**In This Issue**

Message from your R&R Program Director

August is Children’s Eye Health & Safety Month
Happy August! August is National Eye Health and Safety month and both counties offer services for children’s vision health. For a list of optometrists in both counties, you can follow the link below and browse The Resource Connection Resource Directory; [https://rr.trcac.org/lresources.htm](https://rr.trcac.org/lresources.htm). The Resource and Referral department is finalizing the fiscal year, early learning workshop booklet and will publish the upcoming events by mid-August. We are hosting many new exciting topics and look forward to sharing the events with you.

**Office Hours**
- Mokelumne Hill-Monday-Thursday 8:00-4:30 pm; closed 12:00 pm to 12:30 pm for lunch
- First 5 Amador-Tuesday and Thursdays 9-3 by appointment
- The Resource Connection Administrative Office in San Andreas by appointment

**Telephone & Fax**
- 209-754-1075
- Fax - 209-754-4244

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

**Dropbox Locations**
- Amador County:
August is Children’s Eye Health and Safety Month

With a large number of states beginning the school year earlier, August is the new September! Along with school supply shopping and purchasing those back-to-school clothing items, it’s time to make comprehensive eye exam appointments for the kids. Conveniently, August is designated as Children’s Eye Health and Safety Month!

A good rule of thumb is to have your children’s eyes examined during well-child visits, beginning around age three. Your child’s eye doctor can help detect refractive errors such as nearsightedness,
farsightedness, and astigmatism as well as the following diseases:

- Amblyopia (lazy eye)
- Strabismus (crossed eyes)
- Ptosis (drooping of the eyelid)
- Color deficiency (color blindness)

If you or your doctor suspects that your child may have a vision problem, you can make an appointment with your local ophthalmologist for further testing. There are some specific warning signs that may indicate that your child has a vision problem. Some of these include:

- Wandering or crossed eyes
- A family history of childhood vision problems
- Disinterest in reading or viewing distant objects
- Squinting or turning the head in an unusual manner while watching television

Keeping your children’s eyes safe is another part of maintaining healthy vision. Eye injuries are the leading cause of vision loss in children. There are about 42,000 sports-related eye injuries every year in America, and children suffer most of these injuries. Help prevent your child from being one of the more than 12 million children who suffer from vision impairment by remembering a few basic rules of safety:

- All children should wear protective eyewear while participating in sports or recreational activities
- Purchase age-appropriate toys for your children and avoid toys with sharp or protruding parts (Source: HAP).

Help your children have a successful school year by scheduling a comprehensive eye exam and taking safety measures to ensure their eyes are free from injury. If you need assistance finding a licensed eye care specialist in your area, click here.

For the full article, please click the link below:


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

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1. **Create a back-to-school survival kit.**
Get a small container—like a pencil box or a zippered makeup bag—and fill it with things that you think your kid might find helpful or comforting when they head back to class. Depending on their age, your back-to-school kit** might include things like gum or candy, fun pens, and pencils, stickers, a hairbrush, lotion, lip gloss, hand sanitizer, a stress ball, a few dollars for the vending machine, or an encouraging note from mom or dad. If you’ve got a groaning teenager on your hands, try swapping out the kiddie goodies for snacks, gum, mini lotion or hand sanitizer, a water bottle, or a gift card to their favorite fast-casual restaurant.

2. **Go on a back-to-school shopping trip.**
This is a surefire way to get your kid excited to go back to school. (Because what kid wouldn’t love to get brand new clothes and school supplies?) Make sure you don’t leave the house without a list of the essentials (especially for dorm room shopping!).
Psst—Add these back-to-school snacks to your list for your little ones.

3. DIY a Portable Homework Station.
Blogger Becky of Clean Mama had the great idea to create a homework station out of a Target cutlery caddy. Fill canning jars with homework essentials—like pencils, markers, a ruler, and stickers. You could even put some energizing snacks in one cup, like this granola trail mix, to help keep the brain fueled up and ready to conquer algebra. You’ve got to check out these at-home classroom products, too!

For the full article and more back-to-school ideas, please click the link below:
https://www.tasteofhome.com/article/back-to-school-ideas/

Foods for Eye Health that Children Love

Parents, do you feel overwhelmed by trying to serve healthy meals on the go? Instead of subjecting your children to daily breakfast bars or the mystery meat in the school cafeteria, feed them some of these tasty foods to nourish their vision and overall health and to start the year off right.

Health Benefits of Eggs

An eye-healthy breakfast starts with eggs. Egg yolks contain lutein, an antioxidant that fortifies the retina and neutralizes harmful free radicals in eye cells. A diet rich in lutein helps prevent age-related macular degeneration, one of the leading causes of vision loss for adults 55 and older. Lutein from eggs is more readily absorbed by the body than lutein from fruits and vegetables, so crack an egg each morning for the kids. For optimum lutein absorption, use coconut oil or olive oil to grease your pan.

Health Benefits of Almonds
Vitamin E is another essential vitamin for eye health, and almonds are an excellent source. Just one handful of almonds has half the recommended dietary allowance of vitamin E, and sliced or chopped almonds add a pleasant texture to an ordinary cup of yogurt or boring bowl of cereal. For an extra antioxidant boost, toss some blueberries on top.

**Color and Crunch for Lunch**

Kids love foods that have a hearty crunch, and most vegetables and fruits fit into this category. Carrots, orange, and yellow bell peppers, and sweet potato chips are just a few crunchy items you can add to your children's lunchbox. Orange and yellow vegetables are full of beta-carotene, an essential antioxidant that is necessary for healthy skin and eyes.

Vitamin C is also an eye-friendly antioxidant. A diet rich in vitamin C prevents cataracts, a disease that progressively degenerates the eye lens. Much of the damage that causes cataracts is from sun damage that occurs during childhood and young adulthood, so kids need lots of vitamins C. Pack kiwi, strawberries, citrus fruits, and broccoli to counteract free radicals in UV rays and environmental toxins.

**Go Green for Dinner**

Dark, leafy greens are full of vitamin A that protects the cornea, the transparent dome on the surface of the eyes. Salad may not be your children’s first choice for dinner, but you have endless possibilities when it comes to fresh produce. Top your leafy greens with fresh vegetables, dried fruit, nuts, seeds, cheese, grilled chicken, roasted salmon, and baked fish, and dress your salad with eye-nourishing olive oil with a splash of balsamic vinegar. Try to eat leafy greens raw because the cooking process decreases their nutritional value.

Eating a variety of leafy greens like spinach, kale, Swiss chard, arugula, and red leaf lettuce keeps the eyes lubricated and prevents dry eye, a chronic condition that affects over 16 million Americans. Children can develop dry eye, especially during the winter months, and it can be distracting and painful. Dinner salads are a smart way to introduce children to new foods because ingredients are cut into small pieces, so get creative and have fun.

Browse the Your Sight Matters website for hundreds of **eye-healthy recipes** for breakfast, lunch, dinners, snacks, and desserts. Your kids may even want to help you create a weekly meal plan and assist with the cooking.

**See Your Ophthalmologist**

As school begins, schedule comprehensive eye exams for the entire family. Your ophthalmologist will evaluate everyone’s current prescriptions and screen for eye disease. If you would like to find a board-certified ophthalmologist in your area, click here and enter your zip code.
For the full article, please click the link below:

https://yoursightmatters.com/foods-eye-health-children-love/

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Amador & Calaveras Office (209) 754-1075

Keeping Your Child Safe from Lead and Other Heavy Metals in Baby Foods

A recent congressional report found heavy metals, including lead, arsenic, cadmium, and mercury, in baby foods and baby juices. Heavy metals are especially dangerous for young children. This news can leave parents with a lot of questions. Here is more information and tips for parents to keep their children safe.

What can I do?
• Feed your child healthy meals and snacks and not too much of one thing.
• Limit higher risk foods for heavy metal exposure and make safer choices (see list below).
• Wash hands often, especially before eating. Use lead-safe dishware and cold tap water for drinking, cooking, and baby formula.
• If you think your child may have been exposed to lead, ask your child’s doctor about a blood lead test.

Why is this important?
• There is no known safe level of lead in the body, especially for children.
• Lead can make it hard for children to learn, pay attention, and behave.
• Lead adds up in the body over time, so it is important to reduce lead exposure from all sources.

Tips for making safer food choices:

Cereal, snacks, & teething foods
Foods containing rice or rice flour can contain arsenic. Teething biscuits can contain lead, arsenic, and cadmium.
Instead, try these rice-free foods and healthy snacks: oatmeal, quinoa, multi-grain cereal, fruit, yogurt, cheese, and eggs.
For teething pain, try frozen banana slices, cold peeled cucumber, or a clean cold wet washcloth or spoon (watch for choking).

Fruits & vegetables
Veggies that grow underground, like carrots and sweet potatoes, are a good source of nutrients, but can contain lead and cadmium.
Mix it up! Serve a variety of fruits and vegetables from every color of the rainbow during the week.

Drinks
Juice, especially apple, pear, and grape, can contain lead and arsenic.
Water and milk are safer drink options. You can also choose whole or pureed fruit.

Where can I get more information?
• Childhood Lead Poisoning Prevention Branch – cdph.ca.gov/Programs/CLPPB
• Healthy Babies Bright Futures – hbb.org
• Healthy Children.Org – HealthyChildren.org

*The American Academy of Pediatrics recommends breastmilk or formula for the first year of life.
AMADOR-TUOLUMNE COMMUNITY ACTION AGENCY

CLOTHING DRIVE

Thank you to our supporters:

Donate your new or gently used clothing, all ages and sizes accepted.

DROP OFF YOUR DONATIONS TO:

ATCAA
10590 Hwy 88
Jackson, CA

Our donation bins in placed outside for your convenience.

In Need of Clothing or have a question?
Call 209-283-4021

Clients can pick up clothing from our clothing rack at our Jackson office (address above).

Donations can also be placed in our bins at:

Mr. Smiley's, 140 Hanford St, Sutter Creek
Pine Grove Elementary, 2001 CA-88, Pine Grove, CA 95665
Jackson Valley Fire Protection District, 2701 Quiver Dr, Ione, CA 95640
In These Uncertain Times,

We’re Here to Help

PROGRAMS CURRENTLY AVAILABLE IN AMADOR COUNTY

ENERGY - We can help you receive a credit toward your PGE or propane bill. We may also be able to help you with lowering your home energy costs. Call 209-223-1485 x259 or x290. Live in Calaveras? Use x221 or call 209-283-4021.

During COVID, you can also call: 209-540-3869 or 209-221-9310

HOUSING - Housing resources to help you stay in your home, find housing or get into temporary shelter. Call 209-223-1485 x243 or x223. Reach our homeless shelter by calling 209-223-9215

HEAD START AND EARLY HEAD START - Programs for pregnant moms, infants and preschool children. 209-533-0361

FAMILY RESOURCE SERVICES - From assisting foster youth ages 13-21 to providing literacy sources for kids. 209-223-1485 x236

LIFELINE - In-Home Medical Alert System. 223-1485 x232

INCOME TAX ASSISTANCE - 209-268-6232 (Seasonal)

MEDI-CAL ENROLLMENT ASSISTANCE - 209-223-1485

CLOTHING ASSISTANCE - Our volunteer clothing drive collects and distributes clothing all year long. 209-283-4021

INFORMATION & REFERRAL - Let us help you find the resources you need.

More information and most applications available at ATCAA.org

We are dedicated to keeping you SAFE by providing you CONTACTLESS SERVICE.

209-223-1485
ATTENTION CALAVERAS RESIDENTS

ATCAA will be present at the Calaveras Health and Human Services building 509 East Saint Charles Street San Andreas Ca 95249 In the Networking Room 116 Every Monday 9:00am to 3:00pm and Friday from 9:00 am to 3:00 pm.
(times and dates can change without notice please call the ATCAA Energy Department to confirm dates and times)

Utility Assistance
Propane and PG&E Home Weatherization

Health Navigator
Medical Application Assistance

Application locations: Calaveras Libraries Mokelumne Hill, San Andreas Central, Angels Camp, Murphys, Valley Springs, Arnold, and Copperopolis. If you notice your local library is low or out of applications please alert energy department staff contact information is below. Thank you!

“PG&E Medical baseline and CARE application available upon request please alert staff if you need help completing application.”

Please visit our website at ATCAA.ORG

ATCAA Jackson Service Center
10550 HWY 68
Jackson Ca 95642

Phone: (209)223-1485 ext 221
Cell: (209)283-4021

lvelasco@atcaa.org
Fax: (209)223-4178
Need Health Insurance?

Let Us Help. You and your family may qualify for free or low cost medical, dental, prescription and mental health coverage.


Let us help determine if you are eligible and help you get your application submitted.

Get started today. Just call the number for the county in which you reside:

**AMADOR COUNTY**
209-223-1485 x259 or 209-540-3869

**CALAVERAS COUNTY**
209-223-1485 x221 or 209-283-4021

2021 Update: We’re continuing to keep you SAFE by providing CONTACTLESS SERVICE. Learn about our other programs and services and what you may qualify for by giving us a call or visiting our website.

209-223-1485 | ATCAA.org
For additional information on upcoming Resource and Referral workshops, please see the information below:

**Tuesday, August 10, 2021 -** Opening a Family Child Care Home - from 1:00 pm to 2:00 pm.

**Saturday, August 21, 2021 -** Adult, Child & Pediatric First aid/AED & CPR - from 8:30 am to 5:00 pm  
Space is limited, reserve your spot today!

**Tuesday, August 24, 2021 -** Enhanced Literacy with Story Extenders - from 6:00 pm to 8:00 pm.
To register, please contact Karen Frazier at (209) 754-1075 or KFrazier@trcac.org

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