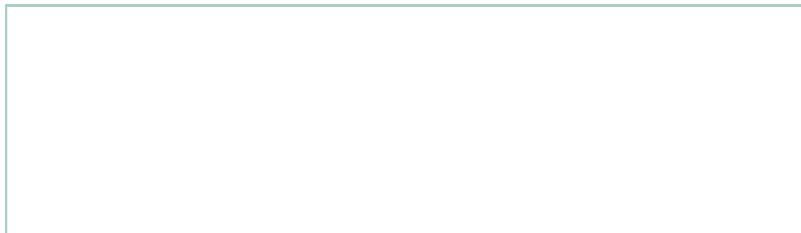
Brazil

Locally grown ingredients like papayas, yams, black beans, and acai berries fill a healthy plate in Brazil. But what might surprise you is the simplicity (and popularity) of Brazil's nutritional guidelines. These guidelines encourage the people of Brazil to eat local & natural foods and to avoid processed foods. Oils, fats, salts, and sugar is recommended to be consumed in moderate amounts. The guidelines even touch upon how quiet and comfortable places can encourage mindful eating and decrease overeating.

What does your healthy plate look like?

We hope that you can take inspiration from these various countries and continue to eat well-balanced meals.

HCFCCA Shaklee Fundraiser



STEP 3: Kill Germs & Viruses

**BASIC-G® GERMICIDE
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HCFCCA PROVIDER INFORMATION

THE PLANNING COUNCIL
Direct Deposit Authorization

CACFP Provider #: _____ CACFP Prov. Name: _____
Account Name: _____ Account Type: _____
(checking, savings, money card)
Depository Name: _____
(bank, savings & loan, credit union, money card, etc.)
Branch: _____
City, State, Zip _____
Transit/ABA No.*: _____
Account Number*: _____

Is this a change in the current bank information we have on file? Yes No

I authorize The Planning Council to initiate credit entries and to initiate, if necessary, debit entries and adjustments for any credit entries in error to my designated account. Also, I have called my depository institution and verified the correct Transit/ABA No. and account number for accuracy.

Signed: _____ Date: _____

Because the bank must pre-note all direct deposits, you will receive a check on the first "claim" pay date after the direct deposit authorization is received. You will be notified if there is a problem. *Please allow 30 - 45 days for processing.

When calling to verify your Transit/ABA no. and the account number, ask for the person in charge of direct deposit. For most national banks, the numbers indicated on your check are correct. Credit unions and some savings and loans sometimes run their funds through large banks and the transit number is completely different. Sometimes you may need to drop or add digits in your account number for purposes of direct deposit, so be very specific. Also, be sure to indicate to the bank whether your deposit is going to a savings or a checking account.

***Please attach a voided check, bank authorization form or money card authorization form to this enrollment form. *NOTE: Forms submitted without this information will NOT be processed.**

MAIL THIS FORM TO: THE PLANNING COUNCIL
ATTN: DIRECT DEPOSIT ENROLLMENT
2551 ELTHAM AVENUE, SUITE 1
NORFOLK, VA 23513 or Fax to: 410-510-1024



STATE OF MARYLAND

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Department of Public Safety and Correctional Services

Information Technology & Communications Division

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April 11, 2022

To: Criminal History Record Information Recipients
Re: Initiation of Federal Criminal History Shutdown - 2 Week Notice (Region 6)

Greetings,

On March 29, 2022, non-criminal justice agencies were given notice from the Maryland Department of Public Safety and Correctional Services (DPSCS) Information Technology and Communications Division (ITCD) that the Maryland Criminal Justice Information System (CJIS) Central Repository would begin the process of ensuring that non-governmental entities only receive state Criminal History Record Information (CHRI) while the Maryland Office of Child Care (OCC) receive related federal CHRI for employment and/or licensing purposes to adhere to current federal law and regulation. Be advised that 'Child Care: Region 6' will be ready for this rollout in two weeks from the date of this letter.

On April 25, 2022, the CJIS Central Repository will modify authorization numbers to allow for the proper dissemination of federal CHRI, pursuant to Public Law 92-544. As of that effective date your region should begin the exclusive use of the following Authorization Number and Originating Agency Identifier (Z-ORI) for background check purposes. (PLEASE NOTE: The utilization of any credentials other than those provided will result in delays in your process):

Region	Authorization Number	Z-ORI
6	1100000064	MD920523Z

For questions regarding the vetting of your employees by the OCC, please contact the OCC coordinator assigned to your Child Care Region. If you have questions relevant to the legal authority of your agency receiving federal CHRI, please contact the DPSCS ITCD Policy Management Unit at pmu.noncjagreements@maryland.gov referencing "Ref: Public Law 92-544 CHRI Question - Your Company Name" in the subject line.

Sincerely,


Stanley Lottor, Chief Information Officer
CC: Shawn Harrison, Acting Director of CJIS



Promoting Positive Outcomes for Infants and Toddlers

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.

Current Members

[AZZ Evaluations, LLC](#)
Member since May 2009

[Academic Evaluation Services, Inc.](#)
Member since May 2008

[Educational Credential Evaluators, Inc.](#)
Member since March 1987

[Educational Perspectives, LLC](#)
Member since April 2003

[Educational Records Evaluation Service, Inc.](#)
Member since April 1993

[Evaluation Service, Inc.](#)
Member since June 1991

[Foreign Academic Credential Service, Inc.](#)
Member since March 1987

[Foundation for International Services, Inc.](#)
Member since March 1987

[Global Credential Evaluators, Inc.](#)
Member since March 2004

[Global Services Associates, Inc.](#)
Member since May 2000

[International Academic Credential Evaluators, Inc.](#)
Member since May 2006

[International Education Evaluations, Inc.](#)
Member since May 2018

[International Education Research Foundation, Inc.](#)
Member since March 1987

[Center for Applied Research, Evaluation and Education, Inc.](#)
Member since March 1987

[Josef Slavik and Associates, Inc. International Education Consultants](#)
Member since April 1989

[Sloan Group, The Evaluation Company](#)
Member since April 1996

[Transcript Research](#)
Member since September 2011

[World Education Services, Inc.](#)
Member since March 1987

NATIONAL ASSOCIATION OF CREDENTIAL EVALUATION SERVICES, INC.

*An Association of Independent Evaluation Services
Revised 3/31/2011*

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
Educational Perspectives P.O. Box 618056 Chicago, IL 60661-8056 Phone: 312-421-9300 www.edperspective.org	International Education Research Foundation, Inc. P.O. Box 3665 Culver City, CA 90231-3665 Phone: 310-258-9451 www.ierf.org
Educational Records Evaluation Service, Inc. 601 University Avenue Suite 127 Sacramento, CA 95825 Phone: 916-921-0790 www.eres.com	Josef Silny & Associates, Inc. International Education Consultants 7101 SW 102 Avenue Miami, FL 33173 Phone: 305-273-1616 www.jsilny.com
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.



CONTACT US

Howard County Family Child Care Association

HCFCCA

P.O. Box 2154

Columbia, MD 21045

(301) 776-4841

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

[Unsubscribe](#)