



PFCEEA Quarterly



February 2012 Winter Edition

A Message From Your President

Another new year has started and the PFCEEA board is busy planning a great year for everyone! We hope you will enjoy what we're planning and will spread the word to your friends. In addition to our 11 monthly trainings, we are now putting the finishing touches on a Saturday training to be held this spring. Look inside this newsletter for more information.

On a personal note, I have been receiving a lot of mail lately regarding a milestone birthday coming my way in a few months. It started me thinking and hoping our members have already started to plan for their retirements. Trust me, Social Security will *not* be enough for you to live on and if you haven't started, you might want to give it some thought. Take a look inside for Retirement planning.

The economy is slowly coming back, but food prices are rising. What is a provider to do when she has to feed her family and her childcare children? To make matters worse, Angel Food Ministries has shut down. Let us know how you're making ends meet.

Sending you warm thoughts,
Marie McFadden



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Welcome to our new PFCEEA members
We are happy you have joined.

Light Years Infant Care Center
Kimberly Epperson
Gail Comer
Michelle Wiggins
Virginia Thacker

Membership Report

We are down to 89 members as of the end of December. Some of our expiring members are not renewing their memberships as some are retiring or going out of business. If you know someone who is a child-care provider, let them know about our monthly trainings. Our membership application is found on our website - www.pfceeaa.com We have members in each of the local cities: Chesapeake 22, Hampton 1, Norfolk 21, Portsmouth 9, Suffolk 2, and Virginia Beach 33. Our website is updated each month; new members are added and expired members are deleted. If your membership is due to renew, don't risk having your name deleted from our website, send in your renewal form. If your phone number or email address has changed, let us know so we can make the changes to the website. Parents won't be able to contact you if your correct information isn't available. A total of 359 people have joined since 2001.

Submitted by Randee Holmes



Social Secretary

I welcome gift bags or baskets for the door prizes at our monthly trainings. Not only do I send out cards for birthday and anniversaries, I also send out cards for illness and grieving for the loss of a loved one. You can either send me an email, or let Randee or Marie know and they will pass it on.

Submitted by Diane McEwen
Social Secretary d_t.1@cox.net



How to Contact PFCEEAA

Email: pfceeaa@yahoo.com

Website: www.pfceeaa.com

Facebook: Professional Family Child Care &
Early Educational Association

PFCEEAA Executive Board

President

Marie McFadden 482-9470

Vice-President

Randee Holmes 479-9579

Treasurer

Wanda DiNardo 486-4582

Corresponding Secretary

Azure (Kesha) Howell 623-7514



Standing Committees

Advertising

Jan Coffman 499-6474

Historian

Jan Coffman 499-6474

Marketing

Fern Rohrer 857-7948

Jan Coffman 499-6474

Membership

Randee Holmes 479-9579

Newsletter

Marie McFadden, Editor 482-9470

Phone Tree

Cindy Sisson 421-7901

Resource & Referral

Laurie Womack 486-1840

Social Secretary

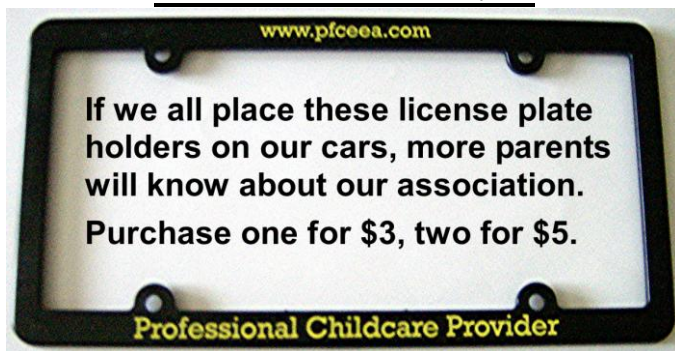
Diane McEwen 490-2371

Candii House

We made 2 large donations this quarter to Candii House. Items accepted are: dry food goods, can foods, very gently used men's, women's, & children's clothing, new personal hygiene products, baby diapers, and unopened formula. Stuffed animals are not accepted at this time. Call me if you have anything to donate. Submitted by Beth Kaminski



License Plate Frames



Phone Tree Report

The Phone Tree was activated for each training. I email everyone making the calls & follow up with a phone call. In January I contacted everyone on the list and if their phone number was disconnected, or they are out of business, I deleted their name from the list. This shortened the list a bit, but we still have almost 400 names on the list. I have 10 wonderful ladies making calls. I am very thankful for all the help as it would take a week for one person to make all the calls. If you are interested in helping out, you must have internet, call Cindy Sisson at 421-7901. The more people helping, the fewer calls each person needs to make.

Cindy Sisson,
Phone Tree Chairwoman



PFCEEA Meeting Schedule

To register for all training meetings, email pfceea@yahoo.com or call Marie at 482-9470. PFCEEA members receive the training certificate for free, **non-members pay \$10 cash at the door.**

Our meetings are held in the Virginia Beach Central Library Auditorium from 7-9 pm. Let us know if you have a topic or speaker we haven't presented. Mark your calendars:

2012 training dates:

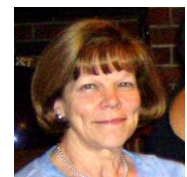
March 26, April 23, May 7

Marketing Report

Fern distributed our pens and business cards at the Norfolk Health Department as well as Doctors & Dentists offices. She also handed out our pens and business cards in Portsmouth at the Planning Council meetings. She has also been placing our business cards in with payments for her local bills.

The next time you attend one of our trainings, pick up a few of our business cards to hand out to parents who are searching for childcare especially if you are full or don't accept their child's age. In addition to placing ads in the Virginian Pilot, we will also place alternating ads in the military newspaper.

Submitted by Fern Rohrer & Jan Coffman



Fern 857-7948/ Jan Coffman 499-6474.

Pictures of our December Dinner



Beth



Fern

Jan, Regina, & Stephanie



Jan

Regina



Diane



Laurie, Fern, Regina, Jan, & Stephanie



Joseph

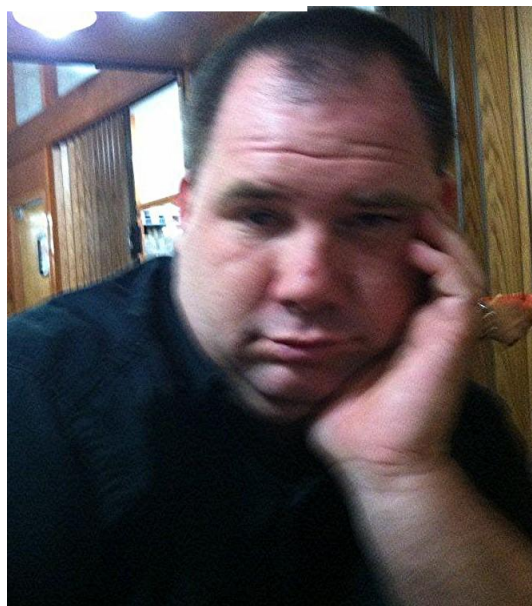


Randee

Marie



Laurie



Tom



Regina

Jan



Jan

Stephanie

Interesting Websites

www.donotcall.gov Add your # to the registry
<http://www.tomcopelandblog.com/> tax info

March Activities

http://www.dltk-kids.com/crafts/march_weather.htm
<http://www.first-school.ws/theme/occasions3.htm>
<http://www.enchantedlearning.com/crafts/stpatrick/>
<http://www.apples4theteacher.com/holidays/spring/>

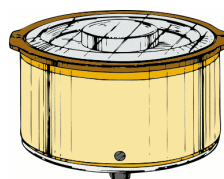
April Activities

<http://www.kinderart.com/seasons/apr.shtml>
http://www.craftideas.info/html/easter_centerpiece_d.html

May Activities

<http://crafts.kaboose.com/may-day-crafts.html>
<http://www.first-school.ws/theme/occasions5.htm>
<http://www.mothers-home.com/activities/sherri2.htm>
http://familycrafts.about.com/od/prekandkindergarten/Crafts_for_PreK_and_Kindergarten.htm

Recipe Corner



30 minute quick & easy meals

<http://www.momswhothink.com/quick-and-easy-dinner-recipes/quick-and-easy-30-minute-meals.html>

<http://www.bettycrocker.com/menus-holidays-parties/everyday-meals/dinner-made-easy>

<http://www.quick-and-easy-dinner.com/>

<http://www.bhg.com/recipes/quick-easy/dinners-30-minutes-less/>

<http://family.go.com/food/pkg-quick-easy-recipes/>

<http://www.foodnetwork.com/quick-and-easy/index.html>

Tips for New Regulations

With Spring coming in a few short weeks, take this opportunity to give all toys, equipment, fencing, and steps a good inspection for cracks or deterioration.

Double check the list of items required for your first aid kit and take out anything that is not listed in the current set of standards.

Check food and beverages you have in your evacuation bag for expiration dates. Rotate your items so you can still use those items before they expire. Make a note of new expiration dates so at a glance you can tell what items need to be replaced.

If you have a fireplace, make sure to have it inspected annually, even if you don't use the fireplace.

All medications should be out of reach of children in a locked cabinet.

All appliances should be unplugged when not in use.

Forms for State Licensed Child Care Providers

To make sure you have all of the forms DSS requires us to have in each child's record, you can go to:

http://www.dss.virginia.gov/facility/child_care/licensed/fdh/index.cgi

Click on "Current FDH providers (includes forms)" this should show you all the forms you need to be using.

Back by Popular Demand

Saturday Training Opportunity



PFCEEA will hold a 6 or 7 hour training on Saturday, May 19 in the Virginia Beach Law Enforcement Training Academy located at 411 Integrity Way, Virginia Beach. This will be a no frills training. There will be no exhibitors, no lunch served, just great training! Currently we are planning 2 three hour sessions from 9 am to noon, lunch on your own from 12 to 1:30, then 2 more three hour sessions from 1:30 to 4:30 for a total of 6 hours of training. We do have an option for those who choose to bring their own lunch to eat in the cafeteria and sit in on a one hour training giving a total of 7 hours of training. We are also going to impose a "no walk-ins" policy. Everyone attending will be asked to send payment in with the registration form. The registration form will be posted to our website - www.pfcee.com and we will also email it to our contacts. If you know of someone who might be interested in attending, tell them to go to our website, or give us a call.



Planning for Retirement

By: Marie McFadden

Are you headed in the right direction for your retirement?

To some of you I know retirement is many, many years away. If you haven't thought about setting money aside you might want to give it a little thought now. We know if we were working for a company we could allot x # of dollars for a 401 K plan and our employers would also be contributing some money too. It is such a simple plan, but for some reason when we are working for ourselves saving for retirement is put on the back burner until bills are paid off. Isn't it funny how when one bill is finally paid off, another one jumps in right away? The plain truth is we need to bite the bullet and start setting aside something because if we don't do it, no one else will do it for us. If you start with 10 - 15% of your weekly salary it might be \$90 per week, \$360 per month, which becomes \$4,320 in a year's time without any interest. Right now

interest rates are very low, but it's better than nothing. I am not a financial wizard, but some places to put your money with no risk would be a savings account, IRA, or CD. Shop around to see which bank will give you the highest rate of interest and if you haven't already started to save, do yourself a favor and start now. the results will be worth it!



January Training



PFCEEA started off 2012 with a bang! We were excited to see 114 people attend our January training, "Developmentally Appropriate Activities for Children 6 weeks Through 5 years" presented by Trisha Brown. We're looking forward to our upcoming trainings and hoping everyone returns each month.



Our March training will be held on Monday, March 26 beginning at 7 pm in the auditorium of the Virginia Beach Central Library. The topic **"The Environment: Impacting Children's Learning & Behavior"** will be presented by Marsha Windell. To reserve your seat email us: pfceea@yahoo.com or call Marie at 482-9470.



Inspection Protocol for Licensed Child Day Programs

The VDSS Division of Licensing Programs (DOLP) has posted the Inspection Protocol for Licensed Child Day Programs on the VDSS Public Web Site for licensed family day homes under *Guidance Documents and Procedures*. The official date of implementation of the protocol is Oct. 31, 2011. The protocol describes the procedures used by DOLP Inspectors when inspecting licensed family day homes.

Special Note—There has been one change in the protocol since the provider training sessions were conducted this fall by the Regional Licensing Offices. The Inspection Notice has been removed from the protocol. The Inspection Notice will still be available from your Inspector if you wish to post the Inspection Notice during inspections.

http://www.dss.virginia.gov/files/division/licensing/fdh/intro_page/current_providers/guidance_procedures/protocol_for_inspections_at_licensed_child_day_programs.pdf



Happy Spring!

Safe Harbor Awards

Children's Harbor is holding their 11th annual Safe Harbor Awards on May 17, 2012 in the Norfolk Plaza Hotel, Downtown Norfolk. Last year our President, Marie McFadden was one of 10 recipients. They are looking for nominations for 2012, do you know anyone who has made a difference in the life of a child? If so, here are the

Nomination Guidelines:

Nominations must be typed or printed legibly on standard 8½x11 paper using size 10 font or larger. Accurate and complete information is important. Please provide information concerning the nominee's accomplishments during the period of January 1, 2011 through December 31, 2011.

Nomination deadline is March 15, 2012.

Include the person's full name, address, phone #, and email address. Then you will need to give information on the following: the nominee's community impact, any major accomplishments or awards, & other significant activities or achievements. You will also need to submit your name, address, phone, and email address as the person doing the nominating.

Submit your nomination to:

Children's Harbor Corporate Office
702 London St., Portsmouth, VA 23704
phone 397-2981,
email: info@childrensharbor.cc

Things to Remember



To see the guide for new crib standards, go to: www.cpsc.gov
Crib manufacturers had to start making cribs under the new regulations in June 2011. Providers have until **December 28, 2012** to purchase new cribs.



If you need training hours:
PFCEEA's training dates are on our website www.pfceeaa.com



Grocery shopping opportunities with:
Restaurant Depot - Witchduck Rd & VA Bch Blvd, no membership fee, however, you will need to show your city business license <http://www.restaurantdepot.com/>
March specials http://www.restaurantbyclick.com/rd/BranchPdfFlyers/mar12_vb.pdf



If you are cleaning closets, please donate your unwanted items for our door prizes, this includes gift bags or baskets. Contact Diane McEwen at 490-2371



If you have baby food, formula (no open containers), diapers or gently used baby, child, or adult clothing, PFCEEA makes donations to Candii House. Contact Beth Kaminski 853-4505 or bring your items to our meetings.



Help advertise PFCEEA and all of our individual businesses by purchasing a license plate frame for your car. They are available at our training meetings - \$3 for 1, or \$5 for 2.



Saturday training on May 19, we will send out registration forms in a few weeks. Let us know if you'd like us to send you a registration form.



If you have any comments, suggestions, or concerns, please email us at: pfceeaa@yahoo.com Or call Marie at 482-9470.

facebook

PFCEEA has a Facebook account - join us - go to Facebook.com and search for Pfceeaa



Our website is: www.pfceeaa.com