



PFCEEA Quarterly

August 2009 Summer Edition

www.pfceeaa.com

A Message from Your President

I hope all had a wonderful summer, school is back in session and fall is in the air. Flu season is right around the corner and I urge you to inform your parents of your sick policies before illness strikes. This year we have seasonal flu and H1N1 (swine flu), so be prepared to deal with your policy for sick children because the CDC is warning against major flu outbreaks. Flu shots will be available from September on for seasonal flu but for the H1N1 it might be as late as the end of October. The easy steps to remember, wash hands with soap, cover coughs, and call parents if fever is over 100 degrees. Refer to page 9 for more on seasonal flu and H1N1.

We are currently gearing up for the October 17th Conference with the Virginia Alliance, "Child Care Providers - We're on the Move". We will be located at the Virginia Beach Law Enforcement Training Academy from 8:30 to 5:00. We have two great keynote speakers for this event, "BOCA Beth" and John "Kinderman" Taylor plus many great training topics to choose from. The registration form is attached, and early bird prices are in effect until October 1st, so get your registration in for the best choices of classes.

If you are a licensed provider you are wondering what happened with the final outcome of the regulations read on: The State Board of Social Services must approve the
(continued on page 5)

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Welcome to our new PFCEEA Members

We are happy you have joined!

Zelda Brown

Donna King

Angel Daley

Rhonda Brock

Veronica Williamson

Laila Walsh

Dana Harris

Angela Howard

Membership Report

It looks like the recession has finally hit PFCEEA as more and more members are getting out to the child care business and therefore not renewing their membership with us. For the first time in over 2 years, we have less than 100 members. Even though our membership numbers have taken a dip, we remain a very strong association, and I'm confident the numbers will rise again. All of our members are now also members of the state child care association, The Virginia Alliance of Family Child Care Associations. (continued on page 4)

Social Secretary

Birthday and anniversary cards are being sent out monthly. We also send wedding, new babies of members, sympathy and get well cards. If you know of a member that should receive one please contact me. I send out approximately 30 to 40 cards a month.

A door prize is given each month. Any donations for this may be brought to each meeting. If you have any gift bags or baskets that you are no longer going to use I could use them also.

The welcome bags are going well.

Submitted by Diane McEwen

Phone Tree Report

The Phone Tree was activated three times this quarter: June for the training on Nutrition, July for the Children's Tylenol Childcare Grants and other ways to improve your childcare business and, finally in August for the Playground Safety training. Thank you to my volunteers Laurie Womack, Jan Coffman, Randee Holmes, and Leilani Ojinaga. Great job ladies! If you would like to make some calls with us contact Beth Kaminski at 853-4505. Email access is required. Submitted by Beth Kaminski

How to Contact PFCEEA

Email: pfceea@yahoo.com

Website: www.pfceea.com

Email Loop: <http://groups.yahoo.com>

Under "Join a group" type in PFCEEA

PFCEEA Executive Board

President

Janis Ingham 498-3303

Vice-President

Amy Stovall 340-2148

Treasurer

Wanda DiNardo 486-4582

Corresponding Secretary

Nannette Huff 422-1891

Membership

Marie McFadden 482-9470



Standing Committees

Advertising

Marie McFadden 482-9470

Historian

Beth Kaminski 853-4504

Janice Coffman 499-6474

Marketing

Fern Rohrer 857-7948

Marie McFadden 482-9470

Newsletter

Marie McFadden 482-9470

Phone Tree

Beth Kaminski 853-4504

Resource & Referral

Laurie Womack 486-1840

Social Secretary

Diane McEwen 490-2371

PFCEEA Meeting Schedule

Please email pfceea@yahoo, or call 482-9470 to register for all meetings. In case we have to cancel a meeting, we will know whom to notify. This also helps us know how many certificates to bring as well as tell the speaker how many people to expect. PFCEEA members receive the training certificate for free, non-members pay \$5. We are now bringing our unused coupons to all of our meetings for everyone to share.

Training Meetings

We have speakers lined up for October and November, and will notify you of the specific dates in the near future.

General Business Meeting

Monday, Sept 28 Phyllis Hamm's house
7 - 9 pm call 482-9470

Please try to attend this meeting; we can't vote on items if we don't have a quorum. We want to have all of our members voice their opinion on the running of the association.

Marketing Report

All of us have been hit by the economy and as a result, most of us still have openings. To help fill the openings, I am trying to explore different avenues and places to advertise PFCEEA. Please pass along places you know of where we can advertise. We continue to pass out business cards to all providers we meet and ask them if they are full to refer the parents to our website. Another month-long ad was placed in the Virginian Pilot as well as Pilot on line. In addition to Craigslist, I found another free online site to list our businesses - www.freelistingsonline.com

Submitted by Marie McFadden

Foodbank News

Saturday shopping days

October	November	Dec.
10 & 24	7 & 21	5 & 19

The Annual meeting for Child Care Providers will be on Monday, Oct 19 at 7 pm at the Foodbank building, 800 Tidewater Dr., Norfolk, VA. Please mark your calendar. If you miss this meeting you will only be able to make up the class in November & December. Beginning in January if you have not taken the class, your account will be closed.

April will be the last month providers will be able to send in money to their USDA sponsor for Foodbank Shopping.

A reminder: after June 2010, child care providers will not be able to continue shopping at the Foodbank. At the end of June, you will either be able to ask for a refund of any money left in your account or you can choose to make a donation to the Foodbank.

Submitted by Marie McFadden

Resource & Referral

The members list on the PFCEEA website was viewed 47 times in June, 50 times in July and 48 times in August. Last year it was viewed 77 times in June, 87 times in July and 65 times in August. These numbers reflect what everyone already knows - the recession has hit our area. We know things will get better soon especially if everyone helps one another.

Submitted by Laurie Womack

Kandii House

Beginning with our September meeting, I can accept your donations of baby food, formula, and clothing for the Kandii House. If you have a very large donation, call Nannette to schedule a pick up - 422-1891. Your donations are appreciated very much.

Membership Report continued

Since September of 2001, we have had 310 join PFCEEA; currently we have:

	'02	'03	'04	'05	'06	'07	'08	'09
Jan	51	59	86	93	99	91	116	107
Feb	52	64	87	99	98	94	120	106
Mar	55	67	97	108	99	102	118	100
Apr	62	68	94	108	98	90	119	106
May	67	71	90	116	94	95	104	92
Jun	68	73	92	118	92	103	116	109
Jul	70	76	89	117	90	105	110	107
Aug	73	81	98	115	94	109	112	98
Sep	75	82	100	105	93	120	121	
Oct	66	84	100	99	92	115	116	
Nov	64	85	91	99	90	108	110	
Dec	64	85	93	99	91	110	109	



DREAMSCAPE
PHOTOGRAPHY
Nancy E. Hannell
Owner-Operator
Weddings, Family, Boudoir,
Sports, Restoration, Schools

125 INDIAN CREEK ROAD
CHESAPEAKE, VA
23322

amazingdreamscapes.com
email: dscapel@verizon.net
757-421-3152 cell 757-575-0183

Interesting Websites

Coupons - www.moneysavers.com
www.southern savers.com
www.pillsbury.com
www.bettycrocker.com
<http://discounts.shopathome.com/Coupon-Directory.aspx>
 Free advertising-www.freelistingsonline.com
 New search engine - <http://askboth.com>
 Make animated pictures - www.makeagif.com/
 Touch up Photos - <http://makeup.pho.to/>
 Free Business Cards -
<http://www.freepdfcards.com/>

Submitted by Marie McFadden

Recipe Corner

We all want to try new recipes from time to time, but we are more apt to try it if we know someone has already made it and their family enjoyed it. Please feel free to share any of your recipes with us. Email them to pfceea@yahoo.com

Taco Soup

1 pound of ground beef
 1 large can tomato sauce
 2 cans stewed tomatoes
 1 envelope Taco seasoning
 3 cups water (a little less for thicker soup)
 1 can drained corn (or any veggie)
 1 can refried beans

Brown the meat before adding other ingredients, then cook for 1 hour. Top with shredded cheese and serve with Fritos.

Wraps

Want to mix things up? Try a tortilla! This versatile, low-fat Mexican staple tastes great filled with veggies, beans, and hummus. Or, top with tomato sauce and cheese for a healthy personal pizza.

Peanut Butter and Banana Wrap

1/2 cup creamy peanut butter
 4 whole wheat or regular flour tortillas (8-10")
 1/4 cup honey
 2 small bananas, sliced
 1/4 cup miniature semisweet chocolate Chips (optional)
 Spread 2 T peanut butter over each tortilla. Drizzle 1 T honey, top with banana slices & chocolate chips. Roll up tortillas.

Submitted by Janis Ingham

President's Message continued from pg 1

proposed final regulation before it will be made available to the public. The State Board will vote on approving the final proposed regulation at their August 19, 2009 meeting. If they approve the regulation, it will be immediately available for the public to see at: vatownhall@dpb.virginia.gov. The regulation must be approved by the Department of Planning and Budget, the Secretary of Health and Human resources, and the Governor's Office before it can be printed in the *Virginia Register of Regulations*. If/when it is printed in the *Register*, there is another 30-day public comment period before the regulation becomes final. If the regulation is approved at all these steps, you will receive notice of training available on the new regulations. The regulation will not be effective until training has been made available to family day home operators.

Our board meeting will be September 28th at Phyllis Hamm's house, please come and support your association. We need fresh ideas and assistance in determining our future course. As meeting space is getting harder to reserve and trainers are busy we are considering holding quarterly trainings with a business meeting on Saturday's. We will discuss this with other agenda items at the board meeting on the 28th, please join us and voice your opinion.

Sincerely,

Janis Ingham

President, PFCEEA

Saturday, October 17, 2009
Virginia State Child Care Conference
Virginia Beach, VA

Have you heard?

PFCEEA is co-hosting this year's state child care conference right here in our own back yard - The Virginia Beach Law Enforcement Training Academy to be exact. If you have attended our Child Care Extravaganzas, you know some of the classrooms are small. If you plan to attend this conference, don't delay in sending in your registration form as they have already received more registrations than they anticipated receiving at this early date. If you haven't attended a state conference, this is the perfect one to attend. The price for all day including lunch is a very affordable \$35. In the past, the Alliance has charged over \$100 for a 1-day conference. To sweeten the deal, each local association is able to give 1 full scholarship to a member of their association. Also, the Alliance is giving 10 scholarships to first time attendees. The person would pay for the conference and indicate on their form they would like to apply for a first time attendee scholarship. If more than 10 requests are received, names will be drawn from a hat and the winners will be notified at the conference. In addition to the above scholarships, the USDA Sponsors Association is awarding 50 \$20 scholarships. Contact your USDA sponsor for the details. The full 8 page conference registration packet can be viewed on our website: <http://pfceea.com>, click on "Upcoming Workshops & Meetings", the Conference registration form is on the top of the page. Please see pages 9 & 10 of this newsletter for the list of workshops and the registration form. If you have any questions, call Janis at 498-3303 or Marie at 482-9470 or, email to: pfceea@yahoo.com

June 2009 Training Meeting Pictures
"Nutrition for Children" presented by Bonnie Tazewell



June 27 Baltimore, Maryland NAFCC conference



**Tom
Randee**

**Marie
Stephanie
Melody**

July 20 Training Meeting

"Incentives For Enhancing Your Childcare Business" presented by Dawn Garrigus



Dawn

Janis



Joann



Hilda

August 17 Training Meeting

"Playground Safety"



USDA Recordkeeping by Stephanie



Speaker Toni Cacace-Beshears



Our attendees



Door Prize winners

Seasonal and H1N1 Flu Signs and Recommendations from the CDC

Doctors are reporting a severe form of swine flu that goes straight to the lungs, causing severe illness in otherwise healthy young people and requiring expensive hospital treatment, the World Health Organization said on Friday."

Children less than 5 years of age are at increased risk of complications from influenza (flu); the risk is greater among children less than 2 years old. Importantly, infants less than 6 months of age represent a particularly vulnerable group because they are too young to receive the seasonal or 2009 H1N1 influenza vaccine; as a result, individuals responsible for caring for these children constitute a high-priority group for early vaccination. Influenza vaccination is the primary means of preventing flu. Additionally, infection control measures are recommended to reduce the spread of flu. However, early childhood settings present unique challenges for infection control due to the highly vulnerable population, close interpersonal contact, shared toys and other objects, and limited ability of young children to understand or practice good respiratory etiquette and hand hygiene. Thus, parents, early childhood providers, and public health officials should be aware that, even under the best of circumstances, transmission of infectious diseases such as flu cannot be completely prevented in early childhood or other settings. No policy can keep everyone who is potentially infectious out of these settings. Early childhood providers should frequently remind children, their families, and staff about the importance of staying home when ill; early treatment for people at higher risk for flu complications; hand hygiene; and respiratory etiquette.

Get vaccinated against the flu: The best way to protect against the flu - seasonal or 2009 H1N1 - is to get vaccinated. A vaccine will be available this year, as it is each year, to protect against seasonal influenza. Vaccine to protect against the 2009 H1N1 flu virus is currently in production, and initial doses are expected to become available later in the fall. The five primary target groups for vaccination against 2009 H1N1 flu include pregnant women, people who live with or care for children younger than 6 months of age, healthcare and emergency medical services personnel, people age 6 months through 24 years, and people age 25 through 64 years who have underlying medical conditions that put them at higher risk of complications from influenza. All children and many staff in early childhood settings will fall within these groups and should be among the first to receive the 2009 H1N1 flu vaccine. Visit <http://www.cdc.gov/h1n1flu/vaccination> for more information.

Stay home when sick: Children and caregivers with flu-like illness should remain at home and away from others until at least 24 hours after they are free of fever (100° F) (greater when measured orally), or signs of a fever, without the use of fever-reducing medications. Symptoms of 2009 H1N1 flu virus can include fever, cough, sore throat, runny or stuffy nose, body aches, headache, chills, and fatigue, and sometimes diarrhea and vomiting. To the extent possible, sick individuals should stay at home and avoid contact with others until they have been without fever for 24 hours, except when necessary to seek medical care. Epidemiologic data collected during spring 2009 found that most people with 2009 H1N1 flu who were not hospitalized had a fever that lasted 2 to 4 days; this would result in an exclusion period of 3 to 5 days after onset of symptoms in most cases. CDC recommends this exclusion period whether or not antiviral medications are used.

Virginia State Child Care Conference
Saturday, October 17, 2009 8:30 am to 4:50 pm
411 Integrity Way, Virginia Beach, VA 23451

Directions: <http://www.bing.com/maps/> <http://maps.yahoo.com> <http://www.maps.google.com>

Five Training Hours
2 Keynote Speakers
John "Kinderman" Taylor and "Boca Beth"

NOTE:

To see the full version of this conference registration brochure, go to www.pfceea.com click on "Upcoming Workshops and Meetings", then, click on "conference registration form". Or, send an email to: pfceea@yahoo.com and request the conference information be emailed to you. If you have questions regarding this conference, please call Marie at 757-482-9470 or Janis at 757-498-3303.

HOTEL: The DoubleTree Hotel, 1900 Pavilion Drive, Virginia Beach, VA has given us a rate of \$85 per night. To receive this rate, make reservations prior to September 16 by calling 1-800-222-8733. After September 16, call the hotel directly to see if any rooms are still available 757-437-2026.

LUNCH: your choice of sandwich or wrap (see next page)

Workshop Session 1 (choose 1)

- A. Boca Beth workshop presented by Beth Butler, a.k.a. Boca Beth
- B. Tips to Build & Protect Assets in a Tough Economy: presented by John Governor
- C. Baby Sign: basic Sign Language presented by Ellen Baker & Holly Boyce
- D. Autism: Signs & Symptoms presented by Nancy Harris-Kroll

Workshop Session 2 (choose 1)

- A. Kindercise Workshop presented by John "Kinderman" Taylor
- B. Business Basics (tax workshop) presented by Duane Bennett
- C. Health, Fitness & Movement presented by Rusty McQuade
- D. Special Needs and Chronically Ill Children (nutrition) presented by Abeba Tzeggai

Workshop Session 3 (choose 1)

- A. Licensing: Regulations & Information Update presented by Carol Troxell
- B. The Next Generation of Builders presented by Brenda Cubero
- C. QRIS Overview presented by Hilari Devine
- D. Nutritional Fun and Games presented by Debra Kupec & Mary Bashore
- E. Using Television as a Teaching Tool - PBS workshop presented by Marsha McLean

Some classrooms are small, to ensure you receive your class choices, we recommend you register as soon as possible. Early bird deadline is October 1.

Registration Form: "Child Care Providers - We're On The Move"

Please print clearly

Name: _____

Mailing address: _____

Phone: _____ email: _____

Are you a member of VAFCCA? _____ If no, would you like information on joining? _____

My local child care association is _____

_____ This will be my first Virginia Alliance Conference & I would like to apply for a scholarship from the Virginia Alliance. Call 757-482-9470 or email pfceea@yahoo.com for info.

The conference rate is \$35 (includes lunch) if registration form is post marked prior to Oct. 1, 2009. After October 1, please remit \$40 (we cannot guarantee a lunch, but will do our best)

Circle 1 ⇒	Turkey Wrap	Smoked Tuna Salad Wrap	Veggie Wrap	Turkey Sandwich	Smoked Tuna Salad Sandwich	Veggie Sandwich
Circle 1 ⇒		Soft drink Diet or Regular	or	Bottled water		

Circle ONE workshop choice from each session

Workshop session #1 Choose 1 ⇒	"Boca Beth" workshop	Tips to Build & Protect Assets	Baby Sign	Autism: Signs & Symptoms	
Workshop session #2 Choose 1 ⇒	"Kindercise"	Business Basics	Health, Fitness, & Movement	Special Needs & Chronically Ill Children	
Workshop Session #3 Choose 1 ⇒	Licensing: Regulations & Info	The Next Generation of Builders	QRIS overview	Nutritional Fun & Games	Using Television as a Teaching Tool

	Prior to Oct 1	After Oct 1	Enter amount paying
All day Conference including lunch	\$ 35	\$ 40	
Cpr only	\$ 45	\$ 45	
1 st aid only	\$ 35	\$ 35	
Both CPR & 1 st aid	\$ 70	\$ 70	
CPR/1 st Aid <u>and</u> Keynote #2 & workshop #3	\$ 80	\$ 85	

Total enclosed \$

Make checks or money orders payable to: VAFCCA Educational Fund

Mail to: **Sonia Jones, P.O. Box 473, Rocky Mount, VA 24151**