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**GENERAL TRAINING**

**DATE: DECEMBER 3RD**

**TIME: 6:30PM**

**LOCATION: YOUR LEARNING SPACE(ONLINE)**

**TOPIC: A Sense of Place: Human Geography in the EC Classroom**

**GENERAL BUSINESS MEETING**

**DATE: DECEMBER 10TH**

**TIME: 6:30PM**

**ALL MEMBERS ARE ENCOURAGED TO ATTEND THIS BUSINESS MEETING.**



**OUR NEXT BOARD MEETING**

**DATE: DECEMBER 10TH**

**TIME: 7:30PM**

**RSVP TO RHONDA WATSON TO ATTEND. EVERYONE IS WELCOME**





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[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

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

## Child Care Operating Procedures during COVID-19 Pandemic in Stage Three

Thursday, October 1, 2020 - 10:00pm

MSDE is providing this clarification on child care operating procedures with the State of Maryland's advancement into Stage Three of Governor Hogan's [Maryland Strong: Roadmap to Recovery](#) and in reference to the September 24, 2020 MSDE press release. This aligns with the [Maryland Together: Maryland's Recovery Plan for Child Care](#).

After consultation with leading public health experts, child care providers may now return to their licensed capacity as long they adhere to the health and safety guidance, [COVID-19 GUIDANCE for Child Care Facilities](#), which can be found in both English and [Spanish](#) on the Division of Early Childhood website: <https://earlychildhood.marylandpublicschools.org/covid-faqs>. A return to licensed capacities requires child staff ratios per COMAR regulations. If a classroom currently has a group size of 14 children with one staff based on the relaxation of regulations due to the COVID-19 pandemic, a program may not add additional children to the classroom until an additional qualified staff person is assigned to the classroom. A group size of 14 children with one staff will be permitted only until **November 27, 2020**.

As of **September 30, 2020**, the federal waiver of the Child Care Development Block Grant (CCDBG) Reauthorization for the completion of an 8-point background check for all persons before they are approved to work in a child care facility, has expired. Due to the COVID-19 pandemic, the federal Office of Child Care has allowed states, including Maryland, to request another 1-year waiver of this requirement. While Maryland awaits approval of this waiver, staff may continue to work in child care with completion of a state or FBI criminal background check and a cleared Maryland Child Protective Service clearance as long as they are "watchdogged", meaning they are supervised by a person who has completed a full 8-point background check. Once Maryland receives the decision regarding the waiver request, all providers will receive notification.

All child care providers may reopen by contacting their licensing specialist and complete a [Child Care Verification of Reopening form](#). Reopened programs will receive a one-time grant of \$800 for family child care providers

and \$1,600 for center-based child care providers. Please note, it may take up to four weeks to receive the grant payments. The last day to reopen and receive a stipend is October 31, 2020.

Please note, that child care programs applying for grants from the Division of Early Childhood (e.g., accreditation, quality improvement, etc.) must have completed a [Child Care Verification of Reopening form](#) and reopened in order to be eligible to receive funding.

Thank you for your continued service as essential persons providing child care for Maryland's families.



**From Rhonda (President)**

**Wow what a year but, we are surviving. I can't say it wasn't challenging but it has also been rewarding. I had a chance to build a personal relationship with many of you. I have learned so much from so many and I do truly appreciate all you do for me as well as the association.**

**As I have spoken to everyone that will listen, my goal is for everyone in this association to receive their Credential certificate. Credentialing is the pathway to all but one grant and cash bonuses for each level you attain. If you are interested, please contact our mentor Therese Mason or myself.**

**This is the end of the year so it is time to start getting things in order for tax time. Since we had a lot going on with grants, loans and donations please make sure you get an early start in gathering this information. You may need to consider sending the payment in as estimated taxes. Please seek advice from your tax preparer or accountant.**

**This is also the time of the year when you should think about becoming a part of the HCFCCA board.**

**Happy Holidays to everyone**

## **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





### **From Angela (VP of Education)**

Discription of the class: A sense of place through geographic experiences helps build the social and emotional foundation children need and will one day use as adults. This highly interactive session will engage the participants in polls and conversations to begin to know, understand and create strategies to support the implementation of human geography into the learning environment for the young children they serve.



### **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)**

Looking for members to form a fundraising committee. Please let me know your interest by call or text me at (443) 220-7336. I know we are all wonderful entrepreneurs, self-motivated, and full of creative ideas who will surely have a lot to contribute into this committee.



**CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION**

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

I hope everyone had a Happy Thanksgiving. Please continue to fill out everything on your applications for your memberships.

If you have any questions regarding your membership, please feel free to reach out to me.



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**

<b>Due Date</b> <b>Month</b>	<b>Newsletter</b>
<b>December 13th</b>	<b>January</b>
<b>January 17th</b>	<b>February</b>
<b>February 14th</b>	<b>March</b>
<b>March 14th</b>	<b>April</b>
<b>April 11th</b>	<b>May</b>
<b>May 16th</b>	<b>June</b>
<b>July 11th</b>	<b>Summer Newsletter</b>

Please send your newsletter contributions to [newsletterhcfcca@gmail.com](mailto: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)**



**Application For Letter of Volunteerism**

**From Anita(Volunteer Coordinator)**

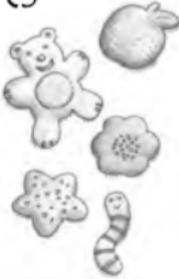
All About Apples

# Apples & Spice Magnets

Children mix together applesauce and cinnamon to make a fragrant magnet for the family fridge!

MATERIALS

- applesauce
- cinnamon
- paper cups
- waxed paper
- measuring spoons
- toothpicks
- cookie sheet or tray
- flexible magnet strips, cut into small pieces
- glue
- glitter, sequins, and other decorating materials



- 1** Begin by asking children to name different foods that are made with apples (*pie, juice, baked apples, applesauce*, and so on). Then tell children that they are going to use applesauce and cinnamon—two ingredients used in many apple recipes—to do an art project.
- 2** Divide the class into groups. Give each group a cup filled with cinnamon and a cup of applesauce and a piece of waxed paper for each child.
- 3** Let children take turns spooning 3 tablespoons of cinnamon onto the waxed paper. Ask children to describe the cinnamon (*smells spicy, brown, feels powdery*). Then have them add about 2 teaspoons of applesauce and mix the ingredients with their fingers. How has the cinnamon changed? (*brown color is darker, wet, feels and looks like cookie dough*)
- 4** Invite children to mold the cinnamon and applesauce mixture into a flat shape (a teddy bear, a star, and so on) about 1/4 inch thick. They can also use a toothpick to add features. (Children may need to adjust the amount of applesauce or cinnamon to make a dough that will mold easily.)
- 5** Place the shapes on a cookie sheet or tray. Let them dry in a warm place until completely hard. (This may take several days.)
- 6** When dry, ask children to describe how the dough has changed (*hard, but still smells spicy*). Children can then glue a magnet onto the back of their shape and then decorate their creations with glitter, sequins, and other materials.

◀ Literacy Link

Try out different apple recipes with your class. Then invite children to create a class book of favorite apple recipes. Draw a simple apple template on white paper. Make multiple copies. Let children write and illustrate recipes inside the apple shapes. Photocopy the recipes for each child. Then direct children to cut out the apple shapes, staple the pages together, and add a red apple-shaped cover. Invite children to take home their books to share with family members.

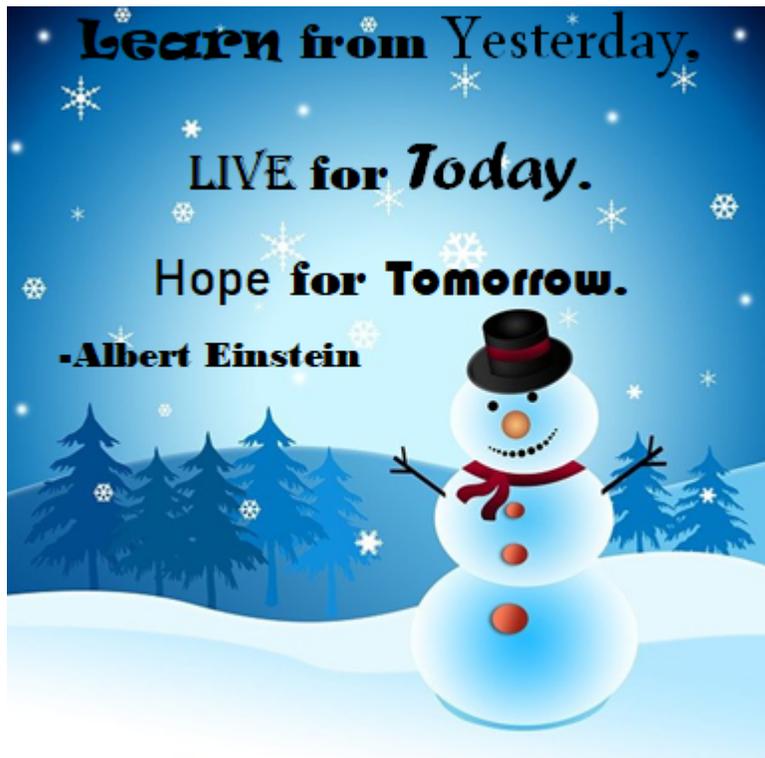
Quick Crafts: Apples, Pumpkins & Harvest © Deborah Schector, Scholastic Teaching Resources



Quote: The Twits by Roald Dahl

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

Please remember to refer any potential clients that you cannot help to our Parent's Message Line. We have had very few calls/messages over the summer (possibly it is related to COVID). We had 5 calls in June and just 1 in July. Typically this is the time of year when we are inundated with referrals for before and after care. Obviously this is a different kind of year, but some parents may still need care for their school-aged children. The Parent's Message Line phone number is (301) 776-4841.



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

Hello All,

I have received some ideas for Theme for our 40th Celebration of Howard County Family Child Care Association!

I'm pretty sure the consensus is to move the Celebration closer to the end of the year possibly taking place the end of May or June.

**There were three submissions thus far:**

"A Gala" where everyone would be in festive dress

"Staying Alive" after 40 years

The Incredible HCFCCA

I am currently working on a HCFCCA pamphlet to pass along to people to join our community and let them know who we are. Any information is appreciated.

Please remember to look at your particular county (most will be Howard) for up to date information on changes that affect Child Care. The next Child Care Listening Session is scheduled for December 10, 2020.

Check for information on Tuesday Tidbits, MSDE and MSFCCA for updates and classes. Please check HCFCCA Providers on Facebook and on our websites. Our President Rhonda, as well as others post often especially important needed information.



**From Rashmi (MSFCCA Director)**



Karen B. Salmon, Ph.D.  
State Superintendent of Schools

November 17, 2020

Dear Child Care Providers,

Thank you for your participation in Maryland Child Care Scholarship Program.

We are excited to inform you of the Child Care Scholarship Program provider reimbursement rate increasing up to the 60<sup>th</sup> percentile of the April 2019 Child Care Provider Market Rate Survey beginning on November 23, 2020. We hope you join us in thanking Governor Larry Hogan, Maryland Legislators, Maryland State Department of Education and Early Childhood Advocates for making this day and increase possible!

As we make this transition, please be patient. We are committed to ensuring that all issues are resolved as quickly as possible.

You can receive additional updates and training on what will be required of you to minimize payment disruptions and delays, by attending a **Child Care Provider Listening Session on Moving up to the 60<sup>th</sup> Percentile on Thursday, November 19, 2020, at 12:00 – 1:00pm. Please use the following link to register for the training:**

To register for this training session  
Go to <https://msde.webex.com/msde/k2/j.php?MTID=tbc55e83055f508c9978e08bac3b18d3c> and register.  
Once you are approved by the host, you will receive a confirmation email with instructions for joining the session.

For scholarships with all information correctly entered into the Online Scholarship Specific Rate Survey, both the child care provider and parent will be issued a letter explaining the current value of the scholarship. Scholarship values may increase, decrease or remain the same. Changes are based upon the 60<sup>th</sup> percentile of the April 2019 Child Care Provider Market Rate Survey for your child care Payment Region and/or the cost you charge private paying customers.

Please note: if you did not enter all the scholarship information correctly into the Online Scholarship Specific Rate Survey, you will not receive a letter. Instead, the current voucher(s) will end and a new scholarship will be issued to the parent. In order for payment to continue from the point the prior scholarship was terminated and to continue invoicing the state, you must take the following immediate actions:

1. Reissued scholarships must be complete and returned to CCS Central.
2. **ONLY USE ONE METHOD TO SUBMIT THE COMPLETED SCHOLARSHIP TO CCS CENTRAL. ONLY FAX OR EMAIL. Returning scholarships by multiple methods (fax, email**

200 West Baltimore Street • Baltimore, MD 21201 • 410-767-0100 • 410-333-6442 TTY/TDD  
MarylandPublicSchools.org

and mail) does not increase your likelihood of being paid; it delays the payment process for you and all providers. (NOTE: if the parent brings you a copy of the same scholarship that they received by mail and you have already faxed or emailed the same scholarship to CCS Central, no further action is needed. Keep the duplicate copy for your records.

Until November 24, 2020, neither our office nor CCS Central will be able to provide any information about which scholarships terminated. We will attempt to alert providers by email, if we identify terminated scholarships that require your immediate action in order to reduce the period of nonpayment. Beginning on the evening of November 24, 2020 – December 4, 2020, please check the email address that you provided your licensing specialist. If you receive any emails with the subject line: **ALERT!!!**, it is critical that you take immediate action and contact all parents with terminated and reissued scholarship. You both must complete your section of the scholarship and the child care provider must return the completed scholarship to CCS Central on the same day, if possible.

Please note:

1. Even if you believe you entered the scholarship correctly, you must take immediate action for payment to resume.
2. We will only attempt to contact you about terminated scholarships.
3. If you did not receive an email, but the parent brings you a new scholarship, take immediate action because we may not have been able to reach you by email for many possible reasons or the parent may have brought you the newly issued scholarship before we were able to make contact. What remains critical is this:
  - a. Only submit one copy of the completed scholarship, using only one method of submission to CCS Central in order for payment to resume.
  - b. Do not submit multiple copies of the same scholarship, because this will cause delays in provider payment.

Please help us to help you by following the above guidance. We are committed to ensuring that each parent continues to be served and all providers receive their payments during this transition. Thanks in advance for your patience and for being an important part of educating children and providing quality child care.

We hope you are as excited as we are about this programmatic change! Beginning November 24, 2020, if you have any questions, contact CCS Central at 1-866-243-8796.

Sincerely,

Jennifer Nizer, M.Ed.  
Director, Office of Child Care  
Division of Early Childhood





### From Claudia (Website Coordinator)

#### Banana Snowman Pancakes

recipe makes 4 snowmen

#### Ingredients

- 1 cup complete buttermilk pancake mix
- 3/4 cup water
- 1/3 cup mashed ripe banana
- 1 teaspoon confectioners' sugar
- Pretzel sticks, chocolate chips, dried cranberries *and/or* halved banana slices

#### Direction

- In a small bowl, stir the pancake mix, water and banana just until moistened.
- Pour a scant 1/2 cup batter onto a greased hot griddle, making three circles to form a snowman. Turn when bubbles form on top. Cook until the second side is golden brown. Transfer to a serving plate. Repeat with remaining batter.
- Sprinkle with confectioners' sugar. Decorate snowmen with pretzels, chocolate chips, cranberries *and/or* banana if desired.
- Nutrition Facts

1 snowman (calculated without decorations): 133 calories, 1g fat (0 saturated fat), 0 cholesterol, 417mg sodium, 28g carbohydrate (7g sugars, 1g fiber), 3g protein.

## Maryland State Department of Education (MSDE)

<b>Division of Early Childhood</b>		
Steven R. Hicks	Assistant State Superintendent	410-767-0335
Sharon Brooks	Executive Associate	410-767-0335
Vacant	Legislative Liaison/Program Developer	410-767-6786
Kenneth Blackman	Research Statistician	410-767-0583
Donna Pennewill	Fiscal Service Officer	410-767-0814
Eunice Lee	Fiscal Service Administrator	410-767-0339
Danella Scruggs	Agency Grants Specialist	410-767-7824
Kim Stewart	Agency Grants Specialist	410-767-7802
Alberta Stokes	Early Childhood Systems Specialist	410-767-0112
Alexis Washington	Communications and Outreach Specialist	410-767-7115
James McMahan	Specialist, ECCATS	410-767-6922
Rachel Demma	Director, Early Childhood System Development	410-767-0339
<b>Office of Child Care</b>		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
<b>Early Learning Branch</b>		
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
<b>Licensing Branch</b>		
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
<b>Child Care Scholarship Branch</b>		
Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivier Bitihari	Quality Assurance Auditor	410-767-9655
Robyn Cobb-Randall	Policy Specialist	410-767-0649
Raye Dugger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7831
Beverly Ollivierre	Quality Assurance Manager	410-767-9654
Janelle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
<b>POC HELPLINE</b>		1-866-243-8796
Amber Green	Specialist, CCATS	410-767-8187
Erie 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

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

<b>Collaboration and Program Improvement Branch</b>		
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 Dantzier	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleod	Communications Specialist	410-767-0602
<b>Credentialing Branch</b>		
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
Agnetha Wright	Deputy Branch Chief	410-767-6923
<b>EXCELS</b>		
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
<b>Allegany County Field Office</b>		
3 Pershing Street Cumberland, Maryland 21502 Ruth Lafferty	Lead Licensing Specialist	301-777-2385
<b>Anne Arundel County Office of Child Care (Region I)</b>		
49 Old Solomons Island Road Annapolis, Maryland 21401 Renee Woodard Tonya Smith	Regional Manager Office Secretary	410-573-9522
<b>Baltimore City Office of Child Care (Region II)</b>		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218 Sherry Tsigounis Kay Abrams	Regional Manager Office Secretary	410-554-8300
<b>Baltimore County Office of Child Care (Region III)</b>		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204 Amber Riley Andrea Brown	Regional Manager Office Secretary	410-583-6200
<b>Carroll County Office of Child Care (Region XIII)</b>		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784 Sharon Afework	Regional Manager	410-549-6489

<b>Washington County Office of Child Care (Region VII)</b>		
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](mailto:earlychildhood.msde@maryland.gov)

Early Learning Branch  
[early.learningbranchesmsde@maryland.gov](mailto:early.learningbranchesmsde@maryland.gov)

Collaboration and Program Improvement Branch  
 – [collaboration.programimprovement@maryland.gov](mailto:collaboration.programimprovement@maryland.gov)

Licensing – [licensingocc.msde@maryland.gov](mailto:licensingocc.msde@maryland.gov)

Credentialing –  
[credentialocc.msde@maryland.gov](mailto:credentialocc.msde@maryland.gov) or 1-866-243-8796

Subsidy – [ccscentral@conduent.com](mailto:ccscentral@conduent.com) or 1-866-243-8796

Maryland EXCELS – [info@marylandexcels.org](mailto:info@marylandexcels.org)

**Tuesday Tidbits -November 2, 2020**

**Tuesday Tidbits -November 17, 2020**

**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 CKO 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](mailto: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 Kathy Henderson HCFCCA Newsletter Vol 41 Issue 5  
December 2020. Adapted from [iheartcraftythings.com](http://iheartcraftythings.com)



### Supplies you will need:

- paper plate
- [flesh tone acrylic paint](#)
- paint brush
- [12-inch by 12-inch red cardstock paper](#)
- [white cardstock paper](#)  
(cut out two 2-inch circles and a 3/4-inch strip)
- [2-inch circle punch](#)  
(optional)
- 2 large googly eyes
- [red pom](#)
- scissors
- [Glue Pen](#)
- [Glue Stick](#)

### Directions:

“1. Start by cutting the top third section off of your paper plate. Paint the inside circle of the paper plate with your flesh tone paint and set it aside to dry.

2. Draw a large triangle shape on your red cardstock paper and have your preschooler cut it out. I put a dot at the top of my paper at the 6-inch mark and then used a ruler to draw a line down to each bottom corner to make my triangle shape.

3. Use your circle punch to cut out two 2-inch circles from your white cardstock paper, or cut them out by hand. Cut one of the circles in half. Also, cut about a 3/4-inch strip from your white paper to use as the brim of the Santa hat.

4. As soon as your paper plate is finished drying, use your Glue Pen and Glue Stick to assemble your Santa together.

5. Start by adding glue to the back of your paper plate and glue it onto your large triangle, about in the middle. Next glue your 2-inch circle at the top of your triangle. Also, glue your white strip at the top of your paper plate to form the brim of the hat.

6. Continue by gluing on your large googly eyes. Next glue on your two half circles to form a mustache and finally glue your red pom right on top of your mustache to finish your Santa.”

Submitted by Anita Marino HCFCCA Newsletter Vol 41 Issue 5 December 2020.

### A Faux Snow Globe

Submitted by Anita Marino  
From: Parents.com  
And Pinterest



**What you will need:**  
5-ounce plastic cup  
Ornament string  
colored cardstock  
decorative-edge scissors  
white glue  
Small tree, reindeer, Santa, or object of your choosing  
Chenille craft stem

tack or pin  
small bead  
pencil  
small paintbrush,  
opaque white glitter

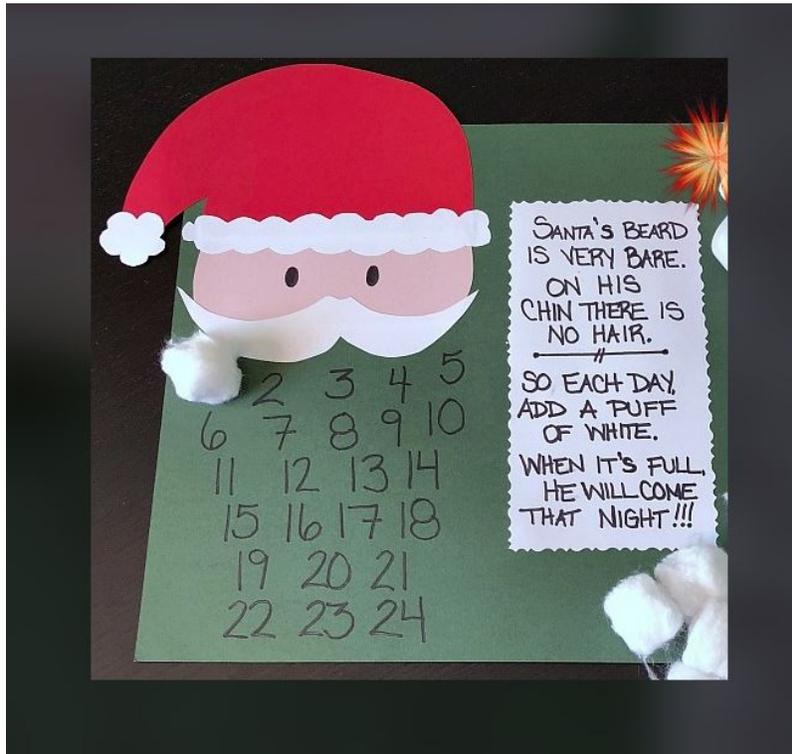
**How to make:**

**Globe:** Punch a small hole in the bottom of the plastic cup using a tack. Insert one end of the string through the hole, and thread small bead onto string inside the cup. Bring the ornament string back through the hole and tie ends together to form a loop. Put the cup upside down on the cardstock, trace around it with a pencil, and then trim ¼" outside the line with decorative-edge scissors. Use a small paintbrush to fill in the middle of the cardstock with white glue, and sprinkle with opaque white glitter.

- Once the glitter is fully dry, secure your chosen object to the base with strong craft glue.
- Add craft glue around the rim of the cup and glue to cardstock. Hold in place until glue sets. Glue a piece of silver chenille stem at the junction of plastic cup and cardstock.

I have also done this by gluing my ornament to the card stock and then gluing cotton balls around the object omitting the glitter or sprinkling it onto the cotton.

Submitted by Anita Marino HCFFCA Newsletter Vol 41 Issue 5 December 2020.



# RECIPES

Submitted by Melissa Gaither HCFFCA Newsletter Vol 41 Issue December 2020.

Cooking with young children is not neat but it is fun and a great learning opportunity for them. The trick is to prep as much as possible before your little one gather for cooking. Also, it is a good idea to set up rules BEFORE you start. i.e. wash your hands before starting, keep hands out of your mouth and wait until everything is cooked before eating your project. Many times a child will try something new if they help to make it.

Happy Cooking and Good Luck

## Christmas Fun Recipes

### Kids Christmas Cookie Recipes

#### MICE COOKIES

This Christmas cookie recipe will keep the kids quiet as a mouse. \*

- 1 Cup creamy peanut butter
- ½ Cup butter (no subs), softened
- ½ Cup sugar
- ½ Cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 ½ Cups flour
- ½ teaspoon baking soda
- ½ Cup peanut halves (ears)
- 2 Tablespoons green and red mini M&M's (nose)
- 4 teaspoons mini chocolate chips (eyes)
- red shoestring licorice (tail)

In bowl, cream peanut butter, butter, and sugars. Beat in egg and vanilla. Combine the flour and baking soda and add to creamed mixture. Refrigerate for 1 hour. Roll into balls. Place on ungreased cookie sheets. Pinch each ball at one end to taper into a tail. Insert two peanut halves in center of each ball for ears. Add one M&M baking bit for nose and two chocolate chip eyes. Bake at 350 for 8-10 minutes. Gently insert one licorice piece into each warm cookie for tail.



### REINDEER COOKIES

Following the peanut butter below, add two chocolate chips or candy eyes and a red hot or red M&M nose. Bake. Add knotted pretzels for antlers to cookies when they just get out of the oven. Cool.

- 1 Cup creamy peanut butter
- ½ Cup butter (no subs), softened
- ½ Cup sugar
- ½ Cup brown sugar
- 1 egg
- 1 teaspoon vanilla
- 1 ½ Cups flour
- ½ teaspoon baking soda



Here is a [chocolate reindeer cookie](#).

## HCFCCA FUNDRAISERS

This fundraiser will be closing soon so please get your orders in quickly. Everyone please consider a DUMBO MASK. They will make great Christmas gift or stocking stuffer.



The connection between sunlight and bone health was made over 200 years ago when a Polish doctor treated inner city children with rickets (soft bones) by taking them to the Polish countryside for the summer months. A hundred years later in 1921, two New York physicians documented with x-rays the improvements in the skeletons of children suffering with rickets who received “phototherapy” on the rooftop of a New York City hospital. The age of heliotherapy was born and sunlight was used to treat a variety of diseases from tuberculosis to psoriasis in the first half of the 20th century. Dr. Niel Ryberg Finsen received the Nobel Prize in Medicine in 1903 for showing that sunlight cured a myriad of diseases.

Phototherapy wasn't always easy to achieve, and so the age of food fortification began in the 1930s with the addition of vitamin D to milk. Rickets diagnoses declined through the 20th century. But as the connection between sun exposure and skin cancer began to emerge in the 1960s and 70s, with a concomitant rise in the use of sunscreens, another health concern arose—osteoporosis. Forty million Americans have or are at risk for this devastating loss of bone mass associated with aging. This spurred an interest in studying vitamin D that has continued expansively, bringing about an ever-deepening understanding of this fascinating “vitamin” that today we should really characterize as a hormone. Yes, vitamin D is actually a hormone.

Vitamins are organic compounds essential for life that the human body cannot manufacture and must get from food and supplements—with the exception of vitamin D. Vitamin D is produced from cholesterol in our skin cells in a reaction triggered by sunlight. However, it can be difficult to get enough vitamin D from diet and exposure to sunshine alone, which makes supplementation an important option. Vitamin D is absorbed into our bloodstream and converted to the active form (a secosteroidal hormone) and a storage form (25-OH vitamin D). There are vitamin D receptors on essentially every cell, and vitamin D influences multiple metabolic pathways and affects the expression of over 2,000 genes! Vitamin D functions more like a hormone than a vitamin. So, it is no surprise that having sufficient levels of vitamin D is so important for a broad array of health effects.

Here is a list of potential benefits associated with vitamin D:

- Bone health: reduced risk of osteopenia, osteoporosis, falls, and fractures
- Reduced risk of many cancers, including breast and prostate cancer
- Protection against type 1 diabetes
- Reduced risk of cardiovascular disease and stroke
- Reduced autoimmunity, including multiple sclerosis, Crohn's disease, and rheumatoid arthritis (RA)
- Support for immune health through improved resistance to infections

People who live near the equator and spend enough time outdoors (without sunscreen) have very healthy vitamin D levels and osteoporosis is almost unheard of. But for the many millions who live in the US, Canada, and Europe, it is much more challenging to meet our vitamin D needs via sunlight. And while wearing sunscreens with >15 SPF is recommended, it inhibits 95+% of the production of vitamin D in our skin. So, supplementation is essentially the only way to achieve adequate, let alone optimum, blood levels.

So how much vitamin D do we need? That question is still up for debate. Data from the National Health and Nutrition Examination Survey (NHANES) continues to confirm that between 60% and 80% of Americans are insufficient to frankly deficient in vitamin D, with the average intakes being less than the recommended dietary allowances for most age groups. Further, intakes have declined over the past 50 years, most likely due to higher rates of obesity, less sun exposure, and more widespread use of sunscreen.

The Endocrine Society has published guidelines for optimum support of bone health recommending a goal of 25-OH vitamin D blood levels of >30 ng/mL (>75 nmol/L). To achieve this, supplementation with vitamin D<sub>3</sub> at 1,500–2,000 IU/day is recommended. Vitamin D is exceedingly safe. The upper limit of safe intake established by both the Endocrine Society and the Council for Responsible Nutrition is 10,000 IU/day. If you want to know how you are doing, ask your primary care physician to check your blood levels—ideally at the end of summer

and the end of winter; you may need more in the winter months. Don't miss a day of taking this critically important vitamin—your body will thank you! Click on the following link to see more about this topic.

<https://www.shaklee.tv/shaklee-vita-d>

**HCFCCA Shaklee Fundraiser**

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- Powerful multipurpose germicide to disinfect, clean, and deodorize.
- Effective against 30 types of bacteria and 26 types of viruses, including human coronavirus.\*<sup>2</sup>

**TOUGH ON GERMS & VIRUSES INCLUDING HUMAN CORONAVIRUS (COVID-19)\***



**HCFCCA ADVERTISING**

**HCFCCA PROVIDER INFORMATION**

Submitted by Jody Lamberti HCFCCA Newsletter Vol 41 Issue 5 December 2020.

**5 Tips for Writing a Professional Email**

Adapted from fastweb.com “10 Professional Email Tips”

With “in-person” meetings and interviews on hold for the foreseeable future, it’s important we all put our best foot forward when communicating through email. Here are

some tips to help make your email communications professional and erudite.

### **1. Subject Line Specifics**

**Don't:** Never leave the subject field blank! All too often, people leave it either blank or write a vague couple of words that do not really detail what is in the email.

**Do:** What you should do is write a brief yet accurate description of what the email message contains. The goal is to help the recipient organize their inbox by creating an accurate heading; including any relevant dates or deadlines that they may need to quickly reference.

### **2. Stay Formal**

**Don't:** Assume that you can write an informal email, as if to a friend.

**Do:** Keep it professional, addressing someone as you would within an interview setting.

### **3. Proofreading Shows You Care**

**Don't:** Draft your email and send it quickly – without looking it over a few times.

**Do:** Draft your email and reread it, checking it over several times thoroughly for any spelling and grammatical errors.

### **4. Organization**

**Don't:** Type out your email, without clearly organizing your thoughts.

**Do:** Organize your email into an introduction, body and closing. Your organization format should follow:

- **Introduction:** States your reason for contacting the person.
- **Body:** Details the information you're trying to convey.
- **Conclusion:** Wraps up your email, including whether you will be contacting them in the future or if you'd like them to contact you.

### **5. Have Some Manners**

**Don't:** Neglect to say "please" and "thank you" when necessary. Though this should be common sense within the professional world, it is not always the case.

**Do:** Say "please," "thank you," and sign your emails with a courteous sign off, such as "sincerely" or "best."

## **Lesson planning made easier with preschoolteacher101.com**

Submitted by Kelly Jean Patino HCFCCA Newsletter Vol 41 Issue 5  
December 2020.

**Since March I have been using a lesson planning website preschoolteacher101.com. In the past I had spent hours searching Pinterest for teaching ideas for my preschool friends. Most links on Pinterest led me to "free" sites with advertising popups or sites that required my email, which bogged down my inbox. I was spending a lot of time putting together a weekly lesson plan and honestly, that is not one of my gifts.**

**With Preschoolteacher101, for \$5.00 I have access to a complete lesson plan for an entire week. (your first lesson is free) There is the cost of printing and laminating, which I would have incurred anyway. The site offers over a hundred topics to choose from and in some cases, there are bundles of four packs for \$15.00. Although I spend a good deal of time printing, cutting, laminating and cutting again, by next march I will have a full years' worth of teaching activities, I consider the investment of my time now worth the resulting reusable packets. I realize there are a lot of "Free" things out there, however I personally do not mind spending \$5 per week to pay someone who has put a lot of time and effort into coordinating interactive lessons and activities.**

**Included with the lessons is a preschool skills checklist, which defines what learning skill each activity addresses, a book list with at least twenty recommended books, week day chart with recommendations of activities for each day, a page for each day detailing each activity on the week day chart and a listing of several activity center and craft ideas. Some weeks seem to have more to offer than other weeks, however, I usually do not get to all the activities in each week.**

**The best part of this little find is the children's reaction. They look forward to what each week will bring. At circle time they are excited to see what new book we are going to read, or what new game we are going to play. They loved the topic of birds so much they asked if we could do it for a second week, and we did! There was enough material, and books to extend our lessons into another week. We have learned about birds, the 4th of July, beaches, fairy tales, forests, family, pumpkins, apples, fall farms, community helpers, animals, bats, spiders, emotions, fish, pirates (my favorite!), monsters and skeletons. The list of topics is comprehensive, and the activities are engaging as well as educational.**

**Considering the costs of printing and laminating (I understand the Office of Childcare does offer laminating services), Costco will refill your ink cartridges for cheaper than anywhere I have found. The photo printing area offers the ink refill service while you do your shopping. Amazon has a relatively cheap laminator for about \$25, however, it didn't seem to last long before burning out and I finally bought a more reliable one from Staples. Amazon does have the best price on laminating sheets, 200 for \$21.99. I did invest in a lot of file folders and filing storage to keep it all organized.**

**I found this investment worthwhile. Parents have noticed a more organized approach to our week. I no longer loose time thinking about what activity I could do next. Having a plan makes my**

**workday more fulfilling for me. I am sure all of you know what a wonderful it is to watch the children become excited and engage in the efforts we put into their care.**



### 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, !\[\]\(b3c43aac59394256bcd38a2701b16027\_img.jpg\)](#)  
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

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

[Scan Trap, The Evaluation Company](#)  
Member since April 1996

[Transcript Research](#)  
Member since September 2011

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Member since March 1987



<b>NATIONAL ASSOCIATION OF CREDENTIAL EVALUATION SERVICES, INC.</b> <i>An Association of Independent Evaluation Services</i> Revised 3/31/2011	
Center for Applied Research Evaluation & Education P. O. Box 18358 Anaheim, CA 92817 Phone: 714-237-9272 <a href="http://www.iescaree.com">www.iescaree.com</a>	FACS, Inc. Foreign Academic Credentials Service, Inc. P.O. Box 400 Glen Carbon, IL 62034 Phone: 618-656-5291 <a href="http://www.facsusa.com">www.facsusa.com</a>
Educational Credential Evaluators, Inc. P.O. Box 514070 Milwaukee, WI 53203-3470 Phone: 414-289-3400 <a href="http://www.ece.org">www.ece.org</a>	Foundation for International Service, Inc. 14926 35th Avenue West Suite 210 Lynnwood, WA 98097 Phone: 425-248-2255 <a href="http://www.fis-web.com">www.fis-web.com</a>
Education Evaluators International, Inc. 11 S. Angell Street #348 Providence, RI 02906 Phone: 401-521-5340 <a href="http://www.educei.com">www.educei.com</a>	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 <a href="http://www.icdel.com">www.icdel.com</a>
Educational Perspectives P.O. Box 618056 Chicago, IL 60661-8056 Phone: 312-421-9300 <a href="http://www.edperspective.org">www.edperspective.org</a>	International Education Research Foundation, Inc. P.O. Box 3665 Culver City, CA 90231-3665 Phone: 310-258-9451 <a href="http://www.ierf.org">www.ierf.org</a>
Educational Records Evaluation Service, Inc. 601 University Avenue Suite 127 Sacramento, CA 95825 Phone: 916-921-0790 <a href="http://www.eres.com">www.eres.com</a>	Josef Silny & Associates, Inc. International Education Consultants 7101 SW 102 Avenue Miami, FL 33173 Phone: 305-273-1616 <a href="http://www.jsilny.com">www.jsilny.com</a>
Evaluation Service, Inc 333W. North Ave. #284 Chicago, IL 60610-1293 Phone: 847-477-8569 <a href="http://www.evaluationsservice.net">www.evaluationsservice.net</a>	Span Tran Educational Services, Inc. 7211 Regency Square Blvd. Suite 205 Houston, TX 77036-3197 Phone: 713-266-8805 <a href="http://www.spantran-edu.org">www.spantran-edu.org</a>
Foreign Educational Document Service P.O. Box 4091 Stockton, CA 95024 Phone: 209-948-6589 <a href="http://www.documentsservice.org">www.documentsservice.org</a>	World Education Services, Inc. Bowling Green Station P.O. Box 5087 New York, NY 10274-5087 Phone: 212-966-6311 <a href="http://www.wes.org">www.wes.org</a>

**Please Note:**

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

## CONTACT US

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 HCFCCA  
 P.O. Box 2154  
 Columbia, MD 21045  
 (301) 776-4841

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

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