





The last General Meeting for our 2021 Session

DATE: June 3rd

TIME: 6:00PM

LOCATION: YOUR ONLINE LEARNING

SPACE

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



PROFESSIONALISM





#### 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)

Guess what...We made to through another session. I would like to thank all of the board, chair and volunteers for helping HCFCCA run smoothly. I would like to thank those that choose to step up and take on positions with the board and chairs.

Kelly Patino-Treasurer Thelma Hayes- MSFCCA Director Natacha Michel- Social Media

We still have one vacancy, **Member Outreach**Coordinator (aka Sunshine). If you are good at uplifting others in their time of need, please consider taking on this position. The Member Outreach Coordinator sends out cards to members who are ill, are dealing with a loss in their family or need some words of encouragement. Please contact me at hcfccabusiness@gmail.com if interested.

Save the date for our 40th Anniversary, it is on August 14th at Centennial Park in Ellicott City. Look for upcoming information from Deena our Marketing Representative.

I am still hoping that you will work on becoming Credentialed and moving up a level in Maryland Excels. With there being two new nonprofit childcare centers opening in Columbia you want to place yourself as competitive as possible.

Effective July 1 st our new membership fee of \$80.00 will go into effect. Any payments sent in early with the lower amount of \$60.00 will be cashed and you will be notified to send in remaining balance.

#### IMPORTANT INFORMATION

Howard County Health Department: 410-313-6284

Carrol County Health Department: 410-876-4900

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



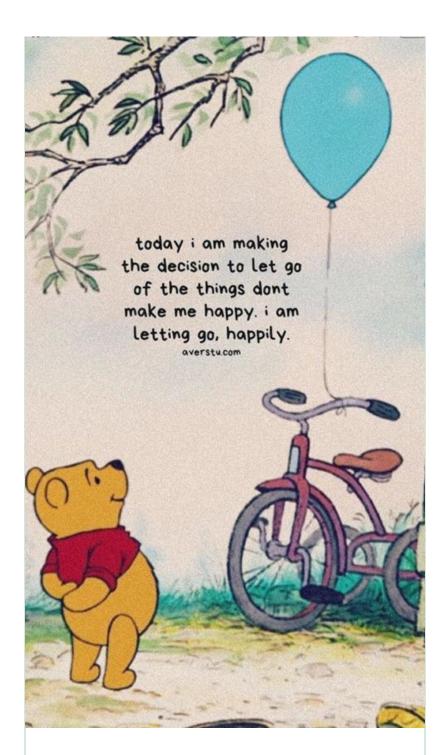




#### MAY 20, 2021

#### **Updated Link from MSDE for Covid-19 Guidance**





#### From Angela (VP of Education)

We made it to June! Summer will be here before we know it and the start of the school year will be right around the corner. I have started the process of planning for classes for next year with Better Futures and a few other independent trainers to bring variety to our educational needs, as well as working with Jody & Rhonda to have a virtual training day in August. There are some interesting new advanced classes for providers that are credentialed or becoming credentialed. As child care professionals we can always advance our knowledge to further our careers.

Do you know about the CCCPDF program? MSDE will pay for you to go to college and get your AA or BA degree in Early Childhood Education! A degree can not only increase your knowledge, but also your marketability. For some parent/clients, working towards a degree can tip the scales in your favor when trying to fill your vacancies.

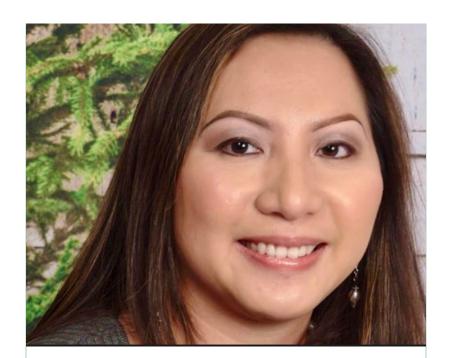


#### From Aisha(Treasurer)

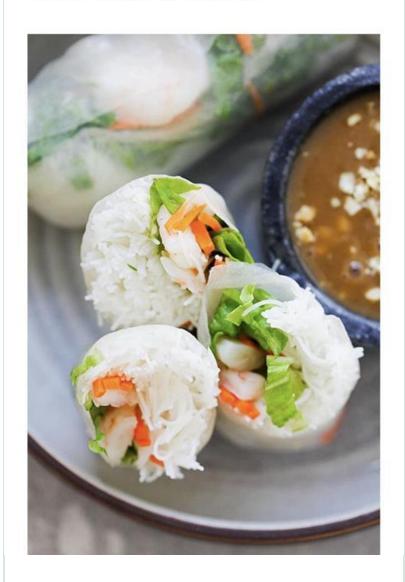
Moving forward if you're making a payment with a business check please write YOUR name in the memo section of the check so we can identify who the check belongs to.

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.



Vietnamese summer rolls are commonly served with a creamy and savory peanut dipping sauce or *nuoc mam cham* (fish sauce dipping sauce).



Summer Rolls recipe made of rice noodles, lettuce, carrots, shrimp and served with peanut sauce. This Vietnamese appetizer is so healthy and delicious. Learn how to assemble the rolls with easy step-by-step picture guide.



From Uyen (Secretary/Fundraising)

#### YIELD: 6 ROLLS

#### Summer Rolls

Summer Rolls recipe made of rice noodles, lettuce, carrots, shrimp and served with peanut sauce. This Vietnamese appetizer is so healthy and delicious.



PREP TIME COOK TIME
15 minutes 5 minutes

**TOTAL TIME** 20 minutes

#### **INGREDIENTS**

- water for boiling
- 4 oz. (115 g) rice noodles or rice vermicelli (or Maifun rice noodles)
- 4 oz. (115 g) peeled and deveined shrimp
- · 2 leaves fresh lettuce, sliced
- 6 sheets Vietnamese rice paper
- 2 oz. (56 g) carrot, peeled and cut into matchstick strips

#### Hoisin-Peanut Sauce:

- 4 tablespoons hoisin sauce
- 1 tablespoons creamy peanut sauce
- · 4 teaspoons apple cider vinegar
- 1/4 cup warm water
- · sugar to taste
- · 1 tablespoon roasted peanuts, roughly chopped or pounded



#### INSTRUCTIONS

- Add the water to a pot and bring it to a boil. Add the rice noodles and cook per the package instructions, stirring occasionally. Drain and rise under cold water, set aside.
- Combine all the ingredients for the Hoisin-Peanut Sauce together in a small bowl. Whisk it to mix well. Transfer to a dip bowl and garnish with the peanuts.
- In another small pot, bring some water to boil. Cook the shrimp for about 1 minute, or until the shrimp are completely cooked. Drain, let cool, and slice in half lengthwise. Set aside.
- 4. Divide the vermicelli, shrimp, lettuce and carrot into 6 equal portions.



- 5. To assemble the summer rolls, dip one sheet of the rice paper in a big bowl of water. Shake off the excess water and quickly transfer it to a clean, dry and flat working surface, for example, kitchen countertop or a chopping board.
- 6. Place the rice noodles on the bottom part of the rice paper.
- 7. Add the sliced lettuce and carrots.



8. Place 3 shrimp halves on top.



 Fold the bottom side of rice paper over the filling securely, then fold the left and right sides of the rice paper over the filling. Make sure the filling is secured tightly.



 Continue to roll the summer roll over, as pictured below. Repeat the same until everything is used up.



 Cut the Summer Rolls diagonally in the middle into halves, place them on a platter, and serve immediately with the Hoisin-Peanut Sauce.



### CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION

#### From Lisa (Vice President of Membership)

I would like to thank you all for completing the membership applications. It is 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 to mess up getting on our training calls. We appreciate your cooperation.

Please even if everything's the same information fill out the application completely. It needs to be done every year. Please note on the application how you are paying, ie, check, venmo, zelle, money order.

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

Please continue to support and encourage others to join our Association. It would be wonderful if each of us reached out to one provider a month. Asking them to join us. WE are a strong organization, lets keep it strong!



It would be awesome if other HCFCCA members would submit an article, recipe, activity or craft for the summer newsletter. The newsletter needs proofreaders for the 2021-2022 session. If you are interested please send and email to <a href="mailto:newsletterhcfcca@gmail.com">newsletterhcfcca@gmail.com</a>. You will receive a PAU for proofreading 10 newsletters.

I want to say thank you to members who help proofread the newsletter. You are a tremendous factor in making this newsletter professional and informative.



#### From Melissa (Newsletter Editor)

**Newsletter Deadlines** 

Due Date Newsletter Month

July 11th Summer Newsletter

Please send your newsletter contributions to <a href="mailto:newsletterhcfcca@gmail.com">newsletterhcfcca@gmail.com</a>. 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 contact me if you are interested in Accreditation or Credentialing at laurelbutterflychildcare@gmail.com.



#### **Application For Letter of Volunteerism**



#### From Anita(Volunteer Coordinator)

Another year has come to an end. Thank you to the Executive Board, Committee Chair people and all those who have given of their time to help our Association. This

has been a different and challenging year. We became a non-profit but have been hampered in our fundraising due to the Covid-19 situation. I hope that this year will be a better one for all of us. Our Association is only as strong and vibrant as the members who help to keep it alive and well. Please consider helping with our 40 th Anniversary gathering at Centennial Lake Park, Pavilion D on August 14 th . We still need help both now and the day of. If interested, please contact either Deena Kinnaman at dloveshearts@aol.com or myself at aswan650@gmail.com.

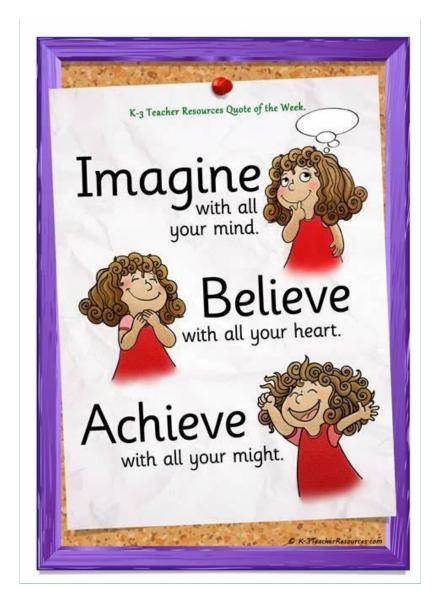
If you have helped on a committee this year and the Chairperson has given me your name, please check your emails as our PAU letters are sent electronically.

Have a wonderful summer and I look forward to working with you in 2021-2022.



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)

Hopefully social distancing, mask wearing and all things Covid-19 related will soon be behind us. It would be nice to physically interact with each other again even though virtual training and meetings seem to get better and better! One of our big summer events is right around the corner. Our official theme is "40 Years Nurturing Maryland's Future" The celebration will be held at Centennial Park on Saturday, AUGUST 14, 2021. More information will follow. Please consider volunteering for at least one task whether it is the day of or for the before preparations. Please contact me at <a href="mailto:Dloveshearts@aol.com">Dloveshearts@aol.com</a>. Looking forward to seeing everyone there! Have a safe enjoyable summer.



From Rashmi (MSFCCA Director





# From Claudia (Website Coordinator) Raspberry-Banana Breakfast Tacos

Prep: 25 min. Cook: 5 min./batch

#### Ingredients

- 3/4 cup all-purpose flour
- 3/4 cup whole wheat flour
- 3 tablespoons sugar
- 2 teaspoons baking powder
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon salt
- 1 large egg, room temperature
- 1 cup 2% milk
- 2 tablespoons canola oil
- 1 teaspoon vanilla extract
- 1/3 cup cream cheese, softened
- 3 tablespoons vanilla yogurt
- 1 small banana, sliced
- 1 cup fresh raspberries

#### Directions

- Whisk together flours, sugar, baking powder, cinnamon and salt. Combine egg, milk, canola oil and vanilla; stir into dry ingredients just until moistened.
- Preheat a griddle over medium heat. Lightly grease griddle. Pour batter by 1/2 cupful onto griddle; cook until bubbles on top begin to pop and bottoms are golden brown. Turn; cook until second side is golden brown.
- Meanwhile, beat together cream cheese and yogurt. Spread over pancakes; top with banana and raspberries. Fold up.

#### **Nutrition Facts**

1 taco: 429 calories, 17g fat (6g saturated fat), 71mg cholesterol, 651mg sodium, 59g carbohydrate (19g sugars, 6g fiber), 11g protein.

## Maryland State Department of Education (MSDE)

Division of Early Childhoo	d	
Steven R. Hicks	Assistant State Superintendent	410-767-033
Sharon Brooks	Executive Associate	410-767-033
Vacant	Legislative Liaison/Program Developer	410-767-678
Kenneth Blackman	Research Statistician	410-767-058
Donna Pennewill	Fiscal Service Officer	410-767-081
Eunice Lee	Fiscal Service Administrator	410-767-033
Danella Scruggs	Agency Grants Specialist	410-767-782
Kim Stewart	Agency Grants Specialist	410-767-780
Alberta Stokes	Early Childhood Systems Specialist	410-767-011
Alexis Washington	Communications and Outreach Specialist	410-767-711
James McMahan	Specialist, ECCATS	410-767-692
Rachel Demma	Director, Early Childhood System Development	410-767-033
Office of Child Care		
Jennifer Nizer	Director, Office of Child Care	410-767-782
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-782
Early Learning Branch		
Judy Walker	Branch Chief	410-767-654
Zina Spriggs	Administrative Aide	410-767-779
Zina Spriggs Erika Anderson	Specialist, Early Learning	410-767-064
Roslyn Coleman	Specialist, Early Learning Specialist, Early Learning	410-767-444
Donald Corbin	Specialist, Early Learning Specialist, Early Learning	410-767-024
Susan Harman	Specialist, Early Learning Specialist, Early Learning	410-767-024
Susan Harman Charlie Mitchell	Specialist, Early Learning Specialist, Early Learning	410-767-042
Nykia Washington	Specialist, Early Learning Specialist, Early Learning	410-767-008
Vacancy	Specialist, Early Learning Specialist, Early Learning	410-767-781
vacancy	Specialist, Early Learning	410-707-781
Licensing Branch		
Louis Valenti	Branch Chief	410-767-712
Jaqueline Blanding	Administrative Aide	410-767-712
David Hanauer	Criminal Background Investigations	410-767-072
Teresa Lewis	Licensing Systems Project and Systems	410-767-703
Manjula Paul	Nurse Consultant	410-767-185
Child Care Scholarship Br	anch	
Rene Williams	Branch Chief	410-767-014
Stephen Lenzner	Administrative Support	410-767-057
Olivier Bitihari	Quality Assurance Auditor	410-767-965
Robyn Cobb-Randall	Policy Specialist	410-767-064
Raye Dugger	Quality Assurance Specialist	410-767-784
Lorena Guido	Quality Assurance Auditor	410-767-781
John Lamb	Assistant Branch Chief	410-767-783
Beverly Ollivierre	Quality Assurance Manager	410-767-965
Janielle Shorts	Monitoring Specialist	410-767-783
Christopher Viamonte	Administrator	301-502-299
POC HELPLINE		1-866-243-879
Amber Green	Specialist, CCATS	410-767-818
Eric Bundy	Specialist, CCATS	410-767-044
Morgane Cole	Specialist, CCATS	410-767-968
Allen Ward		410-767-045
		410-767-596
	Specialist, CCATS Specialist, CCATS Specialist, CCATS	410

Frederick County Office of Ch	ild Care (Region XII)	
5303 Spectrum Drive, Suite G		
Frederick, Maryland 21703		
Janet Speak	Regional Manager	301-696-976
Garrett County Field Office		
430 Weber Rd. Suite B		
Oakland, Maryland 21550		
Dawna Rodeheaver	Lord Historian Consistint	201 224 242
Dawna Kodeheaver	Lead Licensing Specialist	301-334-342
Howard County Office of Chile	d Care (Region VI)	
3300 North Ridge Road, Suite 190	1	
Ellicott City, Maryland 21043		
Sharon Afework	Regional Manager	
Michelle Royal	Office Secretary	410-750-877
Lower Shore Office of Child C	are (Region IX)	
201 Baptist Street		
Suite 32, Multi-Service Bldg., 2nd		
Fl.		
Salisbury, Maryland 21801		
Suzanne Ruark	Regional Manager	
Angelia L Bell	Office Secretary	410-713-343
Montgomery County Office of	Child Care (Region V)	
51 Monroe Street, Suite 200		
Rockville, Maryland 20850		
Carl Eggleston	Regional Manager	
Latonya Jones	Office Secretary	240-314-140
North Central Office of Child	Care (Region VI)	
3105 1A/B Emmorton Road	Care (Region AI)	
Abingdon, Maryland 21009		
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Alexandria Fortune	Regional Manager Office Secretary	410-569-287
Alexandria Fortune	Office Secretary	410-369-287
Prince George's County Office	of Child Care (Region IV	
807 Brightseat Road		
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64 M110ff 44	Thu Com (Boolea V)	
Southern Maryland Office of C	niid Care (Region X)	
41670 Courthouse Drive,		
P.O. Box 1709		
Leonardtown, Maryland 20650		
Susan Copsey	Regional Manager	301-475-377
Caty Clements	Office Secretary	800-874-679
Upper Shore Office of Child C	are (Region VIII)	
301 Bay Street, Suite 305	are (Region viii)	
Easton, Maryland 21601		
Sandy Kepler-Klunk	Regional Manager	410-819-580
Sandy Acpier-Alunk	Regional Manager	410-819-380

Collaboration and Program I	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 Dantzler	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleod	Communications Specialist	410-767-0602
Maikia McCieog	Communications Specialist	410-767-0802
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Bealefeld	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
Agneatha 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	of Cana Care (Region 1)	
Annapolis, Maryland 21401		
Renee Woodard	Regional Manager	
Tonya Smith	Office Secretary	410-573-9522
Tonya Smith	Office Secretary	410-573-9522
Baltimore City Office of Chil	ld Care (Region II)	
Baltimore City Office of Chil 2700 North Charles Street, Suite		
2700 North Charles Street, Suite 2 Baltimore, Maryland 21218	203	
2700 North Charles Street, Suite 2		410-554-8300
2700 North Charles Street, Suite Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams	Regional Manager Office Secretary	410-554-8300
2700 North Charles Street, Suite Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C	Regional Manager Office Secretary  Child Care (Region III)	410-554-8300
2700 North Charles Street, Suite Z Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Li	Regional Manager Office Secretary  Child Care (Region III)	410-554-8300
2700 North Charles Street, Suite Z Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams Baltimore County Office of C 409 Washington Avenue, Suite Ll Towson, Maryland 21204	Regional Manager Office Secretary  Child Care (Region III) 1.8	410.554.8300
2700 North Charles Street, Suite 2 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Ll Towson, Maryland 21204 Amber Riley	203  Regional Manager Office Secretary  Child Care (Region III)  1.8  Regional Manager	
2700 North Charles Street, Suite Z Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams Baltimore County Office of C 409 Washington Avenue, Suite Ll Towson, Maryland 21204	Regional Manager Office Secretary  Child Care (Region III) 1.8	410-554-8300 410-583-6200
2700 North Charles Street, Suite : Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Ll Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary  Child Care (Region III) L8  Regional Manager Office Secretary	
2700 North Charles Street, Suite 2 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Li Towson, Maryland 21204 Amber Riley Andrea Brown  Carroll County Office of Chi	Regional Manager Office Secretary  Child Care (Region III) L8  Regional Manager Office Secretary	
2700 North Charles Street, Suite 2 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Ll Towson, Maryland 21204 Amber Riley Andrea Brown  Carroll County Office of Chi 1643 Liberty Road, Suite 205	Regional Manager Office Secretary  Child Care (Region III) L8  Regional Manager Office Secretary	
2700 North Charles Street, Suite 2 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams  Baltimore County Office of C 409 Washington Avenue, Suite Li Towson, Maryland 21204 Amber Riley Andrea Brown  Carroll County Office of Chi	Regional Manager Office Secretary  Child Care (Region III) L8  Regional Manager Office Secretary	

Washington County Office of Child Care (Region VII)		
1075-C Sherman Avenue		
Hagerstown, Maryland 21740		
Dolores Harmon	Regional Manager	
Dee Myers	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-May 5 2021

Tuesday Tidbits-April 20 2021

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

**IMPACT from MSDE SPRING 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 <u>child.care.</u>
   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).

- Pree training in nutrition and <u>child care</u> that meets licensing requirements for non CKO hours
  Resources full of current information, menu ideas & helpful hints
  Networking opportunities with other <u>child care</u> 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, labton 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: o 1% or Skim to children age 2 and above
- Whole Milk to children age 1
   Offer your choice of Iron Fortified Formula to Infants

- Offer your choice or iron Formed Formula to memos
   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

#### 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**

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

<sup>\*</sup>based on serving and claiming <u>breakfast</u>, <u>lunch</u>, and a <u>snack</u> 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 bolidays, child sick days, etc.
  Pre-plan Menus
  Record Child in & Out Times
  Eliminate Claim Errors
  Submit your menus online

#### **CRAFT**

adapted from www.busykidshappymom.org



This is a lovely little card whose beauty lies in its simplicity!

#### Materials

construction paper

card stock

markers

glue

#### Directions

- 1. Trace child's hand on construction paper and cut out.
- 2. Fold second and third fingers down and glue.
- 3. Explain that this is how to say I LOVE YOU in sign language.
- 4. Use markers to write I LOVE YOU on the palm of the hand.

- 5. Fold Cardstock in half.
- 6. Glue construction paper hand to front of the cardstock.
- 7. Decorate the inside of the card with markers.

#### **RECIPES**



Adapted from www.Eatingwell.com

#### **Breakfast Skillet Hash**

Cooked over a campfire or in your kitchen, this breakfast hash with sweet potatoes, turkey sausage, eggs, spinach, and shredded is a complete meal.

#### Ingredients

- 2 tablespoons olive oil
- 1 large sweet potato, peeled and cut into 3/4-inch pieces
- ½ cup chopped onion
- ½ cup refrigerated, cooked crumbled turkey sausage, such as Jimmy Dean® brand
- 1 ½ cups refrigerated or frozen egg product, thawed
- ½ teaspoon dried Italian seasoning, crushed
- 1/4 teaspoon garlic powder
- ¼ teaspoon black pepper
- 1/8 teaspoon salt
- · 2 cups fresh baby spinach

• ½ cup shredded reduced-fat Italian 4-cheese blend

#### Directions

#### **Instructions Checklist**

- Step 1
   Light firewood or charcoal and let campfire burn down to medium-hot embers or coals. Top with a grill rack.
- Step 2
   Heat a 10-inch cast iron skillet over campfire 5
   minutes or until very hot. Add oil to skillet. Add sweet potato; cook 15 minutes, stirring occasionally. Add onion and sausage. Cook 5 minutes more or until vegetables are tender, stirring frequently.
- Step 3
   Add the egg product, Italian seasoning, garlic powder, pepper, and salt. Cook, without stirring, until mixture begins to set on bottom and around edges. Using a spatula or large spoon, lift and fold partially cooked egg mixture so uncooked portion flows underneath. Continue cooking 2 to 3 minutes or until egg mixture is cooked through but is still glossy and moist.

   Gradually add spinach, tossing just until wilted.
   Sprinkle with cheese.

#### **HCFCCA FUNDRAISERS**

#### **HCFCCA Shaklee Fundraiser**



Staying healthy doesn't mean you can't enjoy your favorite summertime treats. Beat the heat with these nutritionfilled and protein-powered popsicles made with Life Shake $^{TM}$ !

#### **Green Smoothie Protein Pops**

#### Ingredients:

- 5 bananas
- 3/4 cup nut milk of choice
- 1 scoop Vanilla Life Shake™
- 1 cup raw baby spinach
- 3/4 cup coconut water

#### Directions:

- 1. Add all ingredients to a high-powered blender and blend until smooth.
- 2. Pour mixture into popsicle molds and freeze until solid (about 5-6 hours).
- 3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

#### **Chocolate + Berry Protein Popsicles**

#### Ingredients:

- 1 banana
- 1 cup nut milk of choice
- 2 scoops Chocolate Life Shake™
- ½ cup Greek yogurt

#### Toppings:

- Diced strawberries
- Blueberries
- Granola
- · Shredded coconut

#### Directions:

- 1. Add banana, yogurt, nut milk, and protein powder to a high-powered blender and blend until smooth.
- 2. Pour mixture into popsicle molds and freeze for 30-40 minutes. Remove from freezer and add desired toppings.
- 3. Return to freezer and allow to freeze until solid (about 3 hours).

4. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

#### **Almond Butter & Strawberry Protein Popsicles**

#### Ingredients:

- 1 banana
- ½ cup nut milk of choice
- ½ cup full-fat coconut milk
- 1 scoop Vanilla Life Shake™
- 2 cups organic strawberries, stemmed and halved
- 2 tablespoons almond butter

#### Directions:

- 1. Add all ingredients to a high-powered blender and blend until smooth.
- 2. Pour mixture into popsicle molds and freeze until solid (about 3 hours).
- 3. To serve, dip the bottoms of the molds in hot water for a few seconds so the pops slide out easily. Enjoy!

#### **HCFCCA Shaklee Fundraiser**



#### **HCFCCA ADVERTISING**

HCFCCA does not endorse any specific product, service, organization, company, information provider, or content.

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## HCFCCA PROVIDER INFORMATION

#### UPDATE YOUR CONTACT INFORMATION For the CHILD CARE SCHOLARSHIP PROGRAM

**BEGINNING ON MAY 1, 2021,** use the following contact information when submitting information related to child care provider payment and the Child Care Scholarship:

#### CHILD CARE PROVIDERS

EFFECTIVE MAY 1, 2021, USE THE BELOW CONTACT INFORMATION WHEN SUBMITTING DOCUMENTS OR MAKING INQUIRIES ABOUT THE CHILD CARE SCHOLARSHIP PROGRAM OR CHILD CARE PROVIDER PAYMENT.



Toll Free Number:
1-877-227-0125

Fax: 202-478-5117
Mail: CCS Central 2
PO BOX 346022
Bethesda, MD 20827

Submit Invoices to

CCSInvoices@maryland.gov

Invoices may also be submitted via

Signed Scholarship and Provider Overpayments to

CCSScholarships@maryland.gov

Signed Scholarships and Provider Overpayments may also be submitted via

Fax: 202-478-2102

Mail: CCS Central 2

PO BOX 346031

Bethesda, MD 20827

Submit Attendance Audit documents to CCSAudits@maryland.gov

Attendance Audit documents may also be submitted via

Fax: 202-478-5117 Mail: CCS Central 2 PO BOX 346022 Bethesda, MD 20827

Please only submit using one method.

Email is the best option to avoid busy signals and receive immediate confirmation for your records.

The

SWITCH



IN SWITCHING TO OUR NEW CHILD CARE SCHOLARSHIP VENDOR, PLEASE MAKE THE FOLLOWING SWITCH

Make the SWITCH	WHY?
Only use one method to send documents to CCS Central 2.	Sending the same document by email, fax or mail slows down processing because we have to process and reject the duplicates
DO NOT resend information (INVOICES, Attendance Audits, etc.)already sent by fax, email or mail to CCS Central.	All documents sent to <u>CCS Central</u> will be forwarded to <u>CCS Central 2</u> , our new CCS vendor. If you resend what you already submitted, you will slow down payment processing due to the duplicates having to be rejected. (CCS Central Fax & email will receive documents up to 12:00pm (noon) on April 30, 2021)
Emailing is the best option for submitting documents to CCS Central 2, if you have the ability to scan and upload your documents.	You will not get a busy signal upon transmission; you will receive a confirmation that the document was received and you will always have a copy of the information sent.



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





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



#### **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

A2Z Evaluations, LLC Member since May 2009

Academic Evaluation Services, Inc. Member since May 2008

Educational Credential Evaluators, Inc. Member since March 1987

Educational Perspectives, of 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 Stoy and Associates, Inc. International Education Consultants Member since April 1989

Spanitran: The Evaluation Company Member since April 1996

Transcript Research Member since September 2011

World Education Services, Inc. Member since March 1987

An Association of Inde	DENTIAL EVALUATION SERVICES, INC. pendent Evaluation Services a 3/31/2011
Center for Applied Research Evaluation & Education P. O. Box 18358 Anaheim, CA 92817 Phone: 714-237-9272 www.iescaree.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.ece.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.educel.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. 501 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.isilny.com
Evaluation Service, Inc 133W. North Ave. #284 Chicago, IL 60610-1293 Phone: 847-477-8569 www.evaluationservice.net	Span Tran Educational Services, Inc. 7211 Regency Square Blvd. Suite 205 Houston, TX 77036-3197 Phone: 713-266-8805 www.spantran-edu.org
oreign Educational Document Service 2.0. Box 4091 stockton, CA 95024 rhone: 209-948-6589 www.documentservice.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

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