

No images? [Click here](#)





OUR NEXT GENERAL TRAINING

Date: June 2nd

TIME: 6:30PM

TOPIC: The Healthy Provider



OUR NEXT GENERAL MEETING

DATE: June 9th

TIME: 6:30PM

**Please attend this meeting to cast
your vote for HCFCCA's new board
members.**



OUT NEXT BOARD MEETING

DATE: June 9th

TIME: 7:30PM

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

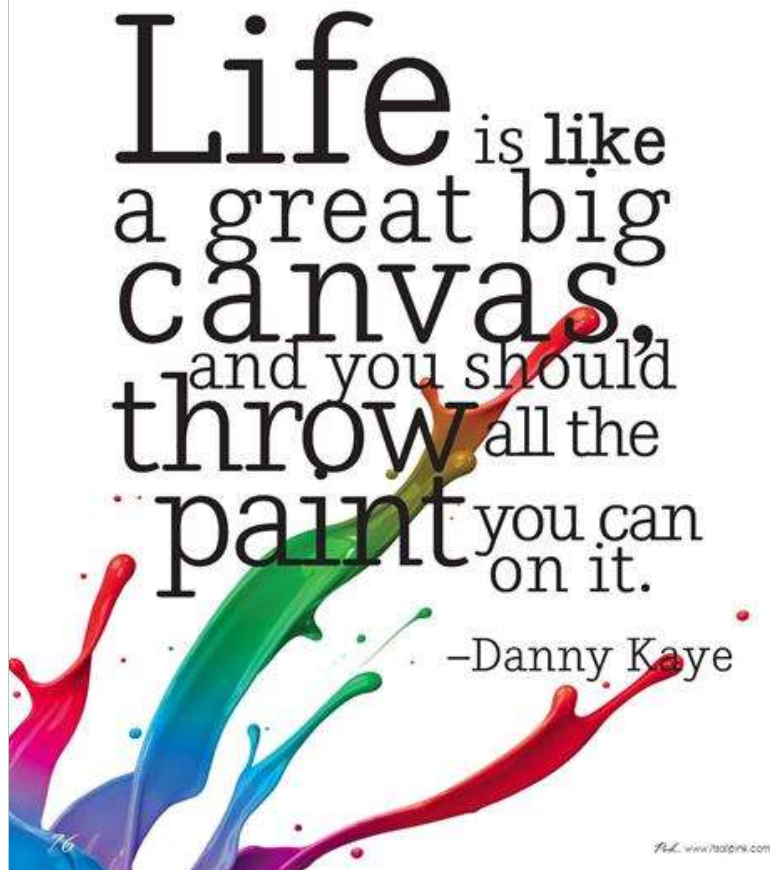
[Visit Us on the Web](#)

[Board of Directors](#)

[Committee Chairpersons](#)

[Provider Resources](#)

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



From Rhonda (President)

Well, this is a bittersweet article for me. This will be my last newsletter article as your President.

Four years ago, I accepted the leadership role as HCFCCA's president. I wasn't sure how I would do but I knew I would put my all into it. In the beginning it was truly challenging. As time passed and a lot of guidance, we were able to get the association where it is today. I feel like I am walking away with more than I put in. I love the fact that due to the pandemic I was able to talk to a lot of you personally. We laughed together as well as cried together. I have been cursed out as well as thanked. I learned that some members expect a lot from

the organization and others have gone above and beyond for this organization. I met some that didn't think they could do all they have accomplished in these last few years. I am so proud of all of you that have grown in your business and all that are still working on making things happened. I love, love, love when I hear about members that have helped other members reach their goals. All of you are awesome. Many have asked why I am leaving. Trust me, it is time. I want to leave while I still love what I do. I want to leave when all I have learned can still be used to help me grow. The reason there are terms for this positions is so new people can bring new ideas to this organization, just like I have done.

My only disappointment is not showing the members that being a board member or chairperson doesn't take that much time and it is not that difficult to do. It is giving back to the organization that has helped you grow your business to where it is today. This organization not only gave me the opportunity to network, mentor, and take the necessary classes needed for licensing and credentialing. This organization allowed me to not only learn but get personal advice and experiences with diverse cultures. I love that we have someone in our membership that will know the answer to almost any daycare situation. Since I have been president

WE went from "Not for Profit" to "Nonprofit"

WE went from paper Registration to Online
Registration

WE went from 119 members to 143

WE went from not having a conference to having our
first

WE went from not having events to having several over
the years

WE went from having limited funds to having a surplus

We went from not having someone handle our
Facebook and Instagram pages to having someone, and
doing an excellent job

WE went from only a few members that were
Credential, Excel and Accreditation to now having
several.

Being president of HCFCCA was an honor, thank you
again for the opportunity.

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)

Please consider helping our association by running for a board position. We will be holding our elections on June 9th during the general meeting. All board positions must be filled so we can continue to be a non-profit association.





From Angela (VP of Education)

Our June class will be The Healthy Provider with Lisa McCourry as our instructor.

Thank you for your patience while I work on the line-up of new trainers and classes for next year. I am working diligently but it is taking longer than expected. Everything will be ironed out before our classes start in September.



From Delali (Treasurer)



From Uyen (Secretary/Fundraising)

In my daycare, I set up a Science Center in a personal space to provide children with many opportunities and materials to explore. There are labels with photos on each plastic container, picture books with topics varied from time to time, investigation tools, live plants, and a fish tank.

I have a table with four chairs to accommodate four children at a time. There are magnifying glasses, goggles, balance scales, rulers, magnets, connecting cubes, test tubes, pipettes, sorting trays, as well as other natural materials like shells, rocks, seeds, pipe cones, etc. All the materials and equipment are rotated based on seasons and lesson plan themes. I have also added living things

like plants and fish. A theme science sensory table is necessary as well as paper and markers for drawing or jotting down notes.

Here are ten children's books that you can use in your classroom to promote scientific understanding.

1. Little Kids First Big Book of Why by National Geographic
2. Pete the Cat and the Supercool Science Fair by James Dean
3. Baby Loves Science Board Boxed Set by Ruth Spiro
4. Bacteria and Antibiotics by Cara Florance and Jon Florance
5. The Amazing Life Cycle of Plants by Kay Barnham
6. Your Skin and Mine by Paul Showers
7. All About Weather: A First Weather Book for Kids by Huda Harajli MA
8. Forces: Physical Science for Kids by Andi Diehn
9. There Was a Black Hole that Swallowed the Universe by Chris Ferrie
10. There is No Place Like Space by Tish Rabe



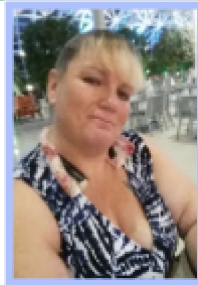
[CLICK THIS BUTTON TO FILL OUT AN APPLICATION ONLINE](#)

From Lisa (Vice President of Membership)

I want to thank each and every one of you. I love working with you all and helping the association with your membership. I will miss talking to all of you but know I am always around to help in any way the association needs help. You all did an excellent job in getting membership on time. I love you all very dearly.

Remember to always talk to your membership person that will be taking over and guiding you through the coming year. Remember your annual due dates and get as much information to them as possible so that there are no mess ups. It is especially important to keep things updated and on time. When you give us all the information needed, there is less of a chance something will be missed.

I hope everyone has a great summer, gets the rest they need and enjoys the weather. Take time for yourselves, providers! You deserve it so much! I'm proud of everyone and wish you only the best in your lives.



From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Dae Month	Newsletter
------------------	------------

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)

Don't judge
each day
by the harvest
you reap
but by the
seeds that you plant.

-Robert Louis Stevenson

BigPictureCoaching.net



Application For Letter of Volunteerism



From Anita (Volunteer Coordinator)

Where did this year go? I don't know about you but sometimes it seems that the days don't end but you blink, and the year is almost half gone. Summer is upon us.

I would like to thank all who volunteered to help keep this association strong and vibrant. Remember, you only get out of an activity what you put into it. The same goes for this association.

I would like to thank all the Board members, Committee chairs and especially Rhonda for their time and effort to keep this Association running. We had our 40th Anniversary Party, our first educational Conference and a Provider Appreciation gathering. Please be aware that we cannot run this association without a President. Please consider volunteering for any position. Have a great and safe summer.



**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.





From Deena (Marketing and Public Relations)

Thank you for the opportunity to serve on the HCFCCA Board as the Marketing and Public Relations director. This year has had many challenges, but we have done our best. Even though I am stepping down, I will continue to help in other capacities. Have a safe and relaxing summer.



From Thelma (MSFCCA Director)

Greetings Members,

The University of Maryland continues to do research on FCC and the relationships with our families. If you have a parent who is interested in an interview. Just a couple of questions and they can get a \$50 amazon gift card.

Who can participate?

Parents of children under 3 years old enrolled in your FCC home

What will they do?

We will ask them to complete a 1-hour interview over Zoom or phone. And to say thank you, they will receive a \$50 Amazon gift card. If a parent is interested in participating, they can sign up through Google form: <https://forms.gle/7hHWrRkSEB7rRUJBA> email us at familychildcarestudy@gmail.com, or call or text us at: 443-461-4323.





From Claudia (Website Coordinator)

ADAPTED FROM PINTREST.COM

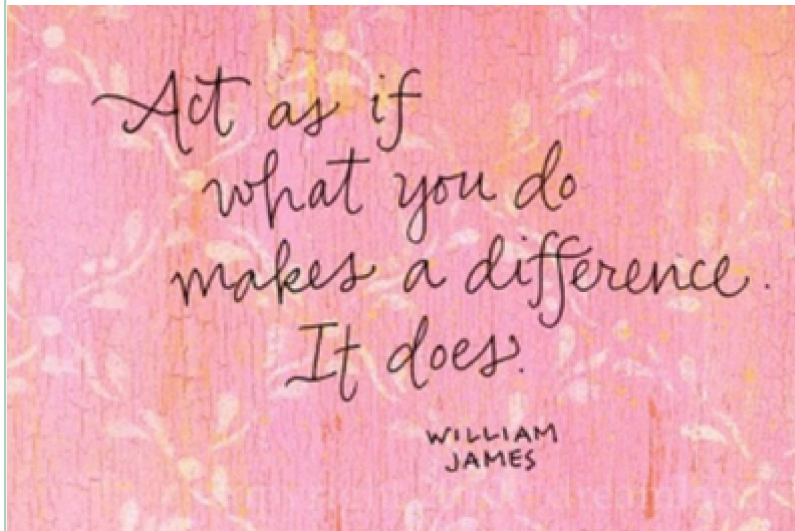
These Chocolate-Dipped Frozen Bananas are an awesome fast and easy recipe for you or even your kids to make, and of course you will all enjoy them equally! They're also great to have with the weather heating up!

INGREDIENTS

- 5 large bananas
- 10 wooden sticks
- 24 ounces [semi-sweet chocolate](#), coarsely chopped
- Assorted toppings: sprinkles, nuts, coconut, etc.

INSTRUCTIONS

- Peel the bananas and cut them in half so you have 10 banana pieces.
- Skewer the cut end of each banana with a wooden stick, inserting it in until it's stable.
- Line a baking sheet with parchment or waxed paper
- Then place the bananas on the baking sheet and freeze until firm, about 1 hour.
- Place the chopped chocolate in a microwave-safe bowl and melt it in 30-second increments. Stir until the chocolate is melted and smooth.
- Place your toppings in shallow bowls and have them nearby--the chocolate hardens quickly, so you'll want them to be easily accessible.
- When your chocolate is melted and your toppings are ready, remove the bananas from the freezer.
- Hold one banana over the bowl of chocolate. Use a large spoon (a small ladle works well for this purpose) and spoon a generous amount of chocolate over the banana, rotating it and spooning on more chocolate until it's covered. It's important to work quickly since the chocolate will start to set soon after it touches the cold banana. Let the excess chocolate drip back into the bowl.
- Quickly move the banana over one of the bowls of toppings, and sprinkle the toppings over the banana, letting the extra drop back into the bowl.
- Place the banana back on the baking tray and repeat until all the bananas are coated with chocolate.
- The frozen bananas can now be served. If you won't be eating them right away, store them in an airtight container or zip-top plastic bag in the freezer. If you are serving them straight from the freezer, allow them to sit at room temperature for 10-15 minutes before serving, for the best taste and texture.



From Natacha (Social Media Chair)

Where did the time go? It seems like yesterday the school year had started. Now, we are almost at the end of it.

As we are closing out the academic year and getting ready for summer, it's important to remember our accomplishments and successes. Only to think that not so long ago, we were shut down as a community, afraid to get out to go to the supermarkets, our dining room was our children's classroom, and our future was a little bit uncertain.

Now, everything is slowly but surely reopening again. School happens where the school should have been, "in the school setting." People can be with other people again and share actual hugs. We cannot overlook these little blessings, and we must remain forever grateful for each day

provided to us. We need to become more present for each other as much as we can, for tomorrow is simply not promised.

Summer is almost here. Take advantage of the beautiful sun, feel the grass under your feet, don't ignore the stars at night, and when your child is talking to you, when your loved ones are telling you something, take time to listen, be present and focus in every moment.

Have a wonderful summer and stay healthy and whole.



**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
DeMoyné 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-May 17, 2022

Tuesday Tidbits-May 3, 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



How Many Scoops?

Game: counting

Youngsters scoop imaginary ice cream with this no-prep game! Gather number cards from 10 to 25 and place them in a container. Have a child choose a card and name the number, with help as needed. Next, lead students in reciting the chant shown, counting to the number drawn and pretending to scoop ice cream into a cup. When the number is reached, have little ones pretend to gobble up the ice cream. Repeat the activity several times for more counting practice.

Ice cream, ice cream, in a cup,
How many scoops will fill it up?
1, 2, 3...

RECIPES



Adapted from [Veena Azmanov on Pinterest](#)

TIPS FOR SUCCESS

1. Whip the cream separately, then fold the rest of the mixture into the whipped cream. This gives the ice cream a more soft and creamy texture.
2. Crushed fruits will make a marbled effect, and pureed fruits will give a perfect blend. Adding a combination of crushed, pureed, and whole gives a wonderful experience.
3. And if you use less fat the possibility of ice crystals forming can be high. A great way to reduce that is to just stir the ice cream once or twice in between.
4. Also, you can store ice cream in a metal loaf pan wrapped in aluminum foil. The foil helps prevent the formation of ice crystals. I like to use these [silicon ice cream tubs](#) with firm lids.
5. Let the ice cream thaw a few minutes before you attempt to scoop it. This will give the ice crystals a moment to soften.
6. I like to dip my ice cream scoop in water. This helps scoop the ice cream better.

VARIATIONS

- **Strawberry Lemon ice cream**- You can add a few tablespoons of lemon juice and lemon zest to enhance the flavor of the lemon.
- **Pink strawberry ice cream** - if you want you can add a few drops of pink food coloring to your ice cream.
- **Strawberry chocolate ice cream** - Fold ½ cup melted cooled white chocolate into the ice cream at the end of whipping.

Ingredients

- ☐ 1 cup (250 ml) Whipping cream
- ☐ ½ cup (120 ml) Condensed milk
- ☐ 1.5 cups (200 g) Strawberries (crushed)
- ☐ 1 teaspoon (1 teaspoon) Vanilla extract (optional)

Instructions

- In the bowl of a stand mixer, with the paddle attachment, whip the whipping cream until almost stiff peaks. Pro **tip** - The more you whip the cream the fluffier the ice cream. But do not overwhip or you will churn the whipping cream into butter.
- Next, add condensed milk and vanilla extract. Mix a minute more to combine. Pro **tip** - This is your basic no-churn vanilla ice cream. 😊
- Crush the strawberries with a fork. Then, add them to the whipped cream mixture and combine. Pro **tip** - I like to give it a gentle swirl just enough to combine and marble it. Alternatively, stir vigorously to blend it into a smooth strawberry pink color.
- Pour into an ice cream storage container and freeze for at least 4 hours or overnight. Pro **tip** - For the creamiest ice cream, thaw the container for at least 10 minutes before you attempt to scoop the ice cream. This will soften any ice crystals.

HCFCCA FUNDRAISERS

HCFCCA Shaklee Fundraiser



Managing stress can be a daily battle. It can seem easy on some days and almost impossible on others. And while there are many adjustments you can make to your lifestyle that can help reduce stress, like better sleep and exercise, there are also adjustments you can make to your diet that help as well. Here are a few tips on what to eat and what to avoid when managing your stress.

The key is reducing cortisol

For stress management, you want to add food to your diet that helps reduce cortisol. Cortisol is the primary hormone responsible for stress. This hormone is actually released by your body to manage stress since it helps reduce inflammation, regulate sleep cycles, and control blood pressure, but it's only meant as a short-term solution. In the long-term, an excess amount of cortisol creates more stress in the body and causes inflammation. In order for a food to reduce stress, it needs to help reduce inflammation and thereby reduce cortisol levels. Thankfully, you have a lot of options.

Stress-reducing foods to add to your diet

- Foods with vitamin B. Beef, chicken, eggs, and fortified whole grains are all sources of B vitamins that can help your body metabolize cortisol.
- Foods with omega-3 fatty acids. Omega-3s help reduce inflammation, and you can find them in fatty fishes like salmon, tuna, mackerel, and sardines. They can also be found in avocados, walnuts, flax seeds, and olive oil.
- Foods with magnesium. Magnesium helps relax your body and mind, reduce inflammation, and metabolize cortisol. You can find it in avocados, bananas, broccoli, spinach, and dark chocolate.
- Foods with protein. This one may surprise you, but meat, fish, poultry, beans, and legumes help balance blood sugar levels, which is key to managing stress.
- Foods with probiotics. At least 70% of your immune system is in your gut, and probiotics help keep it healthy. Some good sources of probiotics are Greek yogurt, kimchi, sauerkraut, kefir, and kombucha.

Foods to avoid when managing stress

While all of the above food choices are good options, there are some foods that raise cortisol levels and put stress on your body. Processed foods, simple carbohydrates, high-sugar foods, caffeine, soda, and alcohol should be avoided or taken in moderation.

Eat well and be well

While these foods will help you manage stress, remember to adopt healthy habits that help as well. Your nutrition should be complemented by adequate sleep, regular exercise, and taking time to relax. Keep this in mind and you'll be well on your way to better stress management.

HCFCCA Shaklee Fundraiser



STEP 3: Kill Germs & Viruses

**BASIC-G® GERMICIDE
+ SPRAY BOTTLE**

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

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



HCFCCA ADVERTISING

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

HCFCCA PROVIDER INFORMATION

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
LARRY HOGAN
GOVERNOR
BOYD K. RUTHERFORD
LT. GOVERNOR
ROBERT L. GREEN
SECRETARY
RACHEL SESSA
CHIEF OF STAFF
SABHA VAZQUEZ-GONZALEZ
ACTING
DEPUTY SECRETARY
ADMINISTRATION
WAYNE HILL
DEPUTY SECRETARY
OPERATIONS
CAROLYN J. SCRUGGS
ASSISTANT SECRETARY
GARY W. MCHINNEY
ASSISTANT SECRETARY

Department of Public Safety and Correctional Services
Information Technology & Communications Division

Post Office Box 5743 • Pikesville, Maryland 21282-5743
(410) 585-3100 • FAX (410) 784-4035 • www.dpsscs.maryland.gov

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, !\[\]\(830769b31eeeaca920791081939ff8ba_img.jpg\)](#)
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

[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, 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](#)