



PFCEEA Quarterly



April, May, June 2012

Spring Edition

A Message From Your President

Happy Spring to everyone;
The warmer weather is finally here and with it brings an end to another school year. What activities are you planning for your children? Send in your ideas and I'll share with everyone.

Our Saturday, May 19 training turned out to be a wonderful conference. We had 5 excellent speakers and at the end of the day 7 hours of valuable training was received. July 1st begins a new year of training for most of us and we will need to attain 14 hours of training by the end of June 2013. Also beginning on July 1st DSS has new forms for licensed providers to fill out. New to us are a financial disclosure form and a form needing to be signed by the zoning department in your city. These new items are the result of the General Assembly passing 63.2-1707.

Looking ahead -
We have elections coming up in September. Think about joining the board. If you aren't quite ready to be on the executive board, we have a place for you as an "at large" member. You don't actually have a job unless you'd like to. We do need you to attend our 4 board meetings each year and vote at each meeting as this is the backbone of our association and what keeps us moving forward.

The Virginia Alliance's fall conference will be held on Saturday, October 6 in Virginia Beach.



Marie McFadden

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

Kathryn Peterson-Lambert
Deborah Hartung Barbara Smith
Shirley Cherry

Membership Report

We currently have 83 members: 20 in Chesapeake, 1 in Hampton, 23 in Norfolk, 7 in Portsmouth, 3 in Suffolk, 28 in Virginia Beach, and 1 in New Orleans, LA. We have had a total of 367 people join the association since 2001.

I email and mail renewal membership applications to those who are about to expire. If you don't plan to renew could you send an email to pfceea@yahoo.com to let us know the reason for not renewing. If we are not offering something you are looking for we will take a look and possibly offer what you are looking for in the near future, but we won't know unless you contact us.

If you have changed your email address and your information is on our website, let us know quickly so we can update your information on the website so parents can contact you.

Submitted by Randee Holmes



Social Secretary

I continue to send cards for birthdays, anniversaries, illness, and grieving for the loss of a family member. To let me know a card needs to be sent, email me or contact Marie or Randee.

If you have any items we can use for a door prize please bring them to any training. I'm also in need of bags or baskets for the door prizes.

Submitted by Diane McEwen

Social Secretary
d_t.1@cox.net



How to Contact PFCEEA

Email: pfceea@yahoo.com

Website: www.pfceea.com

Facebook: Professional Family Child Care & Early Educational Association

PFCEEA 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

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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

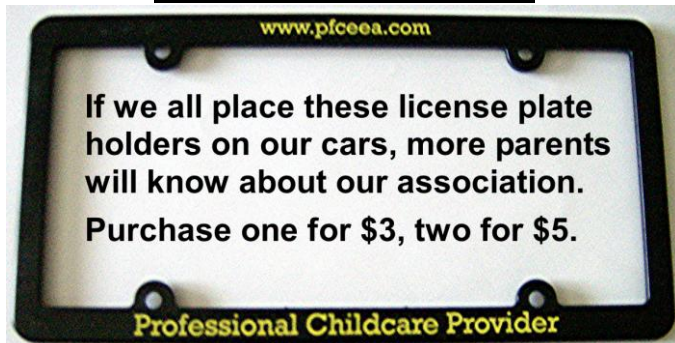
Candii House

There has been no activity this quarter for the Candii House! We are still accepting donations of diapers, unopened formula, and new/gently used clothing. Your donation can be made at any of our monthly trainings. Please contact Beth Kaminski @853-4505 for more information.



Submitted by Beth Kaminski

License Plate Frames



Phone Tree Report

The Phone Tree is blessed with some wonderful PFCEEA members calling child care providers each month who do not have email. This is how we are able to let them know about training. This takes between 15-30 min. once a month for each of us who are making the calls. I would love to have more PFCEEA members to help make the calls. You must have email. I would send you a list of names and phone numbers, and the training information. You just call the names and read the little info. To them and then they call Marie if they plan to attend. We usually make the calls during nap time. If you could help us by making a few calls once a month, please call or email me and let me know. This past Spring we made extra calls to let providers know about the one day training we had on Saturday May 19th. Thank you to all the ladies who are making the calls!!
CindySisson 421-7901,



cindy_sisson@hughes.net PhoneTreeChairwoman

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.

****New starting time for meetings****

Our meetings are held in the Virginia Beach Central Library Auditorium from **6:45-8:45 pm**. We will draw the door prize ticket at 6:45. For anyone arriving after our speaker starts, a certificate for less training time will be given.

2012 training dates:

September 17

October 29

November 26

Marketing Report

An ad was placed in the Navy Flagship newspaper. It ran from March 29th thru April 19th. Another ad will run from June 7th thru July 5th. The cost of each ad is \$77.08. We pay for four weeks and the 5th week is free. Our business cards and tri-fold brochures are being placed in Drs. offices and the Norfolk Health Department. Area Child Care Centers have also received our tri-fold brochure letting them know we are holding trainings they can attend.

Submitted by

Fern Rohrer

&

Jan Coffman

Fern 857-7948/ Jan Coffman 499-6474.



April Training



Our speaker
Nicole Jackson



May Training





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.

Beginning July 1, 2012

For anyone just applying for a state license, or if you are already licensed; upon your renewal you will need to fill out the new licensing forms. There are 10 pages to the new application; however, you will be happy to know you probably won't need to fill out every page!

We are now asked to fill out a financial statement/budget. I'm sure you will all be surprised to see where all of your money is going when you fill out this form. This is something we should have done when we first began our businesses when we were choosing our rates. Before you say, I'm not telling anyone what my income/expenses are remember you are operating a business out of your home and because you are working with children Social Services can ask those questions. Besides, if you filled out tax forms, your city already knows this information.

Lastly, we need to take a one page form to our local zoning office. We fill out the top half and the zoning office fills out the bottom half. If you are asking to care for more children than your city allows, you may apply for a Conditional Use Permit. As I understand it, the city of Norfolk will not allow a Conditional Use Permit. It may take three or more months for the process, but you will be happy you applied for it.

You should be able to find all of these forms on Social Services website:

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



Food Items Toxic to Dogs

We seem to be a little more relaxed in the summertime than any other season. Here are some food items you want to make sure your dogs don't ingest.

Items to avoid	Reasons to avoid
Alcoholic beverages	Can cause intoxication, coma, and death.
Baby food	Can contain onion powder, which can be toxic to dogs. (Please see onion below.) Can also result in nutritional deficiencies, if fed in large amounts.
Bones from fish, poultry, or other meat sources	Can cause obstruction or laceration of the digestive system.
Cat food	Generally too high in protein and fats.
<u>Chocolate, coffee, tea, and other caffeine</u>	Contain caffeine, theobromine, or theophylline, which can be toxic and affect the heart and nervous systems.
<u>Citrus oil extracts</u>	Can cause vomiting.
Fat trimmings	Can cause <u>pancreatitis</u> .
<u>Grapes and raisins</u>	Contain an unknown toxin, which can damage the kidneys.
Hops	Unknown compound causes panting, increased heart rate, elevated temperature, seizures, and death.
Human vitamin supplements containing <u>iron</u>	Can damage the lining of the digestive system and be toxic to the other organs including the liver and kidneys.
Large amounts of liver	Can cause <u>Vitamin A</u> toxicity, which affects muscles and bones.
<u>Macadamia nuts</u>	Contain an unknown toxin, which can affect the digestive and nervous systems and muscle.
<u>Marijuana</u>	Can depress the nervous system, cause vomiting, and changes in the heart rate.
Milk and other dairy products	Some adult dogs and cats do not have sufficient amounts of the enzyme lactase, which breaks down the lactose in milk. This can result in diarrhea. Lactose-free milk products are available for pets.
<u>Moldy or spoiled food,</u>	Can contain multiple toxins causing vomiting and diarrhea

<u>garbage</u>	and can also affect other organs.
<u>Mushrooms</u>	Can contain toxins, which may affect multiple systems in the body, cause shock, and result in death.
<u>Onions and garlic</u> (raw, cooked, or powder)	Contain sulfoxides and disulfides, which can damage red blood cells and cause anemia. Cats are more susceptible than dogs. Garlic is less toxic than onions.
Persimmons	Seeds can cause intestinal obstruction and <u>enteritis</u> .
Pits from peaches and plums	Can cause obstruction of the digestive tract.
Potato, rhubarb, and tomato leaves; potato and tomato stems	Contain oxalates, which can affect the digestive, nervous, and urinary systems. This is more of a problem in livestock.
Raw eggs	Contain an enzyme called avidin, which decreases the absorption of <u>biotin (a B vitamin)</u> . This can lead to skin and hair coat problems. Raw eggs may also contain <i>Salmonella</i> .
Raw fish	Can result in a <u>thiamine (a B vitamin)</u> deficiency leading to loss of appetite, seizures, and in severe cases, death. More common if raw fish is fed regularly.
Salt	If eaten in large quantities it may lead to electrolyte imbalances.
String	Can become trapped in the digestive system; called a "string foreign body."
Sugary foods	Can lead to <u>obesity</u> , dental problems, and possibly <u>diabetes mellitus</u> .
Table scraps (in large amounts)	Table scraps are not nutritionally balanced. They should never be more than 10% of the diet. Fat should be trimmed from meat; bones should not be fed.
Tobacco	Contains nicotine, which affects the digestive and nervous systems. Can result in rapid heart beat, collapse, coma, and death.
Yeast dough	Can expand and produce gas in the digestive system, causing pain and possible rupture of the stomach or intestines.

<http://www.risingwoods.org/OURFAMILY/THEDOGS/knowntoxicfoodsfordogs.htm>

Interesting Websites

Couponing <http://thekrazycouponlady.com/beginners/>
Preschool <http://www.supersimplelearning.com/>

June Activities

<http://www.first-school.ws/theme/occasions6.htm>
<http://www.adaycare.com/PreschoolCurriculumSample6.html>
<http://www.kinderart.com/seasons/june.shtml>

July Activities

<http://www.123child.com/>
<http://www.enchantedlearning.com/crafts/july4/>
<http://www.adaycare.com/July.html>

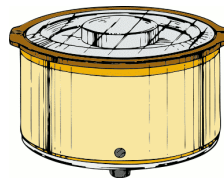
Aug Activities

<http://www.first-school.ws/theme/occasions8.htm>
<http://www.preschoolbystormie.com/sept.html>
<http://preschool.uen.org/curriculum/calendars.htm>

Sept. Activities

<http://www.first-school.ws/theme/occasions9.htm>
<http://www.kidsparkz.com/index.html>
<http://www.education.com/worksheets/preschool/>

Recipe Corner



Do you have young children of your own at home, or are they almost ready to fly out of the nest? Have you thought of creating a cook book full of your family's favorite meals and snacks to pass down to the younger generation? This would also make a wonderful shower gift. Don't forget to include other tidbits of knowledge you've learned over the years. Who knows, this could be the beginning of a family tradition from generation to generation to generation!

Tips for State Licensed Providers

It's time to pull out all of your child care records and have the annual review with each parent. After the parent reviews the "Childs Record" form, and makes any changes necessary, have them sign and date the bottom of page 1 attesting all of the information is correct. This is the time to make sure work phone numbers or cell phone numbers haven't been changed. This would be a good idea for all providers to do this, not just the state licensed ones. If you have an emergency you won't have time to fumble through phone books to find the numbers you need.

Recently Social Services sent out an email letting us know they have made changes to the Medication forms. You may want to take a look at the changes and update your records: <http://www.medhomeplus.org/MAT/index.php> scroll down to "MAT best practice forms".

Take a look inside your First Aid box for any item with an expiration date. If it is near the expiration date, replace the item(s).

While you are checking for expiration dates, don't forget to check your food and drink items in your evacuation bag.

From July 1st, 2012 to June 30, 2013 state licensed providers need to attain 14 training hours.

How to Avoid the Scams of Summer

If you're going to the Olympics... best of luck getting tickets. Most events sold out last year, and resellers are charging a hefty premium. If you're thinking about purchasing a ticket online, make sure the seller has an address you can verify, a working phone number, and the ability to process credit cards. If they don't list a phone number or if they insist that you wire the money before they send the ticket, walk away from the deal.

If you're using a gift card to buy a ticket on Southwest... don't buy that gift card at a steep discount on Craigslist. Southwest Airlines is one of the few airlines to allow ticket purchases with gift cards. That can make for a cool present, but it also makes scams very easy to pull off. A scammer can use a stolen credit card to purchase a gift certificate from Southwest.com—complete with a PIN to prove it's "legitimate"—and then resell the gift certificate to somebody else before the scam is discovered. Often, people don't discover they've been duped until they go to the airport and find out their ticket has been cancelled because it was purchased with a stolen card.

If you're refinancing your mortgage... or if you're just looking to consolidate debt, you maybe look online for a new loan servicer. If that servicer says you're pre-approved for a loan but that you have to put down a deposit, insurance fee, or some other fee in order to qualify due to your low credit score, be very suspicious. A lot of people with less-than-sterling credit histories end up scammed out of hundreds and even thousands of dollars because they put money down on what turned out to be a fraudulent loan.

If you're logging onto your hotel's Wi-Fi network while traveling... a new malware scam appears to target travelers by presenting a pop-up to trigger a routine update to a common software product. The user, who's in an unfamiliar setting and whose only expectation is to see a series of pop-ups before logging into the hotel's network, approves the update so that he or she can proceed. Instead of a software update, they download malware.

If you're hired as a "mystery shopper" to test out a retailer's return policy... you may be the victim of a new scam involving iPad "mules." In this scam, the unsuspecting "mystery shopper" believes he or she is returning an iPad to a retailer and evaluating their customer service experience. In fact, he or she is returning an empty box to the retailer and giving several hundred dollars in returned money to a scam artist.

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.pfcee.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/>



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 very 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.



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

facebook

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



If you live in Norfolk and have received a call from the parent(s) of a special needs child you don't think you can adequately care for, Precious Pearls Childcare Center is located on Wildwood Drive and only accepts special needs children. Their phone # is 286-9900.



Our website is: www.pfcee.com