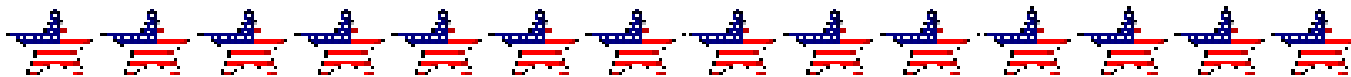




## PFCEEA Quarterly



May 2010 Spring Edition

[www.pfcee.com](http://www.pfcee.com)

### A Message From Your President

Welcome, if you are reading this newsletter for the first time or for the last few years I would like to take this opportunity to say thank you. This association has made an impact on so many people over the years because of members taking charge. Once again we need you to step up to take over the offices of President, Vice President, Treasurer, Secretary, and newsletter development. My term will expire as of December, please consider the future of our association; it is time to pass the reins to the next generation of child care providers. If you have questions about any of the positions please seek one of us out and ask, or they are posted on our website: [www.pfcee.com](http://www.pfcee.com) - we need your input.

With the summer months here all of us are outside more with our children, here are a few reminders about unstructured physical activity, and structured (adult-led) physical activities. The guidelines suggest:

Teacher-led physical activity at least twice a day

Outdoor play at least twice a day

Outdoor play space with open grassy areas, a paved surface for wheeled toys, and a wide variety of fixed play  
(continued on page 8)

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Welcome to our new PFCEEA members.  
For the first time in our history, no new members have joined this quarter.

We apologize for the delay in publishing this newsletter. With everyone's hectic schedules and the implementation of the new state licensing regulations it was pushed to the back burner. We will strive to meet all future deadlines.

## How to Contact PFCEEA

Email: [pfceea@yahoo.com](mailto:pfceea@yahoo.com)  
 Website: [www.pfceea.com](http://www.pfceea.com)  
 Email Loop: <http://groups.yahoo.com>  
 under "Join a group" type in PFCEEA  
 Facebook: Professional Family Child Care &  
 Early Educational Association

### Membership Report

As of the end of April, we have 87 members in good standing. Breakdown by city: 32 Virginia Beach, 26 Norfolk, 20 Chesapeake, 6 Portsmouth, 1 Suffolk, 1 Newport News, & 1 in New Orleans, LA.

For the first time since the association's inception, we have not had a new member join this past quarter; although many have renewed their memberships.

### Social Secretary

This time of year many of us are cleaning or rearranging closets. When you do your cleaning, please think of us. We might be able to use your items in our monthly door prizes. I am also accepting gift bags and baskets to hold the door prizes.

In addition to sending birthday and anniversary cards, I also send cards for illness and grieving for the loss of a loved one. To let me know a card needs to be sent, email [pfceea@yahoo.com](mailto:pfceea@yahoo.com) or let Marie or Janis know.

Submitted by Diane McEwen

### 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



### Standing Committees

	Advertising	
Marie McFadden		482-9470
	Historian	
Janice Coffman		499-6474
Beth Kaminski		853-4504
	Marketing	
Fern Rohrer		857-7948
Marie McFadden		482-9470
	Membership	
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

To register for all training meetings, please email [pfceea@yahoo.com](mailto:pfceea@yahoo.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free, non-members pay \$5.

There will be no training in July or August.

2010 meeting dates from September to December will be held in the Virginia Beach Central Library Auditorium from 7-9 pm. Please let us know if you have a topic or speaker we haven't presented in a while.

Mark your calendars:

Sept. 27, Oct 11,  
Nov 22, & Dec 6

### Resource & Referral

Another newspaper ad was placed in the Virginian Pilot to alert more parents of our association. Parents can go to our website: [www.pfceea.com](http://www.pfceea.com) to see a list of child care providers.

Submitted by Laurie Womack

### Phone Tree Report

The phone tree was activated four times this past quarter. Three calls were for monthly training meetings and the fourth was for our Extravaganza.

We still need additional volunteers, with email access. Please contact Beth Kaminski for more info - 853-4505 or email to: [mylittleschool@cox.net](mailto:mylittleschool@cox.net)

Submitted by Beth Kaminski

### Kandii House

PFCEEA accepts donations of baby food, formula, diapers along with gently used baby clothing to give to Kandii House. The formula and diapers can be from opened containers and all donations can be brought to any of our meetings.

Submitted by Nannette Huff

### Marketing Report

Marie is in the process of contacting licensed daycare centers to let them know they may attend our monthly training meetings. In March we had 19 members and 81 non-members attend our training. In July, training hours increased, and we're sure meeting attendance will increase as well.

Fern Rohrer & Marie McFadden

### License Plate Frames

In our quest for finding another way to market our association, and have parents find our website, PFCEEA purchased 200 license plate frames. We are selling them for: \$3 for 1 or \$5 for 2.

If we all have these on our cars, many people will see them and learn of our association. We will continue to sell them at all of our meetings; get yours before they are gone.

## Interesting Websites

<http://www.business.gov/> home based  
business help from IRS

[www.ultimatecoupons.com](http://www.ultimatecoupons.com) coupons

[www.918couponqueen.com](http://www.918couponqueen.com) coupons

[www.afrugalchick.com](http://www.afrugalchick.com) coupons

<http://spotcrime.com/> find out about crime  
in your area

[www.officesubscriptions.com](http://www.officesubscriptions.com) - reduced rate  
magazines

<http://www.cpsc.gov/cgi-bin/prod.aspx>  
Find recalled items

<http://www.ansci.cornell.edu/plants/php/plants.php>  
poisonous plants list

<http://www.frugalcooking.com/> frugal recipes

<http://www.betterbudgeting.com/frugalrecipelist.htm>  
frugal recipes

<http://www.stilltasty.com/> is my food still  
good

[http://www.fsis.usda.gov/food\\_safety\\_education/ask\\_karen/](http://www.fsis.usda.gov/food_safety_education/ask_karen/)  
food safety info

## Valley Food Service

PFCEEA recently secured an account with Valley Food Service (now called RFS Tidewater). Their new address is 1201 Progress Road, Suffolk VA. All items are sold in bulk and must be paid in cash at the time of pick up. Their available items and prices are listed on our website - [www.pfcea.com](http://www.pfcea.com) under "Benefits of Membership". Once you have decided which items you want to order, call Jackie at: 461-8000 X104. They will pull the items you ordered and have them waiting for you to pick up. Their hours of operation are: M - F 7:30 am to 4:30 pm and Saturday from 7:30 am to 12:30 pm. You can pick up your order in as little time as an hour after you place your order. All items are restaurant quality.

## Recipe Corner

### Monkey Bread

4 tubes biscuits  
 $\frac{3}{4}$  cup melted margarine  
 $\frac{1}{2}$  Tablespoon cinnamon  
1 cup sugar

Mix cinnamon and sugar together and set aside. Cut each biscuit into fourths. Dip each piece into melted margarine. Roll into cinnamon sugar mixture. Place pieces in a Bundt pan and bake at 350 degrees for approx. 40 minutes. Turn onto serving plate and let cool.

One serving is 4 "puffs" which is equal to 1 bread serving.

Recipe submitted by Donna Rosevear

We are always looking for new recipes or ideas for meals. Please send your ideas to [pfcea@yahoo.com](mailto:pfcea@yahoo.com)

Here are a few websites to help you create some new meals for your family and daycare children.

[www.topsecretrecipes.com/recipes.asp](http://www.topsecretrecipes.com/recipes.asp)  
[www.recipegoldmine.com](http://www.recipegoldmine.com)  
<http://copycat.cdtkitchen.com/>  
<http://www.copykat.com/>  
<http://recipes.robbiehaf.com/Copycat.html>  
<http://www.copycat-recipes.net/>

## Upcoming Conferences in 2010

VAFCCA - Aug 28 Lynchburg, VA  
For more info call Marie 482-9470

VAFCCA - Oct 23 Virginia Beach, VA  
For more information: [www.vafcca.org](http://www.vafcca.org)  
VAFCCA will pay \$300 to the association  
bringing the highest % of members

## Foodbank News

Our last shopping day was the end of June, if you had money left on your account, you can either request it back or give it to the Foodbank as a donation. You may want to check out Valley Foods on our website under "Benefits of Membership" or Angel Food Ministries online at: [www.angelfoodministries.com](http://www.angelfoodministries.com)

Currently there are at least 25 host sites in our area.

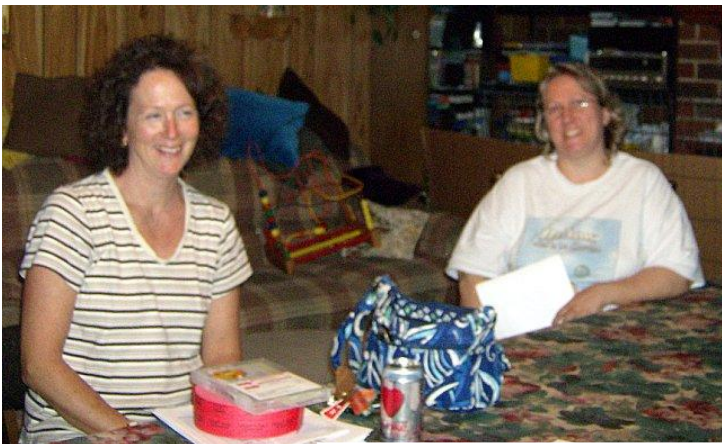
Submitted by Marie McFadden

## News from DSS

As of November 1, 2009:

1. DSS has a new address - 801 East Main Street, Richmond, VA 23219-2901. All phone numbers will remain the same.
2. The fee for searches of the Child Protective Services Central Registry have increased from \$5 to \$7.
3. Revised Central Registry Form - The new form can be found at:  
[http://www.dss.virginia.gov/files/division/obi/childrens\\_facility\\_index/founded\\_cps\\_complaints/032-02-0151-08-eng.pdf](http://www.dss.virginia.gov/files/division/obi/childrens_facility_index/founded_cps_complaints/032-02-0151-08-eng.pdf)

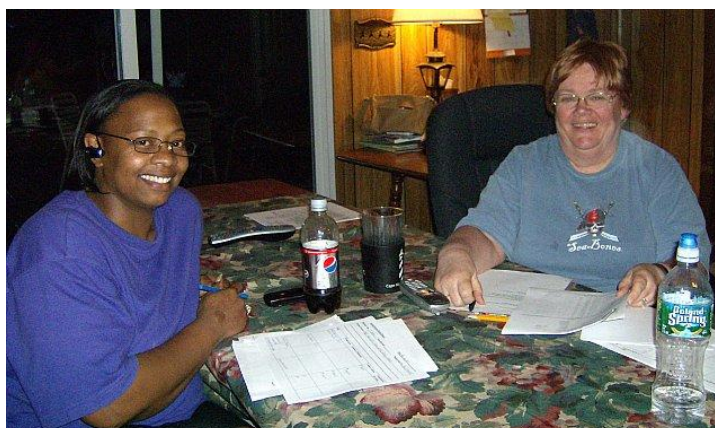
## April Business Meeting



Janis, Donna



Beth, Marie &  
Randee



Azure &  
Phyllis

## New Regulations Took Effect July 1

On May 22 state licensed child care providers attended a meeting presented by our local DSS licensing inspectors for the purpose of going over the new regulations which will take effect on July 1. DSS has also created new forms for us to use. If you didn't attend this meeting, the power point presentation can be seen here:

[http://www.dss.virginia.gov/facility/child\\_care/licensed/fdh/regulations.cgi](http://www.dss.virginia.gov/facility/child_care/licensed/fdh/regulations.cgi)

This site will be updated every 6 months. If you have any questions, email your licensing inspector and they will answer your question(s). Some of the new regulations are:

Two emergency contacts are required - one of them should be out of state.

# 70 - before the child's first day of attendance, parents shall be provided (in writing) operating information including the hours and days of operation, holidays or other times closed, and the telephone number where a message can be left for the caregiver.

# 110 - Provider must have the Immunization records prior to enrollment. We still have 30 days to receive the child's physical.

# 170 - TB test for assistants must be given to the provider at the time of hire. Adult family members must also have a TB test.

# 210 - 8 hours of annual training shall consist of the approved topics. CPR/1<sup>st</sup> aid training can't be a part of the 8 hrs.

# 240 - Inside and outside the home - No poisonous plants, tripping hazards, unstable heavy equipment/furniture/or other items, chipped or peeling paint, deteriorating wood, rusting or broken

equipment. Spaces between 3 ½" - 9" (such as bar stools, play equipment, stairs, etc) are considered an entrapment for children under 5 years of age. Industry standard recliners have 5" between the seat and footrest.

# 330 - Inspectors will check to make sure land line telephones are connected.

# 340 - Bathrooms must be indoors, they must be easily accessible to children over age 2. Liquid soap must be used and only paper towels (no cloth towels).

# 350 - hot water available to children shall be between 105 to 120 degrees. Inspectors will be testing the temperature when they visit.

# 430 - If you care for children less than 2 yrs of age, they cannot have access to steps with 3 or more risers. Accordion or pressure gates cannot be used.

# 440 - No openings greater than 4" on decks. DSS Inspectors have to report this violation to the city inspectors.

# 450 - Clear glass doors should have decals or decorative objects placed 18" above the floor. A device to unlock bathroom doors from the outside shall be kept near the bathroom door.

# 480 - play equipment shall be readily accessible to children.

# 490 - climbing toys inside home over 18" cannot be on bare floor (carpeting is considered bare floor).

# 500A - a non climbable fence or hedge at least 4' tall shall surround the outdoor play area if located within 30' of hazards. (continued on page 7)

(New Regulations continued from page 6)

# 500 B -the highest rung or platform on outdoor climbing equipment cannot exceed 6' for school age children and 4' for preschool children.

# 500 C - stationary outdoor equipment shall not be installed over a hard surface, must be at least 6' from other play structures or obstacles and be firmly anchored with ground supports that are covered with materials to protect children.

#500 D - Outdoor play equipment shall have "S" hooks tightly closed, swings should have flexible seats, openings above the ground that are closed on all sides shall be smaller than 3 ½" or larger than 9" to prevent head entrapment hazards.

Trampolines shall not be used during business hours.

# 680 hand washing - Caregivers shall wash their hand with liquid soap and warm running water: when their hands are dirty, after toileting, before preparing & serving food, before feeding or helping children with feeding, after contact with any body fluids, after handling or caring for animals, after handling raw eggs or meat, and after diapering a child or assistant a child with toileting. Children's hands are to be washed with liquid soap and warm running water when, their hands are dirty, before eating, after toileting or diapering, after handling or caring for animals, and after contact with body fluids. For infants who can't stand or are too heavy to hold, disposable baby wipes or the 3 towel method (wet & soapy

paper towel, a wet paper towel, and a dry paper towel) may be used.

# 800 Emergency preparedness and response plan - a written preparedness and response plan that includes emergency evacuations, emergency relocation and shelter-in-place procedures. Address the most likely to occur in our area scenarios. It should include provisions for a responsible person who is 18 years or older and is able to arrive at the family day home within 10 minutes. The provider shall review the emergency plan at least annually and update the plan as needed. The provider shall document in writing each review and update to the emergency plan.

#830 - drills - Emergency evacuation procedures shall be practiced monthly, shelter-in-place procedures shall be practiced a minimum of 2 times per year and must be documented.

The complete regulations packet can be downloaded from the DSS website. Print off your set and keep them handy.

### Help PFCEEA earn \$300

The Virginia Alliance of Family Child Care Associations (VAFCCA) plans to give \$300 to the local association who has the highest percentage of their membership attend the October 23<sup>rd</sup> conference being held in the Virginia Beach Convention Center. Our association won the contest several years in a row and now since the conference will be held in our area it would be very embarrassing to lose the contest this year. Come for the training and networking with other providers. Remember, all conference costs are a business deduction!

(President's Message continued from pg. 1)

equipment (sandboxes, climbers, etc.)

Indoor play space large enough for running

Large variety of portable play equipment (balls, floor mats, jump ropes, etc.)

TV or videos rarely shown

Children not seated for more than 30 minutes at a time

Visible support for physical activity provided in classrooms and common areas through use of posters, picture, and books.

If you are a licensed, or a voluntarily registered provider remember the new regulations went into effect on July 1. Prepare your paperwork, home and assistants for the new changes that you will be responsible for after July 1<sup>st</sup>.

Inside the newsletter is more information about the new regulations, take the time to read them and implement prior to your first visit after July 1<sup>st</sup>.

The Virginia Alliance of Family Day Cares is holding their annual conference again in Virginia Beach, the date is October 23<sup>rd</sup>. Please mark your calendars and plan to attend the all day training conference.

Sincerely,

*Janis Ingham*



The end of  
another  
successful  
Extravaganza

Left to Right:  
Denise  
Marie  
Beth  
Janis  
Phyllis  
Karen  
Donna



## Upcoming Elections

This September all positions except Membership are up for election. We need each of you to consider stepping up and taking one of the positions so our association can continue to operate smoothly. If no one steps up, **THE ASSOCIATION WILL DISSOLVE.**

None of the positions are difficult; they do however, require some of your time and attendance at business meetings.

The Board shall have between 4 and 12 directors. Directors shall serve as either officers or at-large members.

### Officer qualifications:

All officers must be active members. The President and Vice President must have 18 months experience in family child-care, and be currently working in the early childhood field.

### President

Preside over all meetings

Appoint interim directors to fill vacancies, subject to Board approval

Nominate committee chairs in consultation w/the Board and subject to Board approval

Serve as a member of all committees

Sign checks as needed

Other duties as assigned by the Board

### Vice President

Perform the duties of President in the absence of the President

Sign checks as needed

Other duties as assigned by the Board

### Secretary

Record the minutes of all meetings

Distribute minutes to all appropriately designated individuals

Send out meeting agendas to appropriately designated individuals

Other duties as assigned by the Board

### Treasurer

Maintain financial records of PFCEEA in accordance with standard accounting procedure and submit reports as outlined in the policies and procedures of PFCEEA

Submit the books to accountant for annual audit

Sign checks as needed

Other duties as assigned by the Board

There are many other jobs you can help with. Give one of us a call and we will discuss the possibilities.



**April door  
prize winners**

**Orris**

**Remona**



**May  
meeting**

**Door prize  
winner  
Joann**



**June meeting  
Marty LaGiglia, speaker**

**Door prize winner Azure**



# Things to Remember

Think about stepping up and assuming a position on the PFCEEA board of directors. If no one steps up, the association will fold. We have worked very hard to make this a professional association and we hope several of our members will want to continue to make it flourish.

If you need training hours:

VAFCCA one day conference will be held August 28 in Lynchburg

PFCEEA training meeting will be held Sept. 27<sup>th</sup> (2 hours)

VAFCCA one day conference will be held Oct 23 in Virginia Beach Convention Center (6 hours)

Grocery shopping opportunities with Angelfood Ministries or Valley Foods (RFS Tidewater)

If you are cleaning closets, please donate your unwanted items for our door prize baskets. Contact Diane McEwen at 490-2371

If you have baby food, formula, or baby clothing, PFCEEA makes donations to Kandii House. Contact Nannette Huff 422-1891 or bring your items to our meetings.

Help advertise PFCEEA and all of our businesses by purchasing a license plate frame for your car. They are available at our training meetings.

If you have any comments, suggestions, or concerns, please email us at: [pfceea@yahoo.com](mailto:pfceea@yahoo.com) Or call Janis at 498-3303 or Marie at 482-9470.

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

Our website is: [www.pfceea.com](http://www.pfceea.com)