



# Winter 2009

Professional Family Child-Care &  
Early Education Association  
P.O. Box 2400 #110  
Virginia Beach, VA 23452

February 2009 Winter Edition





# PFCEEA Quarterly

February 2009 Winter Edition

www.pfcee.com

## A Message From Your President

Time to start thinking about the annual Extravaganza; it's Saturday, March 28th from 9:00 to 4:30. We need assistance with set up, contacting advertisers, concessions, registration and greeters. Please come out and support our only fundraiser, it provides our association with operating funds for the entire year. The theme this year is Surviving Economic Downturns, and we have all experienced the recession in some way. Consider this factor when planning your business in the coming year.

We are facing demanding economic times and it is important to understand the price of retention VS turnover. I know how difficult it can be to fill openings, but remember that new isn't always better. The training involved and unforeseen problems associated with new families aren't always worth getting rid of a current family facing hardships. Your families that have lost jobs can use local assistance programs like Child Care Voucher Program, Social Services and Virginia Employment Commission. I am not asking you to work without compensation but just to be aware of your alternatives.

Many have asked me for the current Social Services Regulations, I have contacted them and received a copy online. It is 54 pages long and I have it saved to a PDF file on my computer. If you would like a copy sent to you just email me your request and I will forward it to you. The importance of having this document in hand while your social service inspector issues a violation is simply to request to see the standard number of the regulation. If the description differs from

## Inside This Edition

Membership Report	page 2
Social Secretary Report	
Contacting PFCEEA	
Phone Tree Report	
Standing Committees	
PFCEEA Meeting Schedule	page 3
Marketing Report	
Norfolk Foodbank Report	
Resource & Referral	
2009 Executive Board	page 4
Keeping Our Children Safe	page 5
2009 Child Care Extravaganza info	page 7
Monthly Training Pictures	page 8
Interesting Websites	page 9
Angel Food Ministries	
Money Saving Tips	
PFCEEA Membership Forms	page 10 & 11

## Advertisements

Hampton Roads Child Care	page 3
Dreamscape Photography	page 4
MAT Training	
USDA Child Care Food Program	page 6

## Advertise Your Business

Place your ad in the PFCEEA Newsletter  
color or black & white accepted

Business Card \$10.00	1/4 page \$25.00
1/2 page \$45.00	Full page \$80.00


**Welcome to our new PFCEEA Members**
  
 We are happy you have joined! 

<b>Dona Cox</b>	<b>Leilani Ojinaga</b>
<b>Eleni Koca</b>	<b>Mary Granby</b>
<b>Shaniqua Oglesby</b>	<b>Catherine Scott</b>
<b>Sharon Felton</b>	<b>Melody Welch</b>

### Membership Report

Since September 2001, we have had 297 people become members. Currently we have:

	2002	2007	2008
Jan	51	91	116
Feb	52	94	120
Mar	55	102	118
Apr	62	90	119
May	67	95	104
Jun	68	103	116
Jul	70	105	110
Aug	73	109	112
Sep	75	120	121
Oct	66	115	116
Nov	64	108	110
Dec	64	110	109

### Social Secretary Report

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 who should receive a card please contact me.

A door prize is given at each monthly meeting. Any donations for this may be brought to each meeting. We continue to hand out welcome bags to new members.

**Diane McEwen, Social Secretary 490-2371**

### Phone Tree Report

The phone tree was activated three times this past quarter. PFCEEA members without email and non-members were called to remind them of our October & November training meetings. All PFCEEA members were called regarding our December general meeting and the dinner which followed.

Thank you to Leilani for volunteering to join the phone tree committee, we really appreciate your help. We can always use more volunteers; if you'd like to help make phone calls, please contact Beth at 853-4505. Internet access is required.

~~Beth Kaminski, Phone Tree chair~~

### 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: PFCEEA

### **PFCEEA Executive Board**

#### **President**

**Janis Ingham 498-3303**

#### **Vice-President**

**Amy Stovall 340-2148**

#### **Corresponding Secretary**

**Nannette Huff 422-1891**

#### **Treasurer**

**Wanda DiNardo 486-4582**

#### **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

- February 2 Norfolk Foodbank 6 - 8 pm  
USDA Nutrition & Record Keeping  
"Autism Signs & Symptoms"
- March 2 Norfolk Foodbank 6 - 8 pm  
USDA Nutrition & Record Keeping  
"Topic to be announced"
- March 28 VA Bch Law Enforcement Academy  
5 one-hour workshops
- April 20 Norfolk Foodbank 6 - 8 pm  
USDA Nutrition & Record Keeping  
"Topic to be announced"
- May 4 Norfolk Foodbank 6 - 8 pm  
USDA Nutrition & Record Keeping  
"Topic to be announced"
- June 15 Virginia Beach Central Library  
USDA Nutrition & Record Keeping  
"Topic to be announced"

Meetings at the Norfolk Foodbank start promptly at 6:00 p.m., 7:00 pm at the Virginia Beach Central Library. Training certificates are free to PFCEEA members, \$5.00 cash for non-members. All USDA training is free. In case of inclement weather or speaker cancellation, we can only call those who have registered.

Pre-registration is required. Call Marie at 482-9470 or email to: [pfceea@yahoo.com](mailto:pfceea@yahoo.com)

## Resource & Referral

The referral line had a surge of calls after the association placed an ad in the paper. During the holiday time, calls decline, but I'm sure they will pick up again after the first of the year.

Submitted by Laurie Womack



AFFORDABLE  
ADVERTISING

Visit us online at  
[HamptonRoadsChildCare.net](http://HamptonRoadsChildCare.net)



## Foodbank News

Child Care Providers may only purchase items that are CREDITABLE FOOD items according to their USDA sponsor

Saturday shopping days:

February 7 & 21,      March 7 & 21  
April 4 & 18              May 2 & 16

No orientation on Feb. 21.

Monday evening shopping is 5:30 - 7:30 pm.

Submitted by Marie McFadden

## Marketing Report

Some of our members are reporting openings in their business because parents are being laid off. Normally our area doesn't feel a recession as badly as other areas in the U.S.; however, this time we are all feeling the crunch one way or another. We have placed ads in the Virginian Pilot, are listed in the phone book, and various places on the internet. If you have any ideas as to where else we can advertise the association, please let me know either by email or phone.

Submitted by Marie McFadden

## 2009 - 2010 Executive Board



**President**  
Janis Ingham



**Vice President**  
Amy Stovall



**Treasurer**  
Wanda DiNardo



**Secretary**  
Nannette Huff

### President's Message continued from page 1

the written regulation and your inspector has interpreted it differently you may ask for a desk review. The regulations are to provide direction and clarity so that we can operate a safe and secure setting for children, they are not written as a wedge against providers. If we handle the situation in a professional, respectful partnership all will gain from the experience, and then we need to communicate with other providers to help facilitate change.

If you haven't yet heard about Virginia's Quality Rating and Improvement System (QRIS) for home daycares then be aware that changes are forthcoming. The program is currently in the test phase for daycare centers and it will roll out to all after the results are analyzed. States that currently have a similar program are North Carolina, West Virginia and Pennsylvania. The reason for the program is to improve the quality of care, the structure of the environment, interactions with children, and the overall learning environment for children. The goal of

QRIS is to provide financial motivation to achieve, participate and improve the quality of care in a home setting. We will continue to update the progress of the program as more information becomes available.

I would like to recognize our partners with the USDA, Places and Programs and The Planning Council for their continued support and generous training provided to our association every month. We truly appreciate all effort and guidance they provide to our attendees during our training sessions, we couldn't facilitate that portion of the meetings without them. Thank you for your support.

Sincerely,

*Janis Ingham*

President, PFCEEA

### Note of Thanks

Thank you to all of the PFCEEA members who made donations to Walter Reed Hospital. The families and service members truly appreciated your thoughtfulness.

Sue Ann White

# DREAMSCAPE

PHOTOGRAPHY

*Nancy E. Kammell*  
Owner-Operator

Weddings, Family, Boudoir,  
Sports, Restoration, Schools

125 INDIAN CREEK ROAD  
CHESAPEAKE, VA  
23322



amazingdreamscapes.com  
email: [dscapel@verizon.net](mailto:dscapel@verizon.net)  
757-421-3152 cell 757-575-0183

**Melissa DuPree, RN, BSN**  
Medical Administration Trainer  
Medical Education Specialists  
Independent Contractor

State Approved MAT Trainer  
For child day programs

439-5366  
[mdupree3@cox.net](mailto:mdupree3@cox.net)

## Keeping Our Children Safe and Avoiding Violations

Remember it is "gum ball" time of the year again. Gum balls are sharp and can result in injury to children.

Fireplaces **MUST** be inspected annually, even if you do not use it.

Regulation 4.5 regarding barriers:

Licensing does not consider cribs as barriers. Potentially hazardous substances must be inaccessible to the children and there may be no potential hazards in the room(s) where children sleep in cribs. Doors must have child proof latches or door knob covers to keep children from entering other areas or accessing hazardous areas.

Syrup of Ipecac is required. If you cannot find this product, ask your local pharmacist to order it for you. Explain that DSS licensing regulations requires that you keep it in your first aid kit.

Submitted by Marsha Windell

## VAECE Conference

This year's VAECE conference will be held from March 12 - 14 at the Marriott Richmond, 500 East Broad Street, Richmond, VA.

For more conference information, go to:  
[www.vaece.org/futureconference.html](http://www.vaece.org/futureconference.html)  
or contact Places & Programs for Children,  
397-2984

## \*\*\*\*\* Alert \*\*\*\*\*

If you have given us your email address, please check your email every day. If you don't see a message from us, look in your "spam" box to see if our messages are waiting for you there.

Please contact Marie at 482-9470 to let her know if your computer is down, or if you have a new email address so the appropriate changes can be made to our files and the association website.

We have gone "green" and are now emailing our newsletter to our members with email. It can also be found on our website. Due to size limitations, only 1 edition will be on our site at a time. Please let us know if you don't receive the newsletter or cannot view it on our site.

## Are you ready for Retirement?

We can't count on social security to pay all of our bills, so we know we must supplement it with something else. How many more years do you plan to work? Have you already started a retirement plan for yourself? If not, it's not too late to start. This current economy might not be the most perfect time to start, but if you can squeeze a little money out of your budget every week and set it aside in an account earmarked for your retirement, it will be better than if you don't do anything at all. There are many ways to set money aside for retirement, the most basic is a savings account. The interest rates are low right now, but it will make some money. Another way is a CD, you pick the length of time you'd like to have the CD and this too makes interest. Unlike a savings account, if you withdraw this money prior to the maturity date, there will be a fee. A riskier option would be mutual funds or stocks. Whichever you choose, remember, even \$10 a week saved now will help you in your golden years.

Submitted by Marie McFadden

# USDA CHILD CARE FOOD PROGRAM

## Serve Nutritious Meals to Children and Earn Cash!



The USDA Child and Adult Care Food Program will reimburse family child care providers for some of their child care food costs. So what's the catch? There is none. You serve children nutritious meals and snacks based on easy to follow guidelines and keep simple records.

- Free workshops and training
- Free calendar and record keeping system
- Web based CACFP program
- Nutrition education materials for children
- Low cost shopping at the local Foodbank
- Consultation with Registered Dietitian
- Free membership with Children's Harbor
- Emergency child care assistance program

If you plan to care for five or fewer children, not including your own, you need a Voluntary Registration certificate. Call 627-3993, Ext. 3027 to request an application. Write on the application that you will participate in the USDA Food Program with Children's Harbor.

You need a state license if you care for six or more children.

**For more information call 397-2984  
Children's Harbor  
702 London Street  
Portsmouth VA 23704**

USDA is an equal opportunity program

# 2009 Child Care Extravaganza

Professional Family Child-Care & Early Education Association

Proudly announces the

8th Annual Child Care Extravaganza

## "Surviving Economic Downturns"



**Saturday, March 28, 2009**

Virginia Beach Law Enforcement Training Academy  
411 Integrity Way, Virginia Beach, VA  
located off I-264 at the Birdneck exit

Five one-hour workshops  
exhibitors      food      door prizes

For more information call:

Janis 498-3303

Marie 482-9470

email: [pfcea@yahoo.com](mailto:pfcea@yahoo.com)



## Meeting Photos

The December 16, 2008 General Business Meeting and dinner was held in the Virginia Beach Central Library. In addition to conducting a business meeting, we also enjoyed a pot luck dinner, our annual ornament exchange, wonderful fellowship, and some beautiful door prizes.



Michelle



Nannette



Amy



Lorraine

## January 5, 2009



**Debbie Moore from Places & Programs for Children presented the USDA portion of our meeting.**



**Jan won the door prize**

**Christy Brown-John from ODU getting ready to present her Sign Language workshop.**

### MONEY SAVING TIPS

It's quite obvious the country is now in an economic slump compared to that of the great depression. What, if any, strategies are you using to save money? Send us your ideas and we will post in upcoming editions, or better yet, we can send out in an email so we can all take advantage of your tips quicker.

Food - check out all the grocery stores in your area including the Dollar Tree, Big Lots, etc. Don't overlook the bakery outlet stores. Check out Angel Food Ministries to see if this could also help your family. Use coupons if you can, some stores are doubling the coupon on certain days. If you are over 55, don't be afraid to ask any store you shop in if they have a senior citizen discount - each store might have a different age.

Plan your menus around the store specials each week. Dig into those cookbooks you have or search the internet for new recipies. Sometimes you can get more than 1 meal from a dinner. For example, bake a whole chicken or 2, or 3 at the same time. The first meal can be sliced chicken breast. For the 2nd meal, cut up the thighs & legs and add cream of chicken, or mushroom soup. Serve with rice or noodles, vegetable and fruit of your choice. If you have some left, you can make chicken salad for a sandwich. For any left overs, place in a baggie and freeze for later use. Make sure to put date and name of contents on the bag. If you have some ground meat, roll into meatballs. The first night you can make spaghetti with meat balls, the next night can be meat ball subs, then if there are any meatballs left, break down into small pieces and make chili. If you have a beef roast, cook in oven or slow cooker, slice the first night. Another night cube some to make beef stew, and with any left overs, chop up and make home made vegetable beef soup. The winter months are a great time to make the hearty caseroles and soups.

Submitted by: Marie McFadden

### Angel Food Ministries

In tough economic times like we are going through now, it is a blessing to know about shopping alternatives such as Angel Food Ministries which is very similar to the Share program. Everyone is able to participate in the program regardless of income. You pre-pay a certain amount of money for a box(s) of food. It is delivered to the host site where you pick up your pre-ordered boxes. The Hampton Roads area has 2 sites, one in Norfolk & one in Portsmouth.

The website is: [www.angelfoodministries.com](http://www.angelfoodministries.com)  
You can see what items they have each month before you order. The Norfolk site is: Smyrna Ministries 622-1071. The Portsmouth site is: Craddock Baptist Church 485-3500

### Interesting Websites

#### free on your b'day

[www.spoofee.com/index.php?section=birthday](http://www.spoofee.com/index.php?section=birthday)  
<http://www.backofthebox.com/>

#### CPSC

<http://www.cpsc.gov/cpscpub/prerel/prerel.html>

#### how to do it

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

#### Valentine's Day crafts

<http://www.dltk-holidays.com/valentines/index.htm>  
<http://www.allcrafts.net/valentines.htm>  
[www.angiesrealm.com/valentines\\_day/index.html](http://www.angiesrealm.com/valentines_day/index.html)  
<http://webtech.kennesaw.edu/jcheek3/february.htm>  
<http://www.enchantedlearning.com/crafts/>

#### St. Patrick's Day

<http://www.enchantedlearning.com/crafts/stpatrick/>  
<http://www.kinderart.com/seasons/stpatricksdays.shtml>  
<http://kidscraftzone.com/category/St-Patricks-Day-Crafts.aspx>  
<http://www.mycraftbook.com/List.asp?subcategoryID=60>