

# HCFCCA NEWSLETTER

Volume 44 Issue 7  
February 2024



## February's Meetings

### Training

Topic: Understanding Linguistic and Cultural Diversity and Language Acquisition

Date: February 1st

Time: 6:30pm

This will be held in person at the Kwanis Club in Ellicott City. Look for an email to register.

### General Meeting

Date: To Be Announced

Time: 6:30pm

### Resource Links for Providers

Tuesday Tidbits January 23, 2024

Tuesday Tidbits: January 9, 2024

### Board Meeting

Date: February 8th

Time: 6:30pm

All are welcome to attend. Please contact Angela Lamberti if you are interested

Symposium: A Window into Maryland's Early Learning Standards

Resource Documents for Childcare Providers

2023-2024 Board and Chair Positions



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From Angela



*I look forward to seeing you at this  
months meeting.*

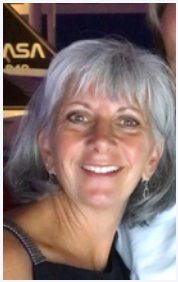


# HCFCCA NEWSLETTER



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**From Nancy**



**New Year, New You! Let's Get Organized**

Clutter happens. Over the years of parties, personal changes of style and the incredible bargain deals you've uncovered, "stuff" just ends up building up. Here's a beginning guide to help you kick-start your clutter-clearing efforts. Let's make 2024 the year of organization.

**Plates and Platters.** Clear the cupboards. Take it all out. How much space are your serving dishes occupying? It's time to "dish it" to the dishes and donate.

**Vases.** That one cabinet is usually located above your refrigerator or microwave. How many vases have you stockpiled over the years that you use? And how frequently? If you haven't found a use in the last two years, it's time to let that treasured vase become someone else's pride and joy.

**Spices and specials.** Old spices lose their potency over time. Toss any ground spices older than two years and dried herbs older than three. Specialty ingredients from unique recipes can lose their potency even faster; inquire if someone else can use it while it's still fresh.

**Container clutter.** Containers without lids. Lids without containers. Expensive storage cartons from the Container Store that now stack up and steal valuable space in the garage. If your previous organization method didn't work out the way you'd planned, your neighbors will be delighted to receive your leftovers.

**Gadget knickknacks.** Those one-trick wonders that were intended to solve one specific problem. If you haven't frequently utilized the "as seen on TV" gadget you purchased years ago, it's time to let it go.

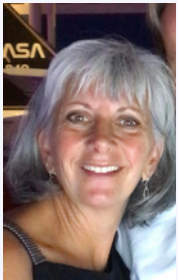
**Bubble boxes.** Save space by throwing out the cardboard boxes that keep many of your store-bought "crunchables" safe from demolition. Instead, use pre-labeled containers that cut down on the extra cushion space to open up a world of possibilities in your cupboards.

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## Also From Nancy



### **Water damage: It's more than just wet**

The bathtub overflows. A storm drain backs up. A sewer line breaks. All these emergencies involve water where it shouldn't be, but each is dramatically different in threat and response.

Water from sinks, rainwater, or drinking water lines is a category one emergency. Since the source is sanitary, there is a low health risk if cleanup begins within 24 to 48 hours, according to Interstate Restoration.

However, gray waters from storm drains, flooding or equipment discharges carry an increased health risk. These category two emergencies may involve cloudy or clear waters that might smell.

Finally, category three waters from sewers, rivers, seawater or some flooding, may be dark or black, contain debris, and smell. These waters can be toxic and carry a high health risk.

The initial response to all three categories should be to make sure building occupants are safe and away from affected areas. Next, assess if you can stop the source of flooding. For gray and black water flooding, stopping the water may be impossible. When people are safe, decide what, if anything, can be saved: High-value items, computers and furnishings might be salvaged. Curtains can be tied up. Breakables should be removed to protect clean-up workers. Moisture-sensitive materials should be removed.

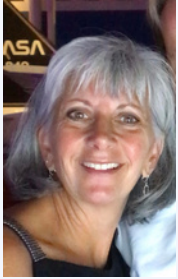
For gray and black water, professional restoration companies are required for cleanup, especially in the case of an office setting where health and safety codes apply. In homes, where flooding is from sanitary sources, you'll want proper gear such as rubber boots and gloves to remove furnishings. If you have stopped the flooding, you have a day or two to start the drying process. Don't delay--even sanitary sources can become contaminated. Wet vacuums are good for removing water, but pumps may be needed for larger volumes. Resist the urge to open windows and turn off air conditioning. Air flow is key. Keep air conditioning or heating running at a mid-point that is neither cool nor warm. Fans, blowers and carpet dryers should be positioned in rooms to increase the rate of evaporation. The drying process may take up to five days.

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Also From Nancy



## Your Monthly Maintenance Minute

Draft-proofing is one of the cheapest and most efficient ways to save energy - and money - in any type of building. Both drafts and ventilation let fresh air into your home, but good ventilation helps reduce condensation and dampness. Drafts are uncontrolled: they let in too much cold air and waste too much heat.

To draft-proof your home you should block up unwanted gaps that let cold air in and warm air out. Saving warm air means you'll use less energy to heat your home, so you'll save money as well as making your home snug and pleasant.

Draft-proofing around windows and doors will result in savings on your energy bill each year. Draft-free homes are comfortable at lower temperatures - so you'll be able to turn down your thermostat. This could save you another 10 percent off your heating bill.

Drafts happen where there are unwanted gaps in the construction of your home, and where openings are left uncovered. You'll find drafts at any accidental gap in your home that leads outside, such as:

- windows
- doors - including keyholes and letterboxes
- loft hatches
- electrical fittings on walls and ceilings
- suspended floorboards
- pipework leading outside
- ceiling-to-wall joints

You should block most of these - but be careful in areas that need good ventilation, such as:

- areas where there are open fires or open flues
- rooms where a lot of moisture is produced, such as the kitchens, bathrooms, and utility rooms

If you're happy carrying out simple DIY tasks, draft-proofing will be no problem. However, some homes, especially older homes with single glazing, will be more difficult to draft-proof. Professional draft-proofing is likely to save more energy because the installer will know exactly the right materials to use and where to use them.

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**Also From Nancy**

## **Maple Cinnamon Apple Sweet Potatoes**

Apples, sweet potatoes, maple syrup and warm spices are the perfect flavors to keep you cozy this winter. This super simple and hearty side dish is a breeze to prepare and will have your kitchen smelling oh-so-delicious! Serves 6

### **Ingredients**

2 large apples, diced medium

2 large sweet potatoes, diced medium

1 tablespoon olive oil

2 teaspoons ground cinnamon

1/2 teaspoon ground nutmeg

2 tablespoons pure maple syrup

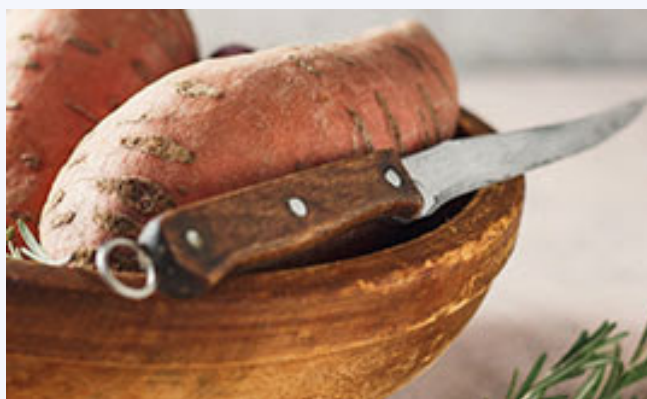
Preheat oven to 400° F.

Combine the apples, sweet potatoes, olive oil, cinnamon and nutmeg in a large bowl.

Toss well to coat the apples and sweet potatoes with the oil and spices. On a large baking sheet, spread in an even layer.

Bake for 25 to 30 minutes or until the sweet potatoes and apples are tender. Remove from oven and drizzle with maple syrup.

Serve hot.



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From Anita



Hello everyone. Not much to report on the financial front. We are caught up on our bills and should be working smoothy. Teresa Goodwin and I have been working closely to make sure that your membership is up to date. We are processing MSFCCA memberships monthly to keep everyone up to date there too. If you have membership question see Teresa Goodwin. For a payment questions, see me. Thanks .

**Volunteer:** Please consider volunteering for some of our upcoming events. There will be a Discovery Fair this spring that Uyen will need help with. Thank you to all those that have stepped up. On that note, we will be looking to staff our Board for the 2024-25 year. Please consider volunteering for a position. Any and all positions are available. Use those talents you have to help us.

**IT'S NOT ABOUT  
"HAVING" TIME.  
IT'S ABOUT  
MAKING TIME.**

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From Uyen



February 10th, 2024 marks the first day of Lunar New Year, which is celebrated by lots of Asian countries. Tết as it is called in Vietnamese aka Lunar New Year has always brought back many of my childhood memories. My family used to spend at least a month in advance in preparation for this holiday from cleaning up the house to cooking special square rice cakes for hours & making different dry fruits, or hearing the fire crackers and seeing dragon dancing. I carry those memories for life. That's why it is a philosophy of my program to create experiences & beautiful memories for children in my care.



# HCFCCA NEWSLETTER



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From Claudia



## Mini Lasagna Cups

- Level: Easy
- Yield: 6 servings
- Total: 55 min
- Active: 30 min

These genius little lasagna cups are made with a surprise ingredient: ravioli! They fit perfectly into muffin tin cups and add an extra bonus pocket of cheese. Little kids can help measure the ingredients and big kids can help make the sauce. Both can help fill the cups.

### Ingredients

Deselect All

- One 24-ounce bag frozen spinach and cheese ravioli
- 4 tablespoons olive oil
- One 14.5-ounce can chopped tomatoes
- 1 1/2 teaspoons Italian seasoning
- 1 small carrot, chopped
- 1 clove garlic
- Kosher salt and freshly ground black pepper
- 1 1/2 cups shredded part-skim mozzarella
- 1 tablespoon grated Parmesan

### Directions

1. Bring a large pot of water to a boil. Add the ravioli and cook according to the package directions. Drain and rinse under cold water until cool enough to handle.
2. Position an oven rack in the middle of the oven and preheat to 400 degrees F. Brush the cups of a 12-cup muffin tin with 2 tablespoons of the oil. Set aside.
3. Combine the tomatoes, Italian seasoning, carrot, garlic and remaining 2 tablespoons oil in a blender. Blend until well combined but not entirely smooth, about 20 seconds. Season with salt and pepper.
4. Spoon 1/2 teaspoon sauce into each oiled cup, top with a ravioli, then with 1 teaspoon sauce and 1 teaspoon mozzarella. Repeat twice so that each cup has 3 raviolis layered on top of each other with sauce and mozzarella. Evenly divide the remaining sauce among the cups. Top each with 1 tablespoon mozzarella and 1/4 teaspoon Parmesan. Bake until the top of each lasagna is golden brown and bubbly, 18 to 20 minutes. Serve and enjoy!

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## **Here's How to Cultivate Your Creativity**

**January was International Creativity Month, a time we collectively acknowledge those who work in creative industries and how various creative infrastructures foster new ideas for the betterment of all. It's also a chance to ignite the latent creativity within. Here are a few tips to help get that fire burning.**

**Before picking up a paintbrush or pencil, you may need to break out of a fixed pattern of not believing you're capable of creating in the first place. Replace closed-ended statements such as "I can't" or "I don't know" with "I have what it takes" and "There's always a way." These creative mantras will allow inspiration to bubble up to the surface naturally and spontaneously.**

**Finding a creative outlet may seem like a daunting task, but it's as simple as opening a box of crayons and sitting down with a coloring book. Permit yourself to play rather than focusing on the discovery of talent or the pressure of the perfect result. Enjoy the process of self-expression and its stress-relieving benefits. You may need to explore a few different techniques before you find one that suits you, so don't go overboard buying the latest kit or supplies.**

**Remember that creativity isn't confined to the fine arts. It can be anything that excites you, invigorates you or offers you a simple moment of joy. Beyond painting and writing, a whole world of creative pursuits exists. You could knit while watching old movies, get groovy during an online dance class or cook up a storm in the kitchen. Be kind to yourself when things don't go to plan. In the wise words of Bob Ross, celebrate the "happy little accidents" that occur as you navigate the lifelong journey of inspiration.**

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## 2023-2024 Trainings

### February

Understanding Linguistic and  
Cultural Diversity and  
Language Acquisition (2 CD)

### March

Parent Handbook  
(2 Professionalism)

### April

Switch On - Switch Off: Babies and  
Technology  
(1CD, 1 Curr)

### May

All Children are Gifted  
(2SN)

### June

FCCAMD class

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## Newsletter Deadlines

**Article Deadline**

**Newsletter Month**

February 11, 2024

March '24

March 17, 2024

April '24

April 14, 2024

May '24

May 12, 2024

June '24

July 15, 2024

Summer Newsletter August '24

August 18, 2024

September '24



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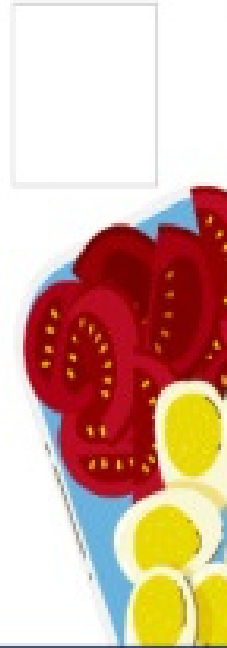
## We can help you participate in the Food Program.

Pioneers in Sponsorship: Sponsoring CACFP since 1980!  
Maryland's Leading FCC Sponsor: We're the largest in the state!

Tri-State Coverage: Extending our impact across three states!

Seasoned Team: Our staff boasts over 20 years of expertise in CACFP!

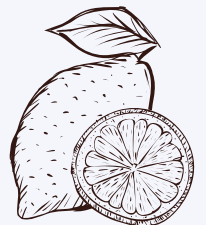
Unmatched Training: Highly trained professionals powering our agency!



Contact us!

[fabrio@theplanningcouncil.org](mailto:fabrio@theplanningcouncil.org)

757-657-0711



Are you a licensed childcare home provider?



## Enjoy the nutritional & financial benefits of the Food Program.



### What is the Food Program (CACFP)?

CACFP is a federally-funded program that reimburses qualifying organizations for serving nutritious meals and snacks to eligible children and adults.

CACFP Benefits:

Provides Nutritional Education

Reimburse Money for Serving Healthy Meals

Support Low-Income Families

Support Healthy Meals for Children

### How can I join the Food Program?

You can join the Food Program by finding a sponsor.



Learn More  
Scan QR Code



# HCFCCA NEWSLETTER



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## 2023/2024 Board Meetings

HCFCCA Board Meetings are open for all members to attend. If you would like to come to a board meeting please speak with Angela Lambertti for the time and a link to the meeting. Please mark your calendar with the following dates

February 8th

March 14th

April 11th

May 9th

June 13th

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Are you interested in advancing your educational career by pursuing a college degree in the Early Childhood field? Howard Community College is pleased to announce that the application period for the Child Care Career and Professional Development Fund (CCCPDF) will be open from January 1 to March 1, 2024. The CCCPDF pays for the tuition, fees and books for those students pursuing either an AAS in Early Childhood Education (2-year degree) or an AAT in Early Childhood Education/Special Education or Elementary Education/Special Education (which allows you to transfer to a 4-year program). To be eligible, the applicant must have a least one-year licensed childcare experience, work 10 hours per week minimum, hold a level 2 or higher Maryland Child Care Credential Certificate, and be willing to complete a service payback after their degree is completed.

To learn more about the grant and its application process, HCC will hold a ZOOM virtual information session in early January 2024. Attached is a flyer about the grant. For more information or to RSVP to attend the information session, please contact Joan Johnson at [jjohnson6@howardcc.edu](mailto:jjohnson6@howardcc.edu).

Joan Johnson  
CCCPDF Grant Coordinator  
Senior Adjunct Faculty  
443-518-3249  
AC122

## ATTENTION EARLY CHILDHOOD PROFESSIONALS

You could be eligible for  
free tuition, fees, and books at  
Howard Community College  
through the Child Care Career  
and Development Fund  
(CCCPDF)!



### APPLY TODAY IF YOU...

- have worked in a licensed child care setting for at least one year
- hold a MSDE Level 2 or greater Credential Certificate
- want to work toward an AAS in Early Childhood Development (career program) or an AAT in Early Childhood/Special Education or Elementary Education/Special Education (transfer program)

### TO QUALIFY FOR THE SCHOLARSHIP, THE STUDENT MUST...

- work at least 10 hours/week in a licensed child care setting while completing the program
- maintain a 2.5 minimum GPA while enrolled
- continue to work in child care at least 10 hours/week in Maryland for a period of time (2 years for a 2 year degree, 4 years for a 4 year degree) after your degree is completed

### TO LEARN MORE OR APPLY NOW...

Contact HCC's CCCPDF Coordinator:  
Joan Johnson, [jjohnson6@howardcc.edu](mailto:jjohnson6@howardcc.edu)



You Can Get There From Here.

# HCFCCA NEWSLETTER



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## Office of Child Care

CDC advises to not serve pre-cut cantaloupes if the brand of whole cantaloupes is unknown. A CDC food safety alert regarding an outbreak of Salmonella infections linked to cantaloupes has been updated. Seven children attended childcare centers before they got sick. Children under 5 can get very sick from Salmonella.

### What Child Care Centers Should Do

- Do not use any recalled whole or pre-cut cantaloupes.
- Do not serve any cantaloupe that was supplied pre-cut if you don't know whether recalled whole cantaloupes were used.

### Key Points

- As of November 28, this outbreak has a total of 117 sick people from 34 states. 61 people are hospitalized, and sadly, 2 have died.
- Interviews with sick people and laboratory findings show that cantaloupes are making people in this outbreak sick.
  - Malichita and Rudy brand whole cantaloupes have been recalled. Many pre-cut cantaloupe products have also been recalled.
  - CDC is advising people not to eat pre-cut cantaloupes if they don't know whether Malichita or Rudy brand whole cantaloupes were used.
- The CDC is concerned about this outbreak because illnesses are severe with more than half hospitalized, and people in childcare centers have gotten sick.
  - A third of sick people are children 5 years and younger, and 7 children attended childcare centers before they got sick.
  - CDC advises facilities that care for people who are at higher risk for severe illness to not serve cantaloupes that may be contaminated. This includes recalled cantaloupes and cantaloupe that was supplied pre-cut if the brand of whole cantaloupes used are not known.

### What Everyone Should Do

- Do not eat pre-cut cantaloupes if you don't know whether Malichita or Rudy brand cantaloupes were used.
  - This includes cantaloupe chunks and fruit mixes with cantaloupes at restaurants and grocery stores.
- Do not eat any recalled whole or pre-cut cantaloupe products.
  - If you have any, throw them away or return them to the store.
  - If the whole cantaloupe does not have a sticker, check with the store to make sure it is not a Malichita or Rudy brand cantaloupe.
- Wash items and surfaces that may have touched the cantaloupe using hot soapy water or a dishwasher.
- Call your healthcare provider if you have any of these severe Salmonella symptoms:
  - Diarrhea and a fever higher than 102°F
  - Diarrhea for more than 3 days that is not improving
  - Bloody diarrhea
  - So much vomiting that you cannot keep liquids down
  - Signs of dehydration, such as:
    - Not peeing much
    - Dry mouth and throat
    - Feeling dizzy when standing up

### Salmonella Symptoms

- Most people infected with Salmonella experience diarrhea, fever, and stomach cramps.
- Symptoms usually start 6 hours to 6 days after swallowing the bacteria.
- Most people recover without treatment after 4 to 7 days.
- Some people—especially children younger than 5 years, adults 65 years and older, and people with weakened immune systems—may experience more severe illnesses that require medical treatment or hospitalization.
- For more information about Salmonella, see the [Salmonella Questions and Answers](#) page.

If you have questions about cases in a particular state, please call the [Maryland Department of Health](#).