

# **The** Engaging Families **Resource** Empowering Communities **Connection** Enriching Lives

## Early Learning Programs

### In The Know

The word 'JANUARY' is written in a bold, stylized font. The letters are filled with a dark teal color and have a white geometric pattern inside. The word is surrounded by several light blue snowflakes of various sizes, some of which are partially overlapping the letters.

January 2023 Edition

## In This Issue

Message from our R&R Program Director

January is Walk Your Dog Month

Friendly Reminders from the Subsidy Department

FFN Resources

Kid's Corner

Community Resources

Schedule of Events



Welcome, January 2023! As we reflect on the past year, we are thankful to all the early learning providers that have supported and cared for the families in our communities. In this issue, we are reflecting on ways to enjoy the outdoors and spend time with your beloved animals.

Following are a few program notes; please check out our community calendar page, for we have many engaging events occurring in the month of January. In addition, there are important provider notes in the newsletter section labeled Subsidy corner. Please don't hesitate to contact our office if you need any COVID-19 tests, masks, or gloves.

We look forward to the start of a new year and wish you a Happy New Year!

Best,

Sheri Noble

R&R Program Director

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

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## Walk Your Dog This Month and Every Month

When we are inside on beautiful, warm days, the outside calls to us, and it's easy to jump off our couches and take our pups for a long walk. However, in the cold month of January, it can understandably be a little more difficult to drag yourself out of your cozy home, and dog walks may feel more like a chore than a good time. That's the point behind January's designation as Walk Your Dog Month. During these coldest days of the year, we all need a little motivation to get outside regularly with our pets. And it's not too late to make this a New Year's resolution, too!

This month, don't let the sub-zero winter temperatures drag you down. Dogs need plenty of exercise throughout the year and the best way to keep them active in winter is to take them for regular walks. Walk Your Dog Month is also a fantastic opportunity to blend exercise with bonding time for you and your furry best friend. Here are just a few of the reasons you should participate in Walk Your Dog Month:

- **Extra Bonding Time** – *When you walk your dog, it's a great chance to give your undivided attention to your dog and let them know that you care for them. This is quality time spent together that can lead to greater trust and joy.*
- **Good Exercise** – *Did you eat too much over the holiday season? Walk Your Dog Month is the perfect opportunity to get in shape and shed off those extra pounds – for both you and your dog. A recent study found that 56 percent of dogs were found to be clinically overweight. This can reduce their life*

*expectancy, overall quality of life and cause a multitude of other health issues. Good exercise not only has physical benefits, but it is also great mental stimulation and can decrease stress for both you and your pup. Additionally, it helps energetic dogs dispel some energy, which can make them calmer and prevent them from getting destructive out of boredom when in the house.*

- **Social Activity** – *Walking the dog means you are much more likely to meet other people in your neighborhood who are also out and about with their dogs. Both you and your dog have the chance to make new friends! Socializing your dog with other people and canines alike will help ensure no aggressive tendencies are developed.*
- **Training Opportunity** – *Walking your pup provides ample opportunity for training. A walk is a great time to focus on your dog and practice learning to heel, sit, stay or follow other basic commands. Practice makes perfect, so incorporating walks and practicing these skills during their everyday routine will make them even more successful.*

In general, most dogs benefit from between 30 minutes to two hours of physical activity per day. This of course varies depending on the specific dog, but there are truly few things dogs love more than a good walk with their favorite person. So, begin this year with plenty of walks and with a pledge — better health for you and your dog! Once you are in the routine, it will be easy to carry on the practice all year round.

For the full article, please click the link below:

<https://www.americanhumane.org/blog/walk-your-dog-this-month-and-every-month/#:~:text=However%2C%20in%20the%20cold%20month,as%20Walk%20Your%20Dog%20Month.>

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### **Important Reminders from the Subsidy Department**

1. Providers, when submitting a rate change per our Subsidy Handbook AP requires a 30-day written notice for rate changes (example, we receive new rates January 4th, they will become effective to our families on March 1st).
2. Providers, please be sure to utilize the “A” for absence and “C” for provider closure days on the attendance forms. If a “C” is not listed on the attendance form and the date is left blank, you will not get paid for that day **(licensed providers only who have available non-operational days)**.
3. 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](https://rr.trcac.org/info/docs/subsidy_attendance_app_fill-in_form_20160607_revised_20210608.pdf)

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# Family, Friends, & Neighbors (FFN)





**Education  
Incentive**  
**\$250**  
**per completed  
class**



# **FAMILY,** *Friend,* **NEIGHBOR** **Provider**

**Participant must be currently enrolled and  
caring for a child in the TRC Subsidy program**

**Up to  
\$1000!**

## **Classes Available**

- **Preventative Health & Safety for Family, Friends and neighbors.**
- **Watch Me! Celebrating Milestones and Sharing Concerns**
- **Sesame Street: Building a Reader & Make believe with Math**
- **The 3 R's of Early Childhood**



**Earn while you learn!**

**Until funding is exhausted**

**REGISTER HERE TO BEGIN!**

**<https://www.caearlychildhoodonline.org/>**



**Care. Connect. Grow.**  
Strengthening California's Home-Based Child Care  
**CCIP** Child Care  
Initiative Project

**Questions? call Karen  
(209) 754-1075**

**The** Engaging Families  
**Resource** Empowering Communities  
**Connection** Enriching Lives







- ½ cucumber
- 250g mozzarella cheese pearls
- 2 slices carrot
- A handful of black sesame seeds

*Method:*

Cut 12 rounds, each around 1 cm thick, from the cucumber.

Using a mini round cutter, cut circles from the cucumber slices to form the bases of your snowmen.

Push a cocktail stick into the top of a cucumber slice so that it is standing vertically.

Carefully push two mozzarella pearls onto the cocktail stick to make the snowman's body and head.

Cut the carrot slices into tiny triangle wedges for the snowman noses.

Push a carrot nose into the headpiece of the snowman.

Add black sesame seed eyes and buttons to the snowman, pressing them gently to the mozzarella pearl to stick them in place (you might find this easier to do with tweezers if you have them).

Stand the snowman on a plate or platter and repeat until you have made as many snowmen as you need.

Serve immediately and enjoy!

For the recipe, please click the link below:

<https://www.eatsamazing.co.uk/christmas/healthy-christmas-recipes/easy-mozzarella-cheese-snowman-snack-recipe>

# Paper Plate

## PENGUIN CRAFT



ABC\*  
Creative  
\*LEARNING  
Where Ideas Bloom

Paper Plate Penguin Craft

## Paper Plate Penguin Craft

These little penguins would make the cutest way to learn about the Arctic and the animals who live there. Plus, with cutting and painting exercises kids will also get good practice on their fine motor skills development.

### Material Needed To Make Arctic Penguin Craft

- 1 Paper plate (1 cut in half)
- Black, white, and yellow construction paper
- Googly eyes
- Glue
- Scissors
- Black paint
- Paintbrush

### How To Make A Paper Plate Penguin Craft:

- Have your child paint their paper plate completely black.
- Make sure that every bit of white is covered up.
- Allow your paint to dry for a few hours.
- Fold your white construction paper in half and cut out a large heart, without making a pointing tip at the bottom.
- Glue your white construction paper right in the middle of your black plate. This will be the penguin's face and front of the body.
- Using the yellow construction paper cut out a diamond and fold it in half. This will create a beak that opens and closes.
- Using the black construction paper cut out a large circle and then cut the circle in half. These will be the penguin's wings. You can either have your child glue or tape the wings on the paper plate. We glued ours down and it worked very well.
- Glue down your penguin's googly eyes.
- Using more of the yellow construction paper cut out the penguin's feet. I helped my youngest daughter cut them into little flippers, like three little toes and it turned out cute!
- Now let your penguin dry completely, especially the wings.

A super easy kids' craft that is fun and perfect for learning about arctic penguins. Penguins are one of my girl's favorite animals, so make sure to check out the [penguin](#) we made last year during our arctic unit as well.

To review article, please click link below:

<https://simplytodaylife.com/paper-plate-penguin-craft/>

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## Ferris The Reading Dog!



*Ferris Loves to Listen  
Come Read Aloud to Him  
on Monday December 12<sup>th</sup>  
and Monday January 9<sup>th</sup>  
3:00 pm*

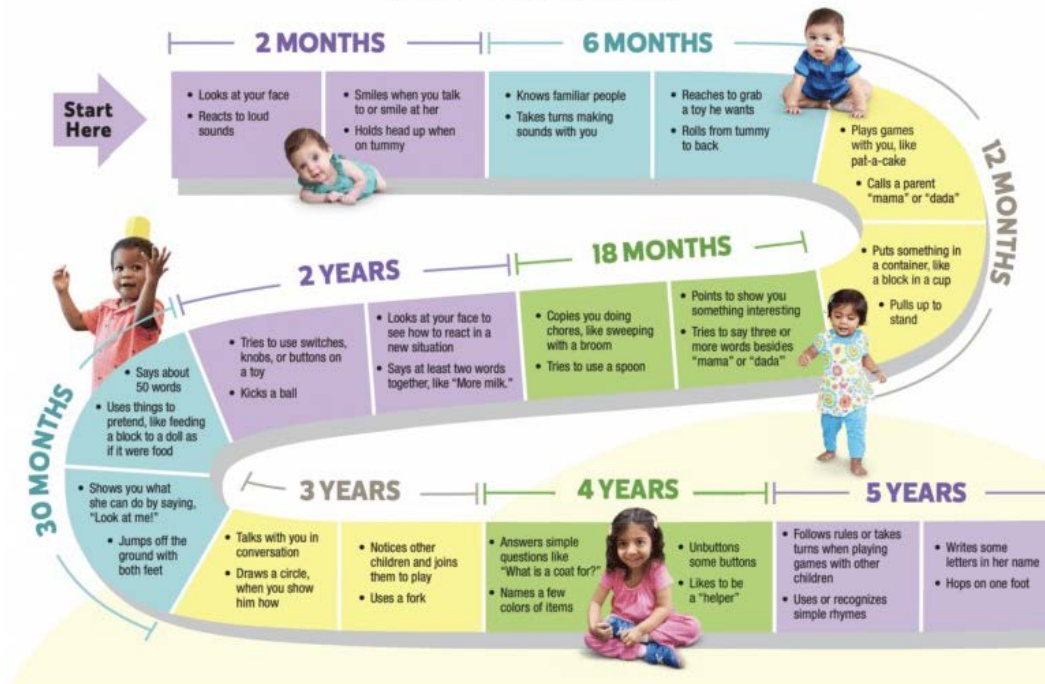


At the  
Amador County Library  
Main Branch  
in Jackson



# Your Child's Early Development is a Journey

These are just a few of many important milestones to look for. For complete checklists for your child's age visit [www.cdc.gov/Milestones](http://www.cdc.gov/Milestones) or download CDC's free *Milestone Tracker* app.



## New Year's Resolution:

Check in and around your home to remove these sources of lead

1

If your home was built before 1978, there may be lead in the paint inside or outside.

2

Old paint breaks down into dust and can spread around the house, sticking to hands, toys, pacifiers, and other items babies or toddlers put in their mouths.

3

There may be lead in the dirt around a house from the past use of lead in gasoline, factories, or old paint.

4

Lead has been found in some natural remedies used for colic, stomachache, teething pain, and healing a newborn's belly button.

5

Lead can be found in lead bullets, fishing sinkers, solder, and lead toys.

### Solutions:

Mop floors; wipe down windowsills with a clean, wet cloth; wash all surfaces and vacuum often.

Wash children's hands and toys often. Wash their hands before they eat, nap, or sleep.

Cover bare dirt where your child plays with grass or other plants, bark, gravel, or concrete.

Talk to your doctor before using traditional or natural remedies.

Keep sinkers and lead bullets or casings away from children. Keep children away from activities that use lead solder such as welding or stained glass and jewelry making.

For more information contact:

Amador County Public Health  
Childhood Lead Poisoning Prevention Program  
(209) 223-6407





# Grandparent Café

SUPPORT AND RESOURCES  
FOR GRANDPARENTS  
RAISING GRANDCHILDREN

Online meetings held on Zoom  
2nd Wednesdays at 9:30am

Click: <https://us02web.zoom.us/j/89025662476>  
Call: 1-669-900-6833 ID# 890 2566 2476



Ask us about  
assistance with  
childcare!

**2023**

Jan 11  
Feb 8  
Mar 8  
Apr 12  
May 10  
Jul 12  
Aug 9  
Sep 13  
Oct 11  
Nov 8

For more info about the meetings:  
call (209) 754-1075 or email [dbohalla@trcc.org](mailto:dbohalla@trcc.org)

**The Resource Connection**  
Engaging Families • Empowering Communities • Enriching Lives





*Formerly  
known as the  
Grandparent  
Project!*

2022-23 school year

# Family Connections

*Monthly group gatherings, support and resources for  
grandparents and other relatives raising children.*

Monthly group meetings in 3 Calaveras County locations:

Murphys/Arnold  
3<sup>rd</sup> Tuesday, 10am-Noon

Angels Camp/Copperopolis  
3<sup>rd</sup> Wednesday, 10am-Noon

Valley Springs/San Andreas  
3<sup>rd</sup> Thursday, 10am-Noon

Contact for location and to RSVP

Katie Lackler, 209-736-6080  
[klackler@ccoe.k12.ca.us](mailto:klackler@ccoe.k12.ca.us)

Or

Arleen Garland, 209-795-3016  
[arleengarland@gmail.com](mailto:arleengarland@gmail.com)

*Family Connections is administered by the Calaveras County Office of Education with funding provided  
by Calaveras County Health and Human Services Agency, Mental Health Services Act (MHSA)*

# Welcome Baby!



*First 5, First Steps*


If you or someone you know in Amador County is expecting or celebrating the arrival of a new baby up to 18 months, Welcome Baby would like to offer you a

## FREE GIFT

- Imagination Library - free books from birth until your child turns 5
- Diapers
- Easy-to follow Parent Tips book
- "What to Do When Your Child Gets Sick" book
- T-shirt for baby
- and lots of other fun and helpful information

For information call 209-257-1092  
or email [f5a@first5amador.com](mailto:f5a@first5amador.com)



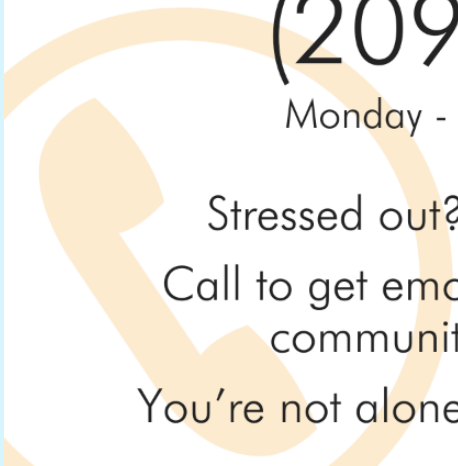


# SIERRA WIND HOPE LINE

A PROGRAM OF CAL VOICES

(209) 257-3353

Monday - Friday | 9:00 AM - 4:00 PM



Stressed out? Need someone to talk to?  
Call to get emotional support and linkage to  
community services and supports.  
You're not alone. Reach out, and we'll answer!



california  
health & wellness™

This program is made possible through the generous support of California Health and Wellness.





# SSAY COALITION MEETING

## Join Us

You are invited to the SSAY Coalition meetings. Join our team as we develop ways to use awareness, education, and resources to reduce and prevent youth substance use/misuse in Amador County.

Youth are encouraged to attend and will receive a gift card!

## Mission Statement

Supporting Amador County youth and their families, to reduce and prevent youth substance use; Utilizing a whole community approach for changing environments; Implementing local solutions for local conditions, towards substance free childhoods.



## MONTHLY MEETINGS

3rd Tuesday of Each Month  
From 3:30-4:30PM

### In 2023

- \* January 17<sup>th</sup> In-person & Zoom
- February 21<sup>st</sup>
- \* March 21<sup>st</sup> In-person & Zoom
- April 18<sup>th</sup>
- \* May 16<sup>th</sup> In-person & Zoom
- June 20<sup>th</sup>
- \* July 18<sup>th</sup> In-person & Zoom
- August 18<sup>th</sup>
- \* Sept. 15<sup>th</sup> In-person & Zoom
- October 17<sup>th</sup>
- \* Nov. 21<sup>st</sup> In-person & Zoom
- December No meeting

## MEETING INFO

Meeting ID: 883 0367 2153

Passcode: 463936

[https://us02web.zoom.us/j/883036](https://us02web.zoom.us/j/88303672153?pwd=L05TMW93K2M4QnhvUytUNVJ5dStzdz09)

[72153?pwd=L05TMW93K2M4Qnhv](https://us02web.zoom.us/j/88303672153?pwd=L05TMW93K2M4QnhvUytUNVJ5dStzdz09)

[UytUNVJ5dStzdz09](https://us02web.zoom.us/j/88303672153?pwd=L05TMW93K2M4QnhvUytUNVJ5dStzdz09)

## CONTACT US

Pat Porto  
(209) 223-1485 x236  
[pporto@atcaa.org](mailto:pporto@atcaa.org)  
[atcaa.org/ssay](http://atcaa.org/ssay)  
[facebook.com/atcaasin](https://facebook.com/atcaasin)  
ce1981



# **SAVE THE DATE**

## **RESILIENT AMADOR ROUND TABLE - Part 2**

**January 25th, 2023  
5 p.m. - 7 p.m.**

**First 5 Amador  
975 Broadway, Jackson**

**Details to Follow**



**Resilient Amador**  
*Supporting a Trauma-Informed Community*

# **MENTAL HEALTH SERVICES ACT (MHSA) & CULTURAL COMPETENCY STEERING COMMITTEE**

The MHSA/Cultural Competency Steering Committee is the platform where priorities for each component of MHSA are established and decisions about how to implement, improve or expand programs are made. This is an open meeting and everyone is welcome to attend.

For more information, please contact Stephanie Hess at:  
(209) 223-6308 or [shesse@amadorgov.org](mailto:shesse@amadorgov.org).

## **2023 MEETING DATES**

January 5th @ 3:30 p.m.

March 2nd @ 3:30 p.m.

May 4th @ 3:30 p.m.

July 6th @ 3:30 p.m.

September 7th @ 3:30 p.m.

November 2nd @ 3:30 p.m.



# MENTAL HEALTH SERVICES ACT (MHSA) STEERING COMMITTEE



Thursday  
January 5th



3:30 p.m.

## Zoom Meeting Info:

**Meeting ID:** 81642620901

**Passcode:** 743813

**Phone:** (669) 900-6833

Questions? Contact Stephanie Hess at:  
(209) 223-6308 or  
[shess@amadorgov.org](mailto:shess@amadorgov.org)



# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16 Martin Luther King, Jr. Day Office Closed	17 FCC Fundamentals Series Pt. 1 6–8 PM	18	19 Provider Night 4:30–7 PM	20	21
22 CPR Class 8:30–5:00 PM	23	24 FCC Fundamentals Series Pt. 2 6–8 PM	25	26	27	28
29	30	31 FCC Fundamentals Series Pt. 3 6–8 PM				

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# Family Child care Fundamentals Series

Our 4 week online series will provide you with a solid foundation to start and run a successful and professional Family Child Care business.

## **Designing your Unique Program, Activities and Curriculum**

**Tuesday, January 17th  
6pm-8pm**

Explore ways to leverage skills and interests and create a unique program that is fulfilling and attractive to families. Come away knowing how to create activities that support a child's whole development while also supporting your unique program idea. Build a curriculum plan you love teaching and children love following.

## **Environmental Design and Business Marketing**

**Tuesday, January 24th  
6pm-8pm**

What sets your child care business apart? Plan an environment that supports children's social, emotional and cognitive learning. Practice creating different activity areas and identify which ones are best for your program. Learn the basic principles of marketing and planning for full enrollment.

## **Contracts, Policies and Communication with Families**

**Tuesday, January 31st  
6pm-8pm**

Build your professional relationship with clients by creating a contract that creates clarity with families and a handbook that supports both your business and the clients you serve. Learn communication best practices with families at the time of enrollment and beyond.

## **Business Finances and Preparing for Taxes**

**Tuesday, February 7th  
6pm-8pm**

Create a working budget for your business. Set prices that are fair and profitable and walk away with a better understanding of your finances. Identify and set up your best method for record keeping. Learn what costs you can deduct from your business income and how to calculate time/ space.

**Contact for more information or  
assistance with registering:**

**Karen Frazier (209) 754-1075  
kfrazier@trcac.org**

**Workshops are  
held virtually.**

**Register online  
with QR code**



Adult, Child & Pediatric  
First aid/ AED &

# CPR



This 8-hour course is CPR – Adult, Child & Infant and Pediatric First Aid training designed specifically for California State Licensed Child Care Providers and people seeking Child Care licensing in the State of California to satisfy the State requirement for 8 hours of special training in CPR & pediatric first aid that includes extra topics required by the State of California EMS Authority. Satisfies Title 22 requirements for CPR & First Aid Training's requirements for Child Care Providers.

**The Resource Connection Child Care Resource & Referral  
will be offering In - Person Pediatric CPR Classes (\$100)  
8085 Suite G Hwy 26. Mokelumne Hill 95245**

**Sunday, January 22nd, 2023  
8:30 am - 5:00 pm**

**Space is limited to 8 per class. Registration &  
\$100 payment must be received by  
1/19/2023 to reserve your spot.**

**For Registration information call (209) 754-1075 Karen**

**The** Engaging Families  
**Resource** Empowering Communities  
**Connection** Enriching Lives



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*The Resource Connection Child Care Resource & Referral - rr.trcac.org*

**Our mailing address is:**

8085 Highway 26, Suite G  
Mokelumne Hill, CA 95245

(209) 754-1075 / [rrinfo@trcac.org](mailto:rrinfo@trcac.org) / [Facebook](#)

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