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Happy July! July is National Picnic Month and one of my family’s favorite picnic locations is up Highway 88 at Silver Lake or Highway 4 at White Pines Lake. Our favorite foods consist of tuna sandwiches and fresh fruit. When I worked in a preschool that offered a summertime program, we would often eat lunch outside on a blanket and create a lot of summertime crafts. One of the most enjoyable and useful crafts during hot weather was a watermelon paper fan. You take a paper plate, cut the plate in half, create the half to look like a watermelon slice, and glue a popsicle stick on the bottom. Once the paint and/or glue is dried, you have a watermelon fan!

On Friday, June 25th we moved to the new location in Mokelumne Hill. We are excited to be closer to both the Amador and Calaveras county lines. A friendly reminder all attendance claims need to be turned in on or before July 6, 2021, since it is the end of the Resource and Referral fiscal year, we will be unable to process late claims.

Following is some important information;

**Effective July 12, 2021**

**Office Hours**- Monday-Thursday 8:00-4:30 pm

**Telephone**- 209-754-1075 (will remain the same)

**U. S. Mail**- 8085 Highway 26, Suite G; Mokelumne Hill, CA 95245

**Dropbox Locations** ;

**Amador County**: Amador Health and Human Service building

**Calaveras County**: Door mailbox/drop box at 8085 Highway 26, Suite G; Mokelumne Hill and The Resource Connection admin building- 444 E. St. Charles St. San Andreas

Please reach out with any questions or comments,

Best,

Sheri Noble

Program Director

Resource and Referral Newsletter & Professional Development
The Resource Connection Child Care Resource and Referral

WE'VE MOVED TO A NEW HOME!

OUR NEW ADDRESS FOR ALL FUTURE VISITS
AND CORRESPONDENCE:

Effective July 12, 2021
Office Hours-Monday-Thursday 8:00-4:30pm
Telephone-209-754-1075 (will remain the same)
U. S. Mail- 8085 Highway 26, Suite G; Mokelumne Hill, 95245

Dropbox Locations
Amador County
Amador Health and Human Service building (marked black box on right)
10877 Conductor Blvd. Sutter Creek
Calaveras County
8085 Highway 26, Suite G; Mokelumne Hill (marked box on building)
&
Resource Connection admin building- 444 E. St. Charles St. San Andreas
(top of driveway next to the handicapped parking stalls)

July is... National Picnic Month

NATIONAL PICNIC MONTH
July is an excellent time for National Picnic Month. The fresh air stirs the appetite, and garden vegetables and fruits make outdoor eating easier. The word picnic is derived from the French word piquenique. Picnics hearken back to mid-18th-century al fresco French dining. A bottle of wine, a loaf of bread, some cheese, and fruit made for an instant meal under the sky.

Whether we pack meals for tailgating at sporting events, an afternoon getaway, or a weekend of camping, picnics provide an excellent way to enjoy the company of friends and family away from home. It’s important to keep the meals simple and focus on the company. Sandwiches, finger foods, and beverages may seem plain, but it’s more about spending time with each other and being in nature.

When we pack them right, picnics make life simple. The clean-up is usually easy thanks to all the finger foods. That way we get to spend more time visiting with friends and family while enjoying the sunshine.

OBSERVE #NationalPicnicMonth
Pack up the picnic basket and head out to your favorite park. Bring juice, wine, fruit, cheese, bread, and some smoked meats and you’re all set. Use #NationalPicnicMonth to share on social media.

If you’re stumped for a picnic menu, we have the 7 Best Picnic Foods right here!

NATIONAL PICNIC MONTH HISTORY
The American Bakers’ Association founded National Picnic Month in 1952.

For the full article, please click the link below:
https://nationaldaycalendar.com/national-picnic-month-july/

UPDATE Coronavirus 2019 (COVID-19) Industry Guidance for Child Care Settings

Provider Information Notice (PIN) Summary

The California Department of Public Health released updated statewide COVID-19 guidance for providers to maintain a safe and low-risk environment as California businesses reopen and expand their operations. The California Department of Public Health, Department of Social Services, and Cal-OSHA collaborated to create this guidance. The Child Care Industry Guidance UPDATED June 29, 2021, is available online. This guidance supersedes prior COVID-19 in the COVID-19 Update Guidance: Child Care Program and Providers dated July 17, 2020.
If you have any questions regarding the COVID-19 public health emergency, please contact the Department's Coronavirus General Question's e-mail at CCLCOVID-19INFO@dss.ca.gov. For all other child care questions; please contact your Local Regional Office.

The Department will communicate all new information to providers through Provider Information Notices (PINs). Please sign up to be notified of now PINs here and visit the Department's website for the latest PINs.

Please click the link below for the full article:

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075

10 fun picnic games for kids to play

Summer days and warm weather practically beg for an outdoor gathering, complete with plenty of food, family, friends, and picnic games. Games are a great addition to any picnic because they encourage physical activity and keep the kids engaged and entertained.

With just a bit of planning and gathering of supplies, your next picnic is sure to be a success. Here are 10 great picnic games to play at your next gathering.
1. Picnic Basket Relay

Encourage children to take part in the setting up and cleanup of a picnic by playing this fun game from [Mom Junction](https://www.momjunction.com). You’ll need two picnic baskets packed with a blanket, dishes, silverware, food, and other picnic materials. Divide the kids into two teams. The objective of the game is to have each player unpack a picnic basket, set up the picnic, tear down the picnic and repack the picnic basket as quickly as possible in a relay fashion. The thrill of competition and the enjoyment of successfully laying out a picnic will keep the kids engaged and cheering on their teammates.

2. Flip-Flop Kick

The objective of this game from [Inner Child Fun](https://www.innerchildfun.com) is to see who can kick a flip-flop shoe off his foot as far as possible. Kids love this game because normally kicking off their shoes isn't something that's allowed, never mind encouraged. They'll also enjoy the chance to try to beat their own scores by kicking their flip-flops even farther during the next round.

3. Water Balloon Spoon Race

What kid doesn't relish the chance to throw a water balloon and get wet? A picnic is a perfect time for some water balloon fun. This game from [Two Shades of Pink](https://www.twoshadesofpink.com) is played like the classic egg-and-spoon relay race, only children are challenged a bit more by balancing a full water balloon on a wooden spoon.

4. Water Balloon Dodgeball

Blend the fun of dodgeball with the thrill of a water balloon fight, and you have this game from [Feels Like Home](https://www.feellikehome.com), where kids try to dodge water balloons instead of playground balls.
5. Sponge Relay Race

To play this game from Ladies Kitty, you need two big sponges, two buckets of water, two jars or beakers and two teams of energetic kids. Mark a fill point on the jars, and have each player dip the sponge in the water, run over to the jar and squeeze the sponge out to empty its water into the jar.

The first team to fill their jar to the fill point wins!

6. Yard Twister

Kids love the classic game of Twister, and it's also a game that's easy to adapt to outdoor play with a circle stencil and spray paint, as My Kids' Adventures demonstrates. Instead of painting the circles directly onto the grass, paint them on a big sheet or a tarp and let the kids get twisting.

Bonus: You're creating the playing surface yourself, so you can make it bigger for more players.

7. Human Tic-Tac-Toe

To play this game from Notable Music Studio, separate kids into two teams of three or four and assign one team as "x"s and the other as "o"s. Spray paint a large tic-tac-toe board on a tarp or sheet and play the game the traditional way, but with children as the markers. In addition to being just plain fun, this game also teaches strategy and teamwork.

8. Melt an Ice Cube

The objective of this game from Serving Pink Lemonade is to be the first player to successfully melt an entire ice cube. Roll the die and perform the corresponding action on your ice cube, whether it be shaking salt on top of it, floating it in water or even sticking it down your shirt for a few seconds!
9. Pass the Water

This fun water game from Moms & Munchkins will help cool kids off while competing to be the first team to transfer a cup of water down a line of children without spilling any.

10. Frisbee Golf

Just like traditional golf, Frisbee golf is set up like a course, but plastic baskets become the "holes" and Frisbees become the "golf balls." Children love this game from My Computer Is My Canvas because it combines the chance to throw things (who doesn't love that?) with the competition involved in getting the Frisbees into the baskets with the fewest number of throws.

For the full article, please click the link below:
PB&J on a Stick Recipe

Ingredients
2 peanut butter and jelly sandwiches
1 cup seedless red or green grapes
1 small banana sliced
4 wooden skewers (5 to 6 inches)

Directions
Cut sandwiches into 1-in. squares. Alternately thread grapes, sandwich squares, and banana slices onto each skewer. Serve immediately.

For the recipe, please click the link below:
https://www.tasteofhome.com/recipes/pbj-on-a-stick/

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The National Safety Council has deemed Independence Day the most dangerous holiday of the year. So before going outside to celebrate, be sure to look over these safety tips for the Fourth of July.

**Ear Safety**
According to a study in the Journal of the American Medical Association, one in five American teens suffers some type of hearing loss from various causes. Noise from fireworks can reach levels higher than 155 decibels. To limit dangers of hearing loss, fear, and panic from the blasts, ensure that you and your family:

- **Sit more than 500 feet from where fireworks are launched.** If your child tells you his/her ears are buzzing or ringing, it’s a sign that you should move farther away.

- **Bring earplugs for every family member over 7 years old and use child-sized ear muffs for your smaller children and babies.** Earmuffs are known to effectively reduce dangerous levels of noise on babies as young as six weeks old.

- **Comfort and reassure your frightened child, and be prepared to make a quick getaway if that doesn’t work.** Alternatively, plan to watch the show from your car or a rooftop deck so that a scared little one has somewhere safe to go inside.

**Food Safety**
The 4th of July and grilling go hand in hand. Here are some food safety tips to keep in mind:

- **Use soap and water to clean all surfaces, utensils, and hands.**

- **Use different plates for raw vs. cooked foods** – do not put that perfectly grilled burger back on the same platter where you prepped before cooking.

- **Use a food thermometer to be sure you have cooked your food to a safe temperature.** Burgers should be cooked to 160° Fahrenheit.

- **Bring plenty of ice or cold packs for your cooler.** Do not leave food at room temperature for longer than two hours (one hour if outdoor temperatures spike above 90° Fahrenheit).

**Crowd safety**
If you plan on attending a fireworks show or other crowded event:

- **Talk to your children about stranger safety.**

- **Make a plan to meet up** or stay put throughout the event.

- **If lost, teach your children to find a security or police officer,** or if they cannot spot someone immediately, to find another parent who has children with them, and ask her for help.

- **Tag your children** using a temporary tattoo, a bracelet, or a sharpie with your emergency contact information.

**Eye safety**
Thousands of people, many of them children, suffer eye injuries from fireworks each year. The best way to avoid injury is by attending a professional public fireworks show rather than putting on your own fireworks show.
If you to professional fireworks displays and/or live in communities surrounding the shows:

- **Respect safety barriers** and view fireworks from at least 500 feet away.
- **Do not touch unexploded fireworks**; instead, immediately contact local fire or police departments to help.

If you decide to purchase your own fireworks, follow these safety tips to prevent eye injuries:

- **Never let young children play with fireworks of any type, even sparklers.**
- **People who handle fireworks should always wear protective eyewear** that meets the parameters set by the American National Standards Institute and ensure that all bystanders are also wearing eye protection.
- **Leave the lighting of professional-grade fireworks to trained pyrotechnicians.**

If an eye injury from fireworks occurs:

- **Seek medical attention immediately.**
- **Do not rub your eyes.**
- **Do not rinse your eyes.**
- **Do not apply pressure.**
- **Do not remove any objects** that are stuck in the eye.
- **Do not apply ointments** or take any blood-thinning pain medications such as aspirin or ibuprofen.

Have a safe and happy 4th of July!

For the full article, please click the link below:

[https://riseandshine.childrensnational.org/safety-tips-for-the-fourth-of-july/](https://riseandshine.childrensnational.org/safety-tips-for-the-fourth-of-july/)

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**Fireworks: Awesome for humans, terrifying for animals**

Tips for keeping your dogs, cats, and other pets safe and happy during summer celebrations

Many people enjoy the booming sounds and flashing lights of fireworks, but they can be terrifying and overwhelming for pets?—and possibly hazardous.

On the Fourth of July, many pets become so frightened by the noise and commotion of fireworks that they run from otherwise familiar environments and people and sadly become lost.
Help your pets keep their cool: Follow our four simple steps for keeping them safe during loud—and hot—warm weather festivities.

1. Keep your pet safely away from fireworks

Pets are more sensitive to loud noises, flashing lights, and strong smells. On the Fourth of July, and other days people are likely to set off fireworks, it's best to leave your pets safely indoors, preferably with a radio or TV turned on to soften jarring noises. Even pets who are usually kept outdoors should be brought inside.

If you are going to an Independence Day event and cannot leave your pet unattended at home, keep them leashed and under your direct control at all times.

2. If your pet is scared by fireworks, ask a veterinarian for help

There are medications and techniques that might help alleviate your pet’s fear and anxiety. You can also try our suggestions for helping your dog cope with loud noises.

Keep your pets comfortable during all holidays. Read our Halloween safety tips for pets.

3. Protect your pet from heatstroke during summer festivities

Another reason to keep your pets away from the often noisy celebrations of summer is heat. High temperatures put your pet at risk of heatstroke, which can become deadly very quickly. Keep an eye on your pets and act immediately if you see any signs of heatstroke.

NEVER leave your pet in a parked car, even if the day doesn’t seem that warm. The temperature outside may be a balmy 72 degrees, but the temperature inside a closed vehicle can rocket to a fatal 116 degrees in less than an hour.

Also, remember that hot pavement can be dangerous to unprotected paws; if it’s too hot for you to hold your hand to the ground for five seconds, it’s not safe for your dog to walk on.

4. Safeguard your pet with a collar and ID tag

All pets, even those kept indoors full-time, should always wear collars with ID tags. Indoor-only pets can become so frightened during fireworks displays that they may take desperate measures to escape the noise, including breaking through windows or door screens. You should also ensure that your pet is microchipped and that the chip is properly registered with your current contact information.

If your pet does become lost, contact your local animal control and surrounding shelters immediately and follow the rest of our advice for finding your pet.

If you find a lost pet, either take them to the address on their tag or bring them to a local animal shelter so they can be reunited with their family.

For the full article, please click the link below:
https://www.humanesociety.org/resources/fireworks-july-fourth-tips

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