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Happy November! November is National Gratitude Month. Here at Child Care Resource and Referral, we want to thank the community, families, and providers for their support over the last year. I also want to personally thank the Resource and Referral staff for the endless dedication, innovation, and support they provide families, providers, and each other. I am truly thankful to be working with such a great team.

We have a few exciting workshops coming up in November, so please take a moment to review the flyers. Last month, we added a new section to the newsletter that references information pertaining to the Subsidy department. We are always interested in hearing how we can improve the R&R program and further support the community. If you are interested in sharing your thoughts and idea, I would appreciate the opportunity to talk to you. I can always be reached by email at snoble@trcac.org or by phone at 209-754-1075. One last quick reminder regarding Community Care Licensing’s regulations pertaining to Sleep Logs; Sleep Logs must be completed for all children under the age of 2 and Sleep Plans are required for all children under the age of 1.

Best,
Sheri Noble
R&R Program Director

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

National Gratitude Month in November encourages us to embrace the power of gratitude.

Gratitude is more than simply saying “thank you.” Gratitude’s amazing powers have the ability to shift us from focusing on the negative to appreciating what is positive in our lives. Practicing daily gratitude gives us a deeper connection to ourselves, the world around us, and to our Creator.

Everything in our lives has the ability to improve when we are grateful. Research has shown that gratitude can enhance our moods, decrease stress, and drastically improve our overall level of health and wellbeing. On average, grateful people tend to have fewer stress-related illnesses and experience less depression and lowered blood pressure, they are more physically fit, they are happier, have a higher income, more satisfying personal and professional relationships, and will be better liked. Grateful kids are even more likely to get A’s in school.

If everyone practiced daily gratitude, we could change ourselves and the planet for the better. Everyone would be much happier. Love would grow and hate would decrease. And the world would know true peace.

What are you waiting for? Give gratitude a try! You’ll be happier you did.

To participate in the FREE 30 Day Global Gratitude Experiment, go to www.agratefulplanet.com

HOW TO OBSERVE #NationalGratitudeMonth

Celebrating the month can be done in several ways.

- Start a gratitude journal. Write about someone or something you’re thankful for every day. You’ll find your appreciation for those around you grows deeper and fonder the longer you keep it. When you read back on what you’ve written, you’ll be able to reflect on the relationships and their accomplishments.
- Share your gratitude with others. Letting someone know you’re grateful for their care, service, or friendship often lifts their spirits or lifts a burden.
- Show your appreciation by giving back to your community, neighborhood, or favorite organization.
Use #NationalGratitudeMonth to post on social media.

NATIONAL GRATITUDE MONTH HISTORY

National Gratitude Month was submitted by Stacey Grewal in August of 2015.

For article information, please click the link below:
https://nationaldaycalendar.com/national-gratitude-month-november/

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Amador & Calaveras Office (209) 754-1075

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Important Reminders from the Subsidy Department

1. Parents, please be sure to contact your case manager if you need to make changes to your child care certificates.
2. Providers, if you need additional attendance/claim forms, please click the link below to download and print them out or please contact our office to have them mailed to you:
   https://rr.trcac.org/info/docs/subsidy_attendance_app_fill-in_form_20160607_revised_20210608.pdf
3. If you have specific questions about our Alternate Payments Program, please refer to your Alternative Payments Participant Handbook and if you cannot locate your copy, you may click on the link below to download the pdf version:
   https://rr.trcac.org/info/docs/alternative_payment_participant_handbook_10-18_revised_20210618.pdf
4. The Regional Market Rate for Subsidy is changing on January 1, 2022, and if you would like to look at the new changes, you can go to the following link and look for your county -
   https://roscc.adm.dss.ca.gov/

Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075
5 Awesome Mindful Gratitude Activities For Kids

Below you’ll find five wonderful activities for kids, including short descriptions. I’m sure you’ll discover at least one you’d like to try :) Click on each link to view the complete activity.

**With these mindful gratitude activities, you can help kids …**

be grateful for what they already have,
to appreciate the small things in life,
become happier and better at feeling good,
and show them that happiness comes from within.

And *you* can discover new, joyful ways to connect with your kids!

**#1 GRATITUDE GIFT**

This mindfulness activity is heartwarming and I can’t recommend it enough. It combines kindness and gratitude in a fun way that anyone can do. The Gratitude Gift mindfulness activity is great for all ages. It’s a compassionate
spin on the traditional thank-you note; a thank-you note generally thanks someone for something, but this activity is a great way for a child to show appreciation to someone for simply existing.

#2 GRATITUDE FLOWERS

This playful mindfulness activity is similar to the Gratitude Tree, but instead of trees, you’ll create simple fun flowers. If you’re a teacher then the kids will love it. You can design a beautiful garden full of happy gratitude flowers and help the kids nurture gratitude and joy as you build it together.

#3 GRATITUDE JAR

The Gratitude Jar activity is classic and great for all ages. I gave my son a Gratitude Jar for his fourth birthday. It didn’t look as cool as the other gifts. After all, it’s just a cookie jar filled with paper notes. But, the time has proven that the Gratitude Jar prevails and toys get forgotten. We visit the jar weekly after almost two years. And it makes us happy every time!

For the full article, please click the link below:
https://blissfulkids.com/5-awesome-mindful-gratitude-activities-for-kids/

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

Prep Time
15 mins

Total Time
15 mins

Author: Jill
Recipe Type: Snack
Serves: 1

Ingredients
- 1 Bosc or Bartlett pear, cut in half
- 1 baby carrot (nose and feet)
- 1 yellow pepper, seeded and cut into slices
- 1 red pepper, seeded and cut into slices
- 2 Wilton candy eyes
- white frosting or peanut butter
- 1 piece of salami, ham, or pepperoni (tiny gizzard piece)

Instructions
1. Lay the pear cut side down on a medium-size plate.
2. Add a tiny bit of white frosting to the back of the candy googly eyes using a toothpick to give your turkey some eyes.
3. Slice your baby's carrot and cut a small triangle from one of the pieces to use as his nose.
4. Apply some frosting or peanut butter to the back to adhere it to the pear.
5. Use another 2 slices of carrot for his legs.
6. Finally cut a tiny longer triangle out of the salami/ham/pepperoni for his gizzard.
7. Arrange his 'feathers' by lining them around the pear.

Please click the link below for the article:

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

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COMMUNITY RESOURCES
Angel Tree Project

The Camanche Lake & Upcountry Community Centers have been coordinating the annual Amador County Angel Tree project since 2007. Each year the Angel Tree project provides holiday gifts to over 700 children. It is the generosity of people like you that makes this project so successful!

Sponsor a Local Child in Need!

Community members can help by choosing an Angel from several locations around Amador County or requesting Angels by calling Nexus Youth & Family Services at (209)257-1980 ext. 102. Each Angel represents a local Amador County youth in need. Community members can also help by providing an unwrapped gift or monetary donation that can help sponsor Angels that were not chosen, which are typically teenagers. Please bring your donation to the Nexus office by December 19, 2021. Thank you so much for your time and generosity. With your help the youth in our community will have a very happy holiday season!

Gift Ideas for Teens:

- Jewelry Boxes
- Shaving Kits
- Electric Shavers
- Socks & Underwear
- Wireless Headphones
- Cologne & Perfume
- Athletic Gear
- Adult Coloring Books
- Essential Oil Diffusers
- Makeup Mirrors
- Bath & Body Gift Sets
- Bluetooth Speakers
- Bluetooth Earbuds
- Arts & Crafts
- Hoodies & Sweatshirts
- Nail Salon Gift Certificates
- Hair Salon Gift Certificates
- Book Store Gift Certificates
- Swensen’s Shoes Gift Certificates
- iTunes Gift Cards
- Xbox Gift Cards
- Amazon Gift Cards
- Big 5 Gift Cards
- Walmart Gift Cards
- Safeway Gift Cards
- Starbucks Gift Cards
- Jamba Juice Gift Cards
- Melt and Faye’s Gift Cards
- Taco Bell Gift Cards
- Baskin Robbins Gift Cards

For more information contact Nadine Magana at (209)257-1980 ext. 102 or email nmagana@nexussyfs.org.
WE NEED YOUR HELP

The Community Outreach Subcommittee of Amador County Homeless Taskforce is hosting a Fall Homeless Distribution

We need the following care package items:

- 25 Sleeping Bags (freezing or below)
- 26 Blankets
- 24 Tents (all sizes)
- 30 Tarps (all sizes)
- 30 pair of warm/water resistant gloves
- 30 Pocket size journals
- Trash bags
- Batteries (all sizes)
- 200 1 Gallon zip lock bags

Items can be dropped off at
Sierra Wind Wellness & Recovery Center
10354 Argonaut Lane, CA
Please contact Trixxie Smith at
(209)223-1956
Cell - (209)283-0142
ART GRANTS

amadorarts.org/grants/

DUE NOVEMBER 15, 2021
Want to take your GED?

Take your test locally!

Amador Adult Education is an authorized GED Testing Center!

Testing dates:

- September 11, 2021
- October 9, 2021
- November 6, 2021
- December 11, 2021
- January 8, 2022
- February 5, 2022
- March 5, 2022
- April 2, 2022
- May 14, 2022

Go to MyGED.com
Make your account and then find Amador Adult Education to schedule your test.

Need help studying?
Amador Adult Education has GED prep classes.

Please contact us:
Amador Adult Education
(209) 257-5110 if you need assistance.
amadoradulted.org
Upcountry Community Center

Monday & Tuesday 9:30am to 3:30pm
Wednesday 12:00pm to 4:00pm
Thursday 11:30am to 4:00pm
Friday 9:00am to 1:00pm

The 2nd and 4th Wednesday of the month are Food Distribution days. Ask us how you can participate.

Services available at the Upcountry Community Center:
- Resource & Referral
- Case Management
- Family Advocacy
- 0-5 Services
- Senior Socials
- Computers with wifi
- Clothing closet
- Food distribution
- Volunteer opportunities
- Interactive Journaling
- Kindergarten Readiness Classes
- And much more!

Upcountry Community Center
(209) 257-1980 ext. 111
19396 CA-88
Pine Grove, Ca
Visit our website: nexusyfs.org

No person shall be discriminated against in participating in any Nexus service or program due to age, sex, color, religion, gender, marital status, ancestry, medical condition, physical or mental disability, citizenship, or any other consideration made unlawful by state, federal, or local laws.
Center Based and Home Based programs serving pregnant women and children from birth to 5 years.

Promoting school readiness for children from birth to five by providing comprehensive education, health, nutrition, and parent involvement services to support the development of the whole child.

FREE!

We welcome children with Special Needs

APPLY NOW

Call 209-533-0361
Text: 209-213-1951

USDA and this institution are equal opportunity providers and employers.
ATCAA

EARLY HEAD START

Home Base Program

- The Home Base Program is an educational and supportive program for eligible pregnant women and families with children 0-3 years old.
- Visits include parenting education and presentation of developmentally appropriate activities presented by trained Home Visitors on a weekly basis in the comfort and safety of your home.
- Home Visitors partner with parents to meet each family’s needs and to create meaningful goals for children and families.
- Group socializations are also provided to promote social interactions between children and families. Monthly themes are presented in a fun and educational setting for children and their parents.
- Home-based children also receive the full range of Early Head Start services, including developmental screenings and assessments, and assistance with health, dental, nutrition, and mental health needs.

We welcome children with Special Needs

APPLY NOW

Call: 209-533-0361
Text: 209-213-1951

USDA and this institution are equal opportunity providers and employers.
Caring Conversations
Providing services in a healing, hopeful, honest, and safe environment.

Wednesday
November 10
10:00am ~ 12:00pm
975 Broadway, Jackson

In this workshop learn how to:
- Make a shift in how we care for ourselves and others
- Increase positive interactions in the workplace and in personal life through authentic listening
- Practice techniques to reduce stress in a variety of situations
- Understand your thoughts, emotions, and physical sensations, and how being more aware of them will help you in the work you do

This workshop is for anyone working in the service and caregiving professions: case managers, nurses, social workers, front desk and reception, healthcare providers, mental and behavioral health providers, youth advocates, anyone working with young children, serving the senior population, and so many more.

This workshop will be held in person, following all COVID safety measures. Attendance will be limited to 20 participants.

To Register: Call (209) 223-5921 or send an email to info@amadorcapc.org.
Free to attend; no prior training or knowledge necessary.

To learn more about Resilient Amador, visit: amadorcapc.org/resilient-amador.
COVID-19
Keeping an Eye on Our Kids

Due to the outbreak of the coronavirus pandemic, reports of suspected child abuse have decreased. With schools closed and other activities cancelled, children have less contact with mandated reporters, like teachers or coaches, who are required to call in suspected child abuse.

As families struggle to navigate these challenging times, many factors such as health concerns, lack of control, and the fear of the unknown are leading to increased stress, anxiety, and sometimes an increase in the use of alcohol and drugs as coping strategies, but children could face neglect and abuse made worse by these difficult situations.

How can I help?
Most reports of abuse involve neglect, so finding ways to support families who are stretched too thin - emotionally and/or financially - is critical. Local groups are stepping up to make resources available during this uncertain time, but neighbors and friends can help too:

- Purchase gift cards to local businesses for families for take out meals, groceries, or gas
- Share information about community resources and organizations that help families
- Offer to be phone support while someone is trying to navigate finding the help they need
- If someone is an essential worker, make them a meal or offer child care
- Lend a listening ear, having someone to turn to during stressful times eases the sense of isolation and hopelessness

What if I suspect something?
Most indicators of abuse are relatively easy to spot in person, from unexplained injuries to drastic mood changes. If you suspect abuse, try to “get some eyes on the kids” to determine if a child is safe.

Try to get a child on a video call or face-time to see if they seem to be eating enough, what their mood is like, or if they show obvious signs of physical trauma.

Remember, it’s not up to you to PROVE the abuse or neglect is happening, it’s simply enough to have reasonable suspicion and to be concerned about that child’s safety.

To report suspected child abuse or neglect in Amador County call toll free 1-844-835-3685 or (209) 223-6550.

Child Abuse Prevention Council of Amador
PO Box 815, Jackson, CA 95642
(209) 223-5921
www.amadorapc.org
info@amadorapc.org

Helping families through these difficult times will help keep children safe.
MOMMY MINGLE

Connection, Encouragement & Support

Share the joys and challenges of motherhood.

Join us if you’re an expecting, new, or mommy of multiples.

Children are welcome.

November 3, 2021
9:30 AM - 11:00 AM

November 17, 2021
2:30 PM - 4:00 PM

Pregnancy Help Center
1001 Broadway, Suite 102
Jackson CA, 95642
(209) 223-3813
Baby Welcome Wagon

FREE GIFT THAT KEEPS ON GIVING!

If you or someone you know is expecting or celebrating the arrival of a new baby, Baby Welcome Wagon would like to offer you the gift of a lifetime!

This FREE gift, available to all AMADOR COUNTY residents, includes an easy-to-follow Parent Tips book, the "Happy Baby" book to read to your child, a t-shirt, the "What To Do When Your Child Gets Sick" book, and lots of other fun and helpful items!

Sign up for the IMAGINATION LIBRARY and your child will receive a FREE BOOK each month.

To receive your FREE GIFT and for more information, call 223-6563 or toll free 844-701-8883

MCAH Maternal Child Health
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Resource and Referral Newsletter & Professional Development
Amador & Calaveras Office (209) 754-1075
Take a Deeper Dive into Understanding and Building Resilience

The Resource Connection is excited to announce the training opportunity: Parental Resilience, a course of Bringing the Protective Factors Framework to Life in Your Work.

Resilience, simply defined, means the ability to recover from difficult life experiences. Resilient parents and caregivers have empathy for themselves and others and are able to keep a positive attitude, solve problems creatively and take life’s events in stride.

In the Parental Resilience Course, participants will:
- Be equipped to define and recognize signs of parental resilience;
- Identify actions to help build the resilience of parents with whom you work;
- Share examples of ways to value and support parents and to respond to families in crises;
- Be encouraged to integrate these concepts into your everyday practice with families.

Date: Tuesday, November 23, 2021
Time: 6:00 PM to 8:00 PM
Location: via Zoom
https://us02web.zoom.us/meeting/register/tZItZud1bfbvD3ygjOSAfHdyWwOLMaeErwkb168pEMSy6g

For additional information on upcoming Resource and Referral workshops, please see the information below:

Tuesday, November 2, 2021 - Fun is Fundamental for Math - from 6-8 PM
Tuesday, November 23, 2021 - Strengthening Families Parental Resilience - from 6-8 PM

To register, please contact Karen Frazier at (209) 754-1075 or via email at KFrazier@accdc.org

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

THE RESOURCE CONNECTION
Educational Lending Library

DESKTOP VERSION
HTTPS://BIT.LY/36ET6KO

MOBILE VERSION
HTTPS://BIT.LY/2GUPWMA

Educational Toys & Books available for Providers & FFN (friends, family and neighbors)
When you finish reading a book, color in a book. Return colored Reading Logs to First 5 Amador, at the first of every month. Be entered into a drawing to win a prize, each month!

Campaign runs from September 2021 through June 2022

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Return to First 5 Amador at the first of every month -

Take a picture and post to our Facebook page - First 5 Amador
Take a picture and email to - anika@first5amador.com
Drop off at - 976 Broceley, Jackson
OR mail to - P.O. Box 816, Jackson CA 95642
Wish List

The Resource Connection

DONATE SUPPLIES from our Resource Center Wish List to support local Child Care Providers and Families of Amador & Calaveras County

https://a.co/1phXQtf
The Resource Connection Child Care Resource & Referral - www.trcac.org

Our mailing address is:
8085 Highway 26, Suite G
Mokelumne Hill, CA 95245

(209) 754-1075 / rrcinfo@trcac.org / Facebook
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