



Summer/Fall 2023



## Federal Funds to end September 30



### **Pictured with Cheryl is Senator Tim Kaine**

Cheryl Morman, a member of NAFCC and the President of the Virginia Alliance for Family Child Care Associations, delivered a compelling testimony at the "HELP" [hearing](#) on child care, organized by the Committee on Education, Labor, and Pensions. Read more about the powerful insights she shared [here](#).

Congress issued grants in 2021 to stabilize the child care system during the COVID-19 pandemic, but the allocated funds are nearing depletion. Don't miss out on vital information about this pressing issue. Stay informed and check out this [article](#) that features insights from Erica Phillips, the executive director of NAFCC.

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## Membership Report

We currently have 16 members in good standing. Chesapeake has 4 Norfolk 3, Portsmouth 1, Suffolk 0, Virginia Beach 7 and New Orleans 1. As you can see, our membership has dropped drastically since 2020. We all need to encourage providers to join our association. Since the Association started, we have had 418 people become members. Remember to check our website to make sure your information is correct.

If you change your email address, phone number, or move either to another local address or out of the area, please let us know as soon as possible.

Submitted by Marie McFadden



## Social Secretary

If you know of a member who should be sent a get well or sympathy card, contact me and I will send out the card right away.



Call Diane at 490-2371

## How to Contact PFCEEA

Email: [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com)

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

Facebook: Professional Family Child Care & Early Educational Association

By mail: contact our Treasurer for address

### PFCEEA Executive Board

President Randee Holmes 479-9579

Vice-President Beth Kaminski 853-4505

Treasurer Cindy Huntington 468-0681

Corresponding Secretary

Diane McEwen 490-2371



### Standing Committees

Door Prizes	Dona Cox	486-1565
Membership	Marie McFadden	482-9470
Newsletter	Marie McFadden	482-9470
Social Secretary	Diane McEwen	490-2371
Speakers at trainings	Beth Kaminski	853-4505

## What Happened 22 years ago?

Two dedicated child care providers, Marsha Windell and Marie McFadden formed this child care association to give the childcare providers in this area a place to come to learn all about the childcare business because they knew one person can't know everything and together everyone wins. After working on the formation of the association for several months, the first meeting of Professional Family Child Care & Early Education Association was held on September 10, 2001 with well over 50 people attending. The energy in the room was electric! People enthusiastically volunteered for positions needed to keep the association running smoothly. For many years, this was the largest local association in the state, but COVID-19 hit us and our numbers went down. We are small now, but mighty!

## Family Child Care Provider?



Serve nutritious meals to children and earn cash!

For more information about the free USDA Child and Adult Care Food Program call 757-397-2984  
[www.childrensharbor.cc](http://www.childrensharbor.cc)

## Hurricanes

Unless you are new to our area you know between June and December we have tropical storms or hurricanes hit our coast. Because of the outer banks we have been spared direct hits most times. Our local TV stations' weathermen/women do a great job of giving us notice that a storm is heading our way. No need to panic because as a licensed child care provider, you have already gathered items in case you have to relocate especially if you live in a low area near water. You might want to make sure none of the items has expired and if it has, now is a great time to replace them.

[https://www.star.nesdis.noaa.gov/GOES/sector\\_band.php?sat=G16&sector=taw&band=GEOCOLOR&length=12](https://www.star.nesdis.noaa.gov/GOES/sector_band.php?sat=G16&sector=taw&band=GEOCOLOR&length=12)

## PFCEEA Meeting Schedule

To register for all training meetings, email [pfceeatraining@gmail.com](mailto:pfceeatraining@gmail.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free. Our trainings will be held from 7-9 pm. While we hold online trainings, cameras must be turned on, unmute your microphone from time to time so you can join in on the conversations, or type in the text box.

### 2023 virtual training dates:

Training starts at 7pm - 9 pm

Sept 25

Oct 23

Nov 27

757-773-FIRE (3473)

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



**The Fire Safety Guys, LLC**  
*Serving your fire safety needs*

## Recalls

To stay up to date with food recalls, check out the following websites:

<https://www.nbc12.com/2023/08/23/frozen-corn-mixed-vegetables-recalled-over-possible-listeria-contamination/?fbclid=IwAR2-veBFobN7Cs2-TNN4tTe96OZT3Sy0qXMy9Qm9CepwF8Zw-XCTet-H6ts>

<http://www.foodsafety.gov/>

<http://www.foodsafety.gov/recalls/>

<http://www.foodsafetynews.com/sections/food-recalls/#.VYsGU0bZFyE>

For all other recalls, check this website:

<http://www.cpsc.gov/en/>

★ Mother Goose Time ★  
Early Learning Curriculum

experience™  
EARLY LEARNING

<https://www.mothersgoosetime.com>

FunShine  
Express®  
Early Learning Curricula

<https://www.funshineexpress.com/index.html>

## Recipe Corner



<http://www.freequickrecipes.com/recipes-crock-pot.php>

<https://www.thespruceeats.com/crock-pot-dinner-recipes-4121069>

<https://www.homestyle-recipes.com/>

## September Food Deals:

You may need to download an app, go in store, and/or join a free [restaurant loyalty program](#), but these eateries are offering some pretty remarkable deals this month (click the linked text to learn more about each one):

**NOTE:** Check with your local store to make sure they are offering these deals.

**7-Eleven:** Grab a free coffee with the purchase of a French Toast Breakfast Sandwich until Jan. 9.

**Applebee's:** All you can eat wings for \$12.99 or a limited-time.

**Burger King:** Get a free fry with any purchase from the app until December 31.

**Burger King:** Royal Perks Rewards members can get 25% off their purchases until Oct. 8. This deal can be claimed in the app or website.

**Corner Bakery:** Get \$0.99 cookies all September long.

**Dairy Queen:** [Get a small Blizzard for \\$0.85 from Sept. 11 to 24 when you're a Rewards member.](#)

**Dunkin':** Free Coffee Mondays are back at Dunkin'. Grab a free hot or iced coffee with any purchase every Monday in September.

**Hardee's:** Rewards members can enjoy BOGO \$2 chicken sandwiches at participating locations.

**IHOP:** Get 20% off your online orders through the website and app with the code IHOP20 until Dec. 31.

**Insomnia Cookie:** After 9 p.m. on Sept. 19, customers can get a free cookie when you wear pajamas — no purchase necessary.

**Jack in the Box:** Get two free tacos every Tuesday with any purchase.

**KFC:** Get a \$20 fill-up box or 10-piece nugget for \$5 for a limited time.

**Krispy Kreme:** Order a new coffee drink from Sept. 14 to 17 to get a free doughnut of your choice.

**McDonald's:** Get any size Premium Roast or Iced Coffee for \$0.99 when you order on the McDonald's app. Only one redemption per day allowed.

**McDonald's:** Get free medium fries every Friday with a \$1 purchase on the McDonald's app.

**Sonic Drive-In:** Every Tuesday after 5 p.m., you can get 1/2-price, single patty Sonic Cheeseburgers on the app.

**Sonic Drive-In:** For a limited time, get \$1.99 small classic shakes all day, every day.

**Starbucks:** Every Thursday in September, you can grab [BOGO fall drinks](#) through the rewards app.

**Starbucks:** Some Starbucks Rewards accounts can get 50% off their handcrafted drink until Sept. 17.

**Subway:** Get BOGO free footlongs when you use the code BOGOFTL at checkout. Does not work at every Subway location.

## Helping Our Community

As an association we try to help out where we can. Below you will find various items we are collecting. If you have any of the items we are collecting, bring them to any of our trainings and drop off at the registration table. Thank you for helping!

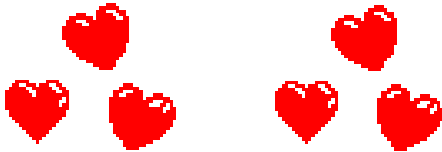
### Plastic Grocery Bags

If you aren't planning to reuse your plastic grocery bags, please bring them to PFCEEA trainings. A woman in Chesapeake is transforming them into mats for homeless people. They cannot accept the thin newspaper bags, produce bags, dry cleaning or thick shiny garment bags from department stores.

As you will see in the video there are a few steps needed to transform the bags into sleeping mats: cutting into strips, connecting the strips, and finally crocheting. If you would like to help with this project, but don't know how to crochet, you can still help by working on one of the other steps.

Click on the link below and scroll down to see video of how to cut the plastic bags and make plarn (plastic yarn) to make many useful items.

[http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp\\_56125&t=syn](http://diyeverywhere.com/2016/09/19/watch-the-stupendous-result-of-crocheting-with-plastic-instead-of-yarn-/?src=glp_56125&t=syn)



### **Cleaning for a Reason**

<http://www.cleaningforareason.org/>

If you know any woman currently undergoing Chemo, please pass the word to her that there is a cleaning service that provides FREE housecleaning 1 time per month for 4 months while she is in treatment. All she has to do is sign up and have her doctor fax a note confirming the treatment.

**The  
Planning  
Council**

Headquarters Office

2551 Eltham Avenue, Suite I Norfolk,

VA 23513

757-622-9268

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## Special Days

Sept	<a href="https://www.holidayscalendar.com/months/september/">https://www.holidayscalendar.com/months/september/</a>
Oct	<a href="https://www.holidayscalendar.com/months/october/">https://www.holidayscalendar.com/months/october/</a>
Nov	<a href="https://www.holidayscalendar.com/months/november/">https://www.holidayscalendar.com/months/november/</a>
Dec	<a href="https://www.holidayscalendar.com/months/december/">https://www.holidayscalendar.com/months/december/</a>
Jan	<a href="https://www.holidayscalendar.com/months/december/">https://www.holidayscalendar.com/months/december/</a>

## Crafts & Activities

Sept	<a href="https://www.growingajeweledrose.com/2012/10/apple-scented-cloud-dough-activity.html">https://www.growingajeweledrose.com/2012/10/apple-scented-cloud-dough-activity.html</a>
	<a href="https://www.first-school.ws/theme/occasions9.htm">https://www.first-school.ws/theme/occasions9.htm</a>
Oct	<a href="https://sciencebob.com/category/experiments/">https://sciencebob.com/category/experiments/</a>
	<a href="http://www.playideas.com/16-halloween-activities-for-3-year-olds/">http://www.playideas.com/16-halloween-activities-for-3-year-olds/</a>
	<a href="https://www.first-school.ws/theme/animals/forest.htm">https://www.first-school.ws/theme/animals/forest.htm</a>
Nov	<a href="https://www.first-school.ws/theme/animals/farm/farm_general.htm">https://www.first-school.ws/theme/animals/farm/farm_general.htm</a>
	<a href="https://www.first-school.ws/theme/occasions11.htm">https://www.first-school.ws/theme/occasions11.htm</a>
	<a href="https://www.easypeasyandfun.com/turkey-crafts-for-kids/">https://www.easypeasyandfun.com/turkey-crafts-for-kids/</a>
Dec	<a href="https://www.easypeasyandfun.com/3d-construction-paper-reindeer/">https://www.easypeasyandfun.com/3d-construction-paper-reindeer/</a>
	<a href="https://www.first-school.ws/theme/mini_theme/snow-snowman.htm">https://www.first-school.ws/theme/mini_theme/snow-snowman.htm</a>

## Free printables & crafts

[https://www.preschoolplayandlearn.com/50-fall-crafts-for-preschoolers/?fbclid=IwAR2S-O06Jck0Exvz0EGOCGa1aOalIv\\_GViLJkz5rwzcgPrWNtbNy1KJJff4](https://www.preschoolplayandlearn.com/50-fall-crafts-for-preschoolers/?fbclid=IwAR2S-O06Jck0Exvz0EGOCGa1aOalIv_GViLJkz5rwzcgPrWNtbNy1KJJff4)

[https://craftsbyamanda.com/paper-plate-ghost/?utm\\_content=buffer4d2ad&utm\\_medium=social&utm\\_source=facebook.com&utm\\_campaign=buffer&fbclid=IwAROT8044Q0pDWPuJ7bU6XoT5kn77LHn2nIx1kDYW90xUdQSLv0Otrs6kaIM](https://craftsbyamanda.com/paper-plate-ghost/?utm_content=buffer4d2ad&utm_medium=social&utm_source=facebook.com&utm_campaign=buffer&fbclid=IwAROT8044Q0pDWPuJ7bU6XoT5kn77LHn2nIx1kDYW90xUdQSLv0Otrs6kaIM)

<https://www.enchantedlearning.com/crafts/thanksgiving/>



Happy  
Birthdays!



PFCEEA hopes your special day is all you wish for.

August	6 Gail Comer	16 Beth Kaminski
September	1 Jeanne Rhodes	
October	25 Jo-Ann Dixon	
November		
December	1 Lucy Figuereo	29 Linda Machuzak

### Birthday Freebies

<https://www.dealnews.com/features/discounts/birthday-freebies/>

<https://www.favoritecandle.com/free-birthday-meals/Virginia-Beach/VA>

### Do You Know Your Roots?

If you or someone in your family has not yet filled out a family tree, you can get started for **free** using: <https://www.familysearch.org/en/> Be careful adding or deleting names as this is 1 big family tree. The good part is if someone already filled in names they will automatically show up. The bad thing is sometimes people add wrong information. Be careful, and have fun discovering new family names. You might be surprised to find out who you are related to. Warning: This can be addicting!

If you need help getting started, send Marie an email: [dypers2dlrs@gmail.com](mailto:dypers2dlrs@gmail.com)

You can also purchase a DNA kit (on sale a few times a year) from both Ancestry.com [https://www.ancestry.com/c/dna/offer?o\\_iid=67547&o\\_lid=67547&o\\_sch=Web+Property](https://www.ancestry.com/c/dna/offer?o_iid=67547&o_lid=67547&o_sch=Web+Property) and 23andme.com <https://www.23andme.com/>

Both of these companies will let you know who your DNA connections are (if they also took the test) and you can connect to them via email.

School has been in session for a few weeks now and pretty soon children will be coming down with all kinds of ailments despite all of your cleaning and sanitizing efforts. This chart might help your parents understand the importance of keeping a sick child home.

## I NEED TO STAY AT HOME IF....

						
FEVER	VOMITING	DIARRHEA	RASH	HEAD LICE	EYE INFECTION	HOSPITAL STAY AND/OR ER VISIT
Temperature of 100.4 or higher	Within the past 24 hours	Within the past 24 hours	Body rash with itching or fever	Itchy head, active head lice	Redness, Itching, and/or "crusty" drainage from eye	Hospital stay and/or ER visit

## I AM READY TO GO BACK TO WORK OR SCHOOL WHEN I AM...

Fever free for 24 hours without the use of fever reducing medication i.e. Tylenol, Motrin	Free from vomiting for at least 2 solid meals	Free from diarrhea for at least 24 hours	Free from rash itching, or fever. I have been evaluated by my doctor if needed.	Treated with appropriate lice treatment at home and proof is provided to nurse.	Evaluated by my doctor and have note to return to school.	Released by medical provider to return to work or school.
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# Nature Hunt Bingo

Get 5 in a row - up, down, across or diagonal to win!



BitznGiggles.com

## \$52 B in Federal Funds for Childcare set to run out Sept. 30

(continued from page 1)

<https://www.help.senate.gov/hearings/solving-the-child-care-crisis-meeting-the-needs-of-working-families-and-child-care-workers>

More than \$52 billion in pandemic-related subsidies are set to expire at the end of Fiscal Year 2023.

Author: Mike Gooding

WASHINGTON — Advocates say that child care in this country is a public good that requires public investment. But, emergency pandemic subsidies to that industry are about to expire, unless Congress acts. During the pandemic, Congress provided \$52.5 billion in supplemental funding to help keep childcare providers in business and ensure that low-income families could still access care.

Sen. Bernie Sanders (I-Vermont) said Wednesday the childcare industry is already down [54,000 workers](#), and he said it's crucial that Congress continues to pitch in. "We are paying in this country those workers outrageously low wages. We're paying them starvation wages. They can make more working in McDonald's than they can nurturing our little children," he said. But, what happens when the federal money runs out on September 30?

Daycare provider Cheryl Morman, of Richmond, told the Senate Committee on Health, Education, Labor and Pensions that it would be devastating. "I want to stress that I will go out of business without additional sustained funding," said Morman, who is the president of the Virginia Alliance for Family Child Care Associations. But, the Government Accountability Office (GAO), in a [new report](#), said it might take until 2025 or 2026 before it is known exactly how all the dollars have been spent to date.

"A full accounting of the funds, how they're being used and their full impact will not be available for a least the next few years," said Kathy Larin, GAO Director in Education, Workforce, and Income Security.

The committee's Ranking Republican said that lacking that information makes it problematic for him to vote to appropriate more money "It kind of blows my mind that we would dramatically increase funding without knowing how the existing funding is being spent," said Sen Bill Cassidy (R) Louisiana.

<https://prospect.org/health/2023-06-06-looming-child-care-cliff/>

Related Articles

[This organization is giving all parents access to early childhood education](#)  
[Working to improve availability and affordability of child care in U.S.](#)

**1 HOUR + 7 DAYS =**  
**DECLUTTERED HOME**

**Day One Kitchen**

Clean your fridge, throw away old food and expired condiments; make a list of any condiments or food you need to replace; wipe the inside of the fridge; clean your pantry and throw away any expired food; sell or donate any small kitchen appliances you don't use; go through your junk drawer and finally organize it.

**Day Two Family Room, Dining Room, Entry**

Go through dressers, drawers or bins, if you don't love something, sell or donate it; sell or donate shoes, coats, scarves, gloves, hats, etc. that have been outgrown or that aren't worn anymore; look around your room and if it feels cluttered, donate or sell the decorations that do not bring you joy.

**Day Three Bathrooms**

Clean out all drawers and underneath the sink; throw away all expired make-up or toiletries; throw away make up or toiletries that you don't like or use anymore; wipe your drawers down; put things back in an organized manner.

**Day Four Bedrooms**

Go through closet/dresser and donate or sell clothing and shoes that do not fit or that you have not worn in the last year.

**Day Five Office**

Finally go through your "pile" and don't stop until the pile is gone; File away papers you need to keep, throw away old papers, fliers, magazines, etc. that you no longer use; declutter as much as possible.

**Day Six Garage**

Go through any bins and organize it all; donate or sell things you no longer need/want/use; go through kids outdoor toys, only keep what your children use, love and still fits them.

**Day Seven Basement and Attic**

Look in every box, bin, and corner; if it doesn't bring you joy, throw it away or donate it; If it does not fit, if you do not use it, or if it does not have sentimental value, throw it away or donate it. If you don't have a basement or attic you get the day off!

