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Welcome to the 2022-2023  
HCFCCA Session

# AUGUST

**HCFCCA NEWSLETTER VOL 43,  
ISSUE 1 AUGUST 2022.**





**OUR FIRST TRAINING**

**Date: September 1st**

**TIME: 6:30PM**

**TOPIC: COMMUNITY  
PARTNERS**

**OUT NEXT BOARD MEETING**

**DATE: September 8th**

**TIME: 7:30PM**

**RSVP**

**To Angela Lamberti if you would like to attend.  
Everyone is invited to join this meeting.**

**OUR NEXT GENERAL MEETING**

**DATE: September 8th**

**TIME: 6:30PM**

[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.

## Say Hello to Our New and Returning Board Members and Chairpersons

These charts can also be found by clicking on the 'Board of Directors' and 'Committee Chairpersons' buttons above.



HOWARD COUNTY FAMILY CHILDCARE ASSOCIATION INC  
BOARD MEMBERS LIST 2022-2023

Position	Name	Address	Email	Phone Number
VACANT/Angela Lamberti is acting President			<a href="mailto:hcfcabusiness@gmail.com">hcfcabusiness@gmail.com</a>	
VP of Education	Angela Lamberti	6695 Possum Court Columbia MD 21045	<a href="mailto:atlamberti@aol.com">atlamberti@aol.com</a>	410-707-4802
Treasurer	Delali Athiobey	7913 Mayfield Avenue Elkridge MD 21075	<a href="mailto:treasurehcfca@gmail.com">treasurehcfca@gmail.com</a>	240-421-9507
VP of Membership	Kathy Henderson	9510 Mellow Court Laurel MD 20723	<a href="mailto:hcfccaymembership@gmail.com">hcfccaymembership@gmail.com</a>	443-280-0635
Secretary	Nancy Cauley	17531 Country View Way Mt Airy MD	<a href="mailto:nancymco@aol.com">nancymco@aol.com</a>	301-703-5359
VP of Marketing /Public Relations	Uyen Feliks	443-220-7336	<a href="mailto:ufeliks@gmail.com">ufeliks@gmail.com</a>	443-220-7336
HCFCFA Representative to NISCCCA	Thelma Hayes	9818 Davidge Drive Columbia MD 21044	<a href="mailto:thelma_hayes@msn.com">thelma_hayes@msn.com</a>	443-472-5649



HOWARD COUNTY FAMILY CHILDCARE ASSOCIATION INC

Chair Member's List 2022/2023

Position	Name	Address	Email	Phone Number
Newsletter	Melissa Gaiher	608 Cargill Avenue Catonville MD 21228	<a href="mailto:newsletterhcfcca@gmail.com">newsletterhcfcca@gmail.com</a>	410-456-2937
Corresponding Secretary	Jody Lambert	6695 Possum Court Columbia MD 21045	<a href="mailto:lamb75@gmail.com">lamb75@gmail.com</a>	443-786-1912
Hospitality	Claudia Cuestas	5451 Phelps Luck Dr. Columbia MD 21045	<a href="mailto:happychildren123md@gmail.com">happychildren123md@gmail.com</a>	410-371-7632
Mentoring/Networking	Therese Mason	3384 Wye Mills South Laurel MD 20724	<a href="mailto:laurelbutterflychilcare@gmail.com">laurelbutterflychilcare@gmail.com</a>	443-850-3400
Volunteer Committee	Anita Marino	3907 White Rose Way Elliott City MD 20763	<a href="mailto:awand50@gmail.com">awand50@gmail.com</a>	410-461-9265
Website Update	Claudia Cuestas	5451 Phelps Luck Dr. Columbia MD 21045	<a href="mailto:happychildren123md@gmail.com">happychildren123md@gmail.com</a>	410-371-7632
Social Media	Natacha Michel	10105 Wesley Drive Columbia MD 21045	<a href="mailto:hnmelckite@gmail.com">hnmelckite@gmail.com</a>	240-483-3038
By-law/Policy and Procedures	Antoinette Murray	10729 Cordage Walk Columbia MD 21044	<a href="mailto:antoinette@ioworkshop.org">antoinette@ioworkshop.org</a>	410-736-2331
Parent Line	Nancy Cauley Antoinette Murray	17531 Country View Way Mt Airy MD 21771 10729 Cordage Walk Columbia MD 21044	<a href="mailto:nancymco@aol.com">nancymco@aol.com</a> <a href="mailto:antoinette@ioworkshop.org">antoinette@ioworkshop.org</a>	301-703-5359 410-736-2331
Nominating Committee Chair	Nancy Cauley	17531 Country View Way Mt Airy MD	<a href="mailto:nancymco@aol.com">nancymco@aol.com</a>	301-703-5359

		21771		
Sunshine	Lynda Davenport	907 Preswood Road Baltimore MD 21228	<a href="mailto:jamarkjamal@verizon.net">jamarkjamal@verizon.net</a>	410-719-8826
Fundraising Committee	Uyen Felix	6515 Wingflash Lane Columbia MD 21045	<a href="mailto:hcfccafundraiser@gmail.com">hcfccafundraiser@gmail.com</a>	443-220-7336

## Dates to Remember for 2022/2023 Session

mark these dates on you calendar

2022/2023	Training	Board Meeting	General Meeting	Newsletter Deadline
September	Thursday 1st	Thursday 8th	Thursday 8th	Sunday 11th
October	Thursday 6th	Thursday 13th		Sunday 16th
November	Thursday 3rd	Thursday 10th		Sunday 13th
December 2022	Thursday 1st	Thursday 8th	Thursday 8th	Sunday 11th
January 2023	Thursday 5th	Thursday 12th		Sunday 15th
February 2023	Thursday 2nd	Thursday 9th		Sunday 12th
March 2023	Thursday 2nd	Thursday 9th	Thursday 9th	Sunday 12th
April 2023	Thursday 6th	Thursday 13th		Sunday 16th
May 2023	Thursday 4th	Thursday 11th		Sunday 14th
June 2023	Thursday 1st	Thursday 8th	Thursday 8th	Sunday 11th

## 2022/2023 Training Calander

### [September 8, 2022](#)

**Community Partners-HCFCCA invites shareholders to inform members of new and upcoming events and regulations. This training is Virtual.**

### [October 6, 2022](#)

**Jumping into Science-Many of the habits of scientific thinking are inherently part of children's play. Participants will explore the importance of developing scientific thinking skills in young children and how they can support those skills with simple materials. Participants will experience using the science materials and will**

**create materials to utilize in their own program. This training is Virtual.**

**November 3,2022**

### **Connecting Assessment to Curriculum and Instructions**

**This workshop explains the assessment-instructional cycle. Participants will leave with an understanding of how to assess children, analyze the data and make modifications to the curriculum to meet the learning needs of all children. This training is virtual.**

**December 1, 2022**

### **Scribbles Count! Emergent Writing**

**It is an important aspect of the early childhood environment that caregivers understand that from the moment children have grasped a finger or a rattle, they have taken the first step in becoming a writer. Caregivers can encourage the development of writing skills by providing opportunities in a variety of settings and experiences. In this training participants will learn how to define emergent writing in the early childhood setting; they will become familiar with the developmental stages of writing; and will come to know how to create a developmentally**



**appropriate print rich environment. This training is a hybrid training.**

**January 5,2023**

### **Treat Yourself**

**This training addresses the importance of self-care for teachers and administrators. Through self-reflective, hands-on activities and experiences, teachers will explore and increase their familiarity with best practices in self-care, including breathing techniques, using mantras, getting enough rest, and feeling gratitude. Providers and administrators will create a plan to increase the use of self-care strategies in their program. This training is virtual.**

**February 2, 2023**

### **Singing, Dancing and Moving to the Groove for Infants and Toddlers**

**Young children learn to sing just as they learn to speak and move-through imitation, exploration, and repetition. In this workshop, participants will discuss motor and music development and experience strategies they can use to promote learning in these areas. This training is a hybrid training.**

**March 2, 2023**

**Kindergarten Readiness for the Child Care Community**

**The materials for this workshop are Montgomery County School System specific, however it can be used as a template for another jurisdiction to use. It focuses on expectations and procedures for entering kindergarten as well as specific skills to focus on in preschool to increase a child's readiness. This training is virtual.**

**April 6, 2023**

**Respecting All Family Structures**

**Family structures have moved away from the traditional nuclear family. Identify different family structures that you may encounter in your program. Explore ways to make all children and their families welcome in your program. This training is virtual.**

**May 4, 2023**

## **Growing Vegetable Soup: Connecting Children to Healthy Foods**

**Many young children do not know where the food they eat comes from – this workshop explores ways to connect children to healthy foods, discovering where their food comes from and ways in which they can interact with food in the classroom and outdoor spaces as well as beyond childcare. This training is a hybrid training.**

**June 1, 2023**

**Tentatively HCFCCA will cover this date. This training is virtual.**

## **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

## **NOTE FROM JOAN JOHNSON**

Dear Early Childhood Community,

I want to let you know that I will be leaving my position with the Howard County Office of Children and Families/Child Care Resource Center. My last day in the office will be June 30<sup>th</sup>. While I am leaving this position, I will still be active in the Howard County supporting Early Childhood Initiatives. I have accepted a new part-time position with Howard Community College as the Child Care Career and Professional Development Fund Grant Coordinator. I will also be doing private consulting and training.

It has been a pleasure supporting the child care programs in Howard County for the past 15+ years. I look forward to continuing our relationships in the future. You can reach me at [jmjohnsonhoco@gmail.com](mailto:jmjohnsonhoco@gmail.com). I would love to stay in touch.

From MSDE

Governor Larry Hogan today (8/3/22) announced that the Maryland State Department of Education (MSDE) has opened the application window for the **Child Care Stabilization Grant Program** and will be accepting applications through Monday, August 29. Through this program, MSDE will distribute \$50 million in state funding to help address the financial burdens and operational challenges faced by child care providers during the COVID-19 public health emergency.

“Child care has been critical to our recovery efforts in Maryland, and making sure providers have the resources they need to operate remains a top priority,” said Governor Hogan. “Our administration is grateful to our state’s child care providers for their unwavering commitment over the last two years, and we look forward to working closely with them to allocate this additional relief.”

Earlier this year, Governor Hogan [announced](#) the allocation of an additional \$50 million in grant funding in his FY23 budget to support childcare providers. In accordance with House Bill 89, enacted by the governor on April 21, 2022, these grants will be disbursed in fiscal years 2022 and 2023 to providers that have faced financial hardship or suffered an operational burden during the pandemic. Grant funds may be used to support the developmental and learning needs of children, promote equitable access to high-quality childcare, and support a professional workforce that is fairly and appropriately compensated for their essential skilled work. MSDE will assist providers with the application process through a system of customer service support in advance of the application deadline, which is Monday, August 29.

“As essential partners in early childhood education, Maryland’s childcare providers build the foundation for the healthy growth, development, and academic achievement of our state’s children,” said State Superintendent of Schools Mohammed Choudhury. “This funding will help further strengthen the childcare community, increase access to quality childcare, and ensure equitable access for every child, especially those who have been historically underserved. As the

repercussions of the pandemic continue to impact our learning communities, our family childcare and center-based providers and families have held strong. MSDE remains committed to supporting our early childhood educators, who are critical in fostering a positive trajectory for the state’s youngest learners.”

MSDE will also deploy direct calls to all providers in advance of and during the application window to ensure the program reaches as many eligible providers as possible.

In this round of funding, the law requires MSDE to give preference to childcare providers based on the following criteria, in order of priority:

1. Providers that have demonstrated financial hardship pose a significant risk of the provider’s business closing within the next 12 months.
2. Providers that have not received a stabilization grant in a prior application cycle.
3. Providers that participate in the Child Care Scholarship Program.
4. Providers located in areas designated by MSDE as lacking childcare slots.
5. Providers that serve primarily low-income populations in areas of high poverty.
6. Providers that serve children with special needs; and
7. Providers that serve children 2 years old and under.

Eligible providers meeting the above criteria receive additional funds, per licensed slot, for each priority area. Providers can view the Grant Information Guide on the program website for detailed information regarding terms and definitions for each priority area. Today, MSDE

released grant guidance documentation, the grant application template, and its plan for a series of virtual customer service support sessions. Providers are encouraged to review the materials and attend one of the offered customer service support sessions.

**Timeline:**

- **August 3-29, 2022:** Application window open; MSDE will review and process applications on a rolling basis
- **August 9, 11, 13, 15 & 16:** MSDE will host virtual customer support meetings to meet providers' needs
- **August 29, 2022: Applications due by 11:59 p.m. EST**

Late applications will not be considered. Please monitor the MSDE [Child Care Stabilization website](#) for updated information and resources. A recording of the technical assistance meeting will also be posted on the [website](#).

**Maryland State Department of  
Education (MSDE)**



Division of Early Childhood

Last updated: 3/24/2022
To learn more, visit: ead@doe.maryland.gov/earlychild

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Keshia Maxwell Admin. of Policy and Special Projects 410-767-7852

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Erika Anderson Specialist, Early Learning 410-767-0646
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Shelley Downs Specialist, Early Learning 410-767-7835
Nancy Garcia July Center Program Specialist 410-767-0785
Susan Haman Specialist, Early Learning 410-767-0428
Amanda Hubbard July Center Program Specialist 410-767-0763
Nykia Washington Specialist, Early Learning 410-767-0088
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Agnetha Wright Deputy Branch Chief 410-767-4923
Julia Chavez Education Program Specialist - Grants Manager 410-767-4546

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Jana Smith Quality Assurance Supervisor/Acting Branch Chief 410-767-0580
Nicole Johnson Accreditation Specialist 410-767-8941
Andrea Zales Quality Measurement Specialist 410-767-7843
Eric Hughes Administrative Specialist 410-767-5664
Lisa Smith Quality Assurance Specialist (Baltimore City) 410-583-6213
Patricia Abram Quality Assurance Specialist (Baltimore City) 443-377-2966
Audrey Cape Green Quality Assurance Specialist (Baltimore City) 443-380-2118
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Marissa Coakley Quality Assurance Specialist (Carroll County & Howard County) 410-770-8039
Yvonne F. Bell Quality Assurance Specialist (Montgomery County) 340-254-1422
Henna Hicks Quality Assurance Specialist (Frederick County & Washington County) 301-496-9766
Mary Beth Johnson Quality Assurance Specialist (Caroline County, Dorchester County, Kent County, Queen Anne's County & Talbot County) 410-819-8801 Ext. 108
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Thera Quibbe Quality Assurance Specialist (Anne Arundel County) 410-573-9523
Unsol Cook Quality Assurance Specialist (Prince George's County) 301-333-4953
Stacie Burch Quality Assurance Specialist (Calvert County, Charles County, & St. Mary's County) 301-475-3370
Kisha Edgcomb Quality Assurance Specialist Coordinator 240-214-1488
Naghen Leach-Cayem Quality Assurance Specialist Coordinator 410-549-4654
L'Ornya Beville Quality Assurance Specialist Coordinator 240-214-1423



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Makia McCord Communications Specialist 410-767-0602
Dion Carlan Educational Program Specialist, Infant and Early Childhood Mental Health 410-767-0240



ALLEGANY COUNTY FIELD OFFICE (REGION VII)
Beth LaFenty Lead Licensing Specialist 301-777-2385

ANNE ARUNDEL COUNTY FIELD OFFICE (REGION II)
Cherene Farley Regional Manager 410-573-9322
Teresa Smith Office Secretary 410-573-9322
Elin Handley-Titus Licensing Specialist Supervisor 410-573-9841
Shantel Closson Licensing Specialist 410-573-9840
Nilva Green Licensing Specialist 410-573-9326
Joy Gardner Licensing Specialist 410-573-9327
Katherine Justice Licensing Specialist 410-573-9326
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Nay Noakes Licensing Specialist 443-610-0095
Mary Tracey Licensing Specialist 410-925-1662
Michelle Young Licensing Specialist 240-424-3788
Terfina Walker Licensing Specialist 410-925-1662
Nancy Cahill-Soilder Licensing Specialist/Trainer 410-925-1662
Geneva Markon Licensing Specialist 443-985-9990





BALTIMORE COUNTY FIELD OFFICE (REGION III)		
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Andrea Brown	Office Secretary	410-583-6200
Patricia Duff	Licensing Supervisor	410-583-6224
Theresa Chesworth	Licensing Supervisor	410-583-6206
Anna Tross	Licensing Specialist	410-583-6207
Lisa Weeks	Licensing Specialist/Trainer	410-583-6208
Antoinette Harvey	Licensing Specialist	410-583-6218
Cheryl Johnson	Licensing Specialist	410-583-6217
Felicja White	Licensing Specialist/Trainer	410-583-6222
Molly McGuff	Licensing Specialist/Trainer	410-583-6211
Michele Grant	Licensing Specialist/Trainer	410-583-6216
Jennifer Woodard	Licensing Specialist	410-583-6223
Kara Young	Licensing Specialist	410-583-6221
Donna Lorenz	Licensing Specialist	410-583-6209

CARROLL COUNTY FIELD OFFICE (REGION XII)		
1501 Lewis Rd., Suite 205, Elicottville, Maryland 21764		
Sharon Albrecht	Regional Manager	410-549-6489
Patricia Luffon-Nalley	Licensing Supervisor	410-750-7940
Susan Newell	Licensing Specialist	410-549-6493
Tammy Gutland	Licensing Specialist	410-549-6492
Lee Crooken	Licensing Specialist/Trainer (a certified in Howard and Carroll with a Carroll office)	410-549-6498

FREDERICK COUNTY FIELD OFFICE (REGION XI)		
1303 Spectrum Dr., Suite C, Frederick, Maryland 21703		
Sherry Tidgavis	Acting Regional Manager	410-747-6766
Kathy Long	Licensing Specialist/Supervisor	301-496-9164 ext. 5
Amy Cheli	Licensing Specialist	301-496-9164 ext. 7
Jennifer Thompson	Licensing Specialist/Trainer	301-496-9164 ext. 9
Lisa Gordon	Licensing Specialist	301-496-9164 ext. 2



MONTGOMERY OFFICE OF CHILD CARE (REGION VI)		
15 Henson Park, Suite 200, Bethesda, Maryland 20814		
Laurie Moran	Regional Manager	301-314-1400
Lateya Jones	Office Secretary	301-314-1400
Carol McEllan	Licensing Supervisor	301-314-1402
Rosanna Soto	Licensing Supervisor	301-314-1427
Marika Lewis-Appeman	Licensing Specialist	301-314-1428
Monica Barnes	Licensing Specialist	301-314-1420
Getana Djar Fuentes	Licensing Specialist	301-314-1416
Kaund Green	Licensing Specialist	301-314-1404
Patricia Harrel	Licensing Specialist	301-314-1410
Davina Rabin-Hopkins	Licensing Specialist	301-314-1424
Lata Williams	Licensing Specialist	301-314-1423
Darisa Mills	Licensing Specialist	301-314-1405
Maddalena Samal	Licensing Specialist	301-314-1415
James Sherman	Licensing Specialist	301-314-1407
Gertrude Tetah	Licensing Specialist	301-314-1407
Flour Bagador	Licensing Specialist/Trainer	301-314-1411
Amanda Bricell	Licensing Specialist/Trainer	301-314-1406

NORTH CENTRAL OFFICE OF CHILD CARE (REGION IV)		
2205 L.A.B. Executive Bld., Annapolis, Maryland 21403		
Beth O'Connor	Regional Manager	410-549-2979 Ext. 200
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Betty Johnson	Licensing Specialist	410-549-2979 Ext. 208
Christine Johnson	Licensing Specialist	410-549-2979 Ext. 207
Darlene McDevide	Licensing Specialist/Trainer	410-549-2979 Ext. 212
Nancy Miller	Licensing Specialist	410-549-2979 Ext. 204
Darlene Perry	Licensing Specialist	410-549-2979 Ext. 206
Lafabre Quarlesman	Licensing Specialist	410-549-2979 Ext. 205



UPPER MIDDLE OFFICE OF CHILD CARE (REGION VIII)		
301 Bay St., Suite 200, Calverton, Maryland 21813		
Sandy Kepler Alvar	Regional Manager	410-819-5801
Jane "Beth" Hill	Licensing Specialist	410-819-5801
Alfreda Bruns	Licensing Specialist	410-819-5801
Emily Marvel	Licensing Specialist	410-819-5801

WASHINGTON COUNTY OFFICE OF CHILD CARE (REGION VII)		
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Jennifer Campbell	Acting Regional Manager/Licensing Specialist/Supervisor	301-791-4585
Dea Myers	Office Secretary	301-791-4585
Audrey Gates - Farrell	Licensing Specialist	301-791-4585
Deann Gipe	Licensing Specialist	301-791-4585



GARRETT COUNTY OFFICE OF CHILD CARE (REGION VII)		
410 Center St., Suite B, Oakland, Maryland 21550		
Deanna Rodhouse	Licensing Specialist	301-334-3426

HOWARD COUNTY OFFICE OF CHILD CARE (REGION IX)		
3300 North Ridge Rd., Suite 190, Ellicott City, Maryland 21043		
Sharon Albrecht	Regional Manager	410-750-6770
Brigid Blane	Office Secretary	410-750-6770
Patricia Luffon-Nalley	Licensing Supervisor	410-750-7940
Sara Moran	Licensing Specialist	410-750-6601
Genene Grube	Licensing Specialist/Trainer	410-750-6772
Michele Bonaman	Licensing Specialist	410-750-6773
Lisa Warner	Licensing Specialist	410-750-6774
Paul Skoda	Licensing Specialist	410-750-6953
Nancy Louie	Licensing Specialist/Trainer	410-750-6034

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Angela L. Bell	Office Secretary	410-713-3430
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Teresa Hanley	Licensing Specialist	410-713-3434
Adriana Brown	Licensing Specialist	410-713-3434
Suzanne Ruark	Regional Manager	410-713-3435
Angela L. Bell	Office Secretary	410-713-3430
Jacqueline Mauld	Lead Licensing Specialist	410-713-6999
Teresa Hanley	Licensing Specialist	410-713-3434



PRINCE GEORGE'S COUNTY OFFICE OF CHILD CARE (REGION IV)		
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Sophia Berry	Licensing Specialist/Trainer	301-333-6949
Vicki Egan	Licensing Specialist	301-333-6970
Felicia Fennel	Licensing Specialist/Trainer	301-333-6940
LuDeva Griffin	Licensing Specialist/Trainer	301-333-6947
Yvonne Henderson	Licensing Specialist	301-333-6948
Carlynn Hunt	Licensing Specialist	301-333-6957
Lafusa Johnson	Licensing Specialist	301-333-6956
Brenda Miller	Licensing Specialist	301-333-6959
Molly Pinsky	Licensing Specialist	301-333-6964
Patricia Reynolds	Licensing Specialist	301-333-6951
Stephanie Wheeler	Licensing Specialist	301-333-6950

SOUTHERN MARYLAND OFFICE OF CHILD CARE (REGION X)		
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Jay Ribbenton	Lead Licensing Specialist	301-475-3770
Julie Albert	Licensing Specialist	301-475-3770
Amy Farr	Licensing Specialist	301-475-3770
Rachel Hubert	Licensing Specialist/Trainer	301-475-3770
Kimberly McCadley	Licensing Specialist	301-475-3770
Suey Muddin	Licensing Specialist	301-475-3770
Deborah Shirley	Licensing Specialist	301-475-3770

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-July 26, 2022](#)**

**[Tuesday Tidbits-August 9, 2022](#)**

**[Tuesday Tidbits-July 13, 2022](#)**

**[Tuesday Tidbits-June 28, 2022](#)**

**Appendix A: MDH/MSDE Guidance for COVID-19 Symptoms, Isolation, and Quarantine**

Staff or Student/Child with	Guidance for Management
COVID-19 symptoms	<ul style="list-style-type: none"> <li>• Staff or student/child should not attend or work in a school or child care setting</li> <li>• COVID-19 testing is recommended</li> <li>• If test is negative, may return when symptoms have improved, no fever for 24 hours without medication, and applicable criteria in the <a href="#">Communicable Diseases Summary</a> have been met</li> </ul>
Positive test for COVID-19, regardless of symptoms	<ul style="list-style-type: none"> <li>• Staff or student/child must stay home for 5 days from the start of symptoms or from the date of the positive test if no symptoms</li> <li>• After day 5, may return if symptoms have improved and no fever for at least 24 hours without medication</li> <li>• Upon return, must wear a mask for 5 additional days (except while eating, drinking, sleeping or outside)</li> <li>• If unable to wear a mask, may return if they have a negative test at day 5 or later; otherwise, they should remain at home for days 6 -10</li> </ul>
Close contact with someone with known or suspected COVID-19 but no symptoms	<ul style="list-style-type: none"> <li>• Staff or student/child can continue to work in or attend school and child care regardless of vaccination status</li> <li>• Those who can mask should do so for 10 days from the last day of exposure</li> <li>• A test at 3-5 days after exposure is recommended, especially for those who cannot mask (ex. children under 2 years of age).</li> </ul>



## 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 1 (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



## Paper Towel Drip Drop

### Description

Little ones work fine-motor skills to create this masterpiece. Dilute cups of colorful paint and place an eyedropper in each one. Have a child place a paper towel over a 9" x 12" sheet of white construction paper. Next, have them use eyedroppers to drip paint on the paper

towel. (Note: Check to make sure the paint is seeping through the paper towel to the paper beneath it. Absorbent paper towels will need more paint.) When they are finished, the child removes the paper towel to reveal the colorful marks on the paper below.

**Tip:** The paper towels used in this project are works of art as well! Consider letting the paint dry and then cut the paper towel into many pieces to make a colorful collage.

## RECIPES



adapted from [themailbox.com](http://themailbox.com)

## Edible Self-Portraits

Description

These self-likenesses will be as unique as your students. Encourage each youngster to use a desired combination of vegetables to create his masterpiece. Then dip the pieces in salad dressing. Yum!

Ingredients for one:

- thinly sliced pepper strips
- thinly sliced cucumber rounds
- thinly sliced cherry tomato slices
- sugar snap peas
- julienned carrots
- light salad dressing in a cup

Supplies:

- paper plate

## HCFCCA FUNDRAISERS

Please sign up to volunteer at this back-to-school event on Saturday, 8/13 at Elkridge Elementary School from 9:30am-1:00pm. You will receive a PAU for this event if you can make a commitment to stay all that hour. Send me (Uyen) a text or call at (443) 220-7336 for questions and my address. Thank you!





**JustLiving Advocacy, Inc.**

Jul 5 · 🌐

It's time to collect school supplies and donations for our annual Back to School event, which will be held on Saturday, August 13th at Elkridge Elementary School.

Please Save the Date and consider donating!

Some of the things we are looking for:

- Spiral Notebooks
- Pencils, Pens
- BACKPACKS
- Folders, Pencil Sharpners
- Crayons, Highlighters
- Erasers, Folders
- Index Cards
- Binders
- Composition Notebooks
- Rulers

Drop-off locations:

\* JustLiving Advocacy at the Nonprofit Collaborative:  
9770 Patuxent Woods Dr. Columbia, MD 21046

\* Multi-Service Center at 9900 Washington Blvd North  
Laurel, MD 20723

**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

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- Effective against 30 types of bacteria and 26 types of viruses, including human coronavirus. †2

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



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## HCFCCA PROVIDER INFORMATION



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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