

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

**Early Learning Programs  
In The Know**



**February 2023 Edition**

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Fun & Interesting Facts about February

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Happy February! February is a month filled with love and celebration, but did you know that it also has some interesting historical and cultural facts? Here are a few fun facts about February that you may not have known:

- February was named after the Roman festival of February, which was held in honor of the god of purification.
- February is the only month that can pass without a full moon. This occurs about every 19 years.
- Groundhog Day, celebrated on February 2nd, originated from an old Scottish belief that if a groundhog emerged from its burrow on this day and saw its shadow, there would be six more weeks of winter.
- In ancient Rome, February was considered the last month of the year, and it was the shortest month of the year.
- February is National Black History Month in the United States. Honoring the contributions and achievements of African Americans.

- The birthstone for February is the amethyst, a violet variety of quartz often used in jewelry. The violet color is said to symbolize piety and humility.
- February is also known as National Children's Dental Health Month. It's a great time to remind parents to take their kids to the dentist and educate them on how to maintain good oral hygiene.
- Valentine's Day, celebrated on February 14th, originated as a Christian feast day honoring Saint Valentine, a martyr who died for love.
- February is also celebrated as American Heart Month. It's a time to raise awareness about heart disease and its prevention.

Best,  
Sheri Noble  
R&R Program Director

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



February is mostly recognized for [Valentine's Day](#), flowers, and, depending on where you are, being incredibly cold!

Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and [love](#)!

Read on to find out some historical events which occurred in February, as well as how it came to be the shortest month of the year.

1. February fluctuates between 28 and 29 days per year. The 29<sup>th</sup> day only occurs every 4 years during leap years.
2. The length of February was finalized when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.
3. If you were born in February, your birthstone is an amethyst, and your flower is a primrose.
4. The western zodiac signs in February are Aquarius which is until February 19<sup>th</sup>, and Pisces, which is until [February 20<sup>th</sup>](#).
5. Over time, the length of February kept changing. At one point, it had as little as 23 days.
6. In the Northern Hemisphere, February is the third month of winter. Meanwhile, in the Southern Hemisphere, February is the last month of summer. Between the North and South Hemispheres, February is the equivalent of [August](#).
7. The name of February comes from the Latin word "februum," which means purification.
8. February was named after a purification ritual which was like an early Roman spring cleaning festival.
9. In Welsh, February is sometimes known as "y mis bach," which means "little month."
10. February and [January](#) were the last months added to the Roman numeral calendar.
11. The Saxons called February "Sol-monath" which means "cake month," because they would offer cakes to the gods during February.
12. Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

13. February is the only month where it's possible to go the entire time without having a full moon.

14. February has been Black History Month for over 40 years.

15. The odds of being born on February 29<sup>th</sup> are about 1 in 1,461. Those born on a leap day can be called a "leaper" or "leapling."

So now you know, February isn't all about Valentine's Day.

This month is also about purification. It's a month to prepare for spring: bringing the promise of longer days in the Northern hemisphere.

February is the only month of the year to have only 28 days (with the exception of leap years, of course).

It's also the only month that can go without having a full moon.

Above are just a few reasons to really celebrate the whole month of February.

**For article information, please click the link below:**

<https://www.thefactsite.com/february-facts/>

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Amador & Calaveras Office (209) 754-1075

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# **February is National Children's Dental Health Month**

February is National Children's Dental Health Month, a time to raise awareness about the importance of oral health for children. Good oral hygiene is crucial for children as it can prevent tooth decay, gum disease, and other oral health problems.

Here are some tips for parents to help their children maintain good oral health:

**Start early:** As soon as your child's first tooth appears, it's important to start cleaning it. You can use a soft-bristled toothbrush and water to clean teeth and gums.

**Lead by example:** Children often imitate their parents, so it's important to set a good example by regularly brushing and flossing your teeth.

**Make brushing fun:** Children may not always be excited about brushing their teeth, so try to make it fun by playing music or using a toothbrush with their favorite character.

Limit sugary foods and drinks: Sugary foods and drinks can cause tooth decay, so it's important to limit them in your child's diet.

Schedule regular dental check-ups: Children should visit the dentist every six months to ensure their teeth and gums are healthy.

Educate children about oral hygiene: Teach children about the importance of oral hygiene and how to brush and floss their teeth properly.

By following these tips, parents can help ensure that their children have healthy teeth and gums. Remember, oral health is an important part of overall health and well-being, and it's never too early to start teaching children the importance of taking care of their teeth.

Let's all work together to promote good oral health for children during National Children's Dental Health Month and all year round.

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

1. Parents, please note when changing providers, you must contact your Subsidy Case Manager before making the change. Also, note that we do not pay for notice time, so please allow yourself enough time when changing providers.

2. Parents, please notify your Subsidy Case Manager if your address or telephone number changes at any time to ensure we are able to contact you.
3. Providers, if you are interested in direct deposit, please contact our office and speak with your Subsidy Case Manager.
4. Providers, you should receive your 1099 tax forms no later than February 14<sup>th</sup>. If you do not receive it by then, please contact our office.
5. 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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## Breakfast Valentine Recipes

Try some of these healthy valentine's recipes for your Valentine's breakfast.

### *LOVE POTION SMOOTHIE*

- 1/2 cup frozen strawberries
- 1/2 cup frozen raspberries
- 1 small carton of yogurt
- 1/2 cup ice cubes
- 1 cup apple juice

Place strawberries, raspberries, and juice in a blender. Blend for several seconds. If you would like a thicker smoothie add more fruit or for a drinkable smoothie add 1/4 Cup more juice. This is one of those Valentine's recipes that can be used year-round. Find more [easy smoothie recipes here](#).

### *FRUIT FLOWERS*

Kids can use their creativity to make flowers out of cut fruit. Try using sliced strawberries for a flower and petals and use sliced kiwi for stems. Sliced peaches, raspberries, or blueberries all work great also. Create a flower on a plate or turn this simple Valentine's recipe into a bouquet of flowers for your Valentine.

## *BLUEBERRY KISS SMOOTHIE*

- 2 small cartons of blueberry yogurt
- 1/2 cup milk
- 2 scoops vanilla frozen yogurt or ice cream

Whip together in a blender and pour into glasses. If you'd like this in a more Valentine's color use strawberry, raspberry, or cherry yogurt.

## *CHERRY CREPES*

- 4 cup milk
- 5 eggs
- 1/2 teaspoon salt
- 1 Tablespoon sugar
- 2 cup flour
- 1 Tablespoon oil for frying

Lightly beat eggs. Stir in milk, sugar, and salt. Add flour and mix well with an electric mixer. Let rest for 10 minutes. If necessary add more milk so the batter is thin. Heat a small fry pan to very hot. Add oil to coat the pan.

Reheat. Add batter to just cover the bottom of the pan. Turn to brown other side. Set on a plate and cover it with a towel. Reheat the pan no need to add more oil. Stir batter before each crepe. This recipe makes a lot!!

### *Cherry Filling*

- 1/4 cup sugar
- 1 Cup sour cream
- 1 jar canned sour cherries or 2-3 Cups fresh pitted cherries mixed with 3/4 Cup-1 Cup sugar

Mix together sugar and sour cream until sugar is dissolved. Set aside. Set one crepe on a board, put a row of cherries across the crepe, in the lower 1/4th. Roll the crepe from the bottom over the cherries and to the top. Drizzle with sugar/sour cream mixture.

## **Valentine Dinner Menu Recipes**

Try serving some of these fun Valentine's recipes for kids at dinnertime or they are easy enough that kids can put them together for their parents.

## *INDIVIDUAL HEART-SHAPED PIZZAS*

- Pizza dough

- Mozzarella cheese
- Pizza sauce
- Toppings of your choice

Divide pizza dough into balls according to the number of servings you will need. Shape dough into a heart shape by making a round circle and forming the top of a heart to the top of the pizza round. Make a point at the bottom. If you have a heart-shaped cake pan you can use that also. Top with pizza sauce, cheese, and toppings of your choice. Give this Valentine's recipe more hearts by cutting pepperoni or ham slices into heart shapes or making heart shapes out of green or red pepper slices.

### *VALENTINE PIZZA SOUP*

- 8 oz. Can of sliced mushrooms
- 1 can of black olives sliced
- Pepperoni cut into small pieces
- 4 Cups water
- Large jar of spaghetti sauce or homemade spaghetti sauce
- 2 Tablespoons Italian seasoning
- 1 teaspoon parsley
- 1 teaspoon basil

In a saucepan add all ingredients together. You can add or omit any ingredients as you would like. Simmer on medium for 15-20 minutes until warm. Serve with garlic bread.

### *HEART MEATBALLS*

- 1 egg beaten
- ½ Cup Spaghetti sauce
- ¼ Cup bread crumbs, seasoned
- ½ teaspoon Italian seasoning
- 1 ½ lbs. Ground beef
- 1½ Cup shredded mozzarella cheese

Combine all ingredients together in a large bowl. With your hands shape the meat into a heart. These will be much bigger than average size meatballs. Bake in a 350-degree oven for 20-25 minutes until done in the middle or grill. (test with a meat thermometer)



It is rather easy to shape these into a heart shape and they are great placed on a mound of spaghetti or eaten as it is with a dot of red ketchup on

the top. One of the easiest and most fun kids Valentine's recipes.

Please click the link below for the article:

<https://www.kids-cooking-activities.com/Valentine-recipes.html>

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## Fun Valentine's Day Crafts for Kids

Looking for a fun Valentine's Day craft for your little one? Whether you're a store-bought Valentine's parent or you're looking to get a little more hands-on, you'll get no judgment from us. We are just here for all the Valentine's Day fun (and maybe some of the treats).

But for those of you looking to get crafty for Valentine's Day, here are some fun Valentine's Day crafts for kids, preschoolers, and toddlers,

### The Wonder Wheel

Hold a sheet of letter-size colored cardstock vertically and fold it in half, top to bottom. Trace the main card [template](#) so the top edge meets the card's fold. Cut the shape, leaving folded edge intact. Next, cut out six wedges from cardstock in three different colors, with two wedges of each color. Using a glue stick, adhere the wedges to the card's front, alternating colors. Write a short message on each wedge. Using the arrow [template](#), trace and cut out an arrow on cardstock in a fourth color. Push the tip of a round head fastener through the middle of the arrow and through the center of the card; secure in place. (Have an adult handle this step.)

### Sweet Bookmarks

Have your child draw hearts all over a sheet of thick paper using an oil-based marker, like [Sharpie Oil-Based Paint Markers](#). (Note: These markers are permanent, so protect your work surface.) When they're dry, have them paint over the hearts with watercolors in contrasting shades. (Because the pen is oil-based, the hearts will not bleed.) Let dry. Cut 2x6-inch strips from the page and punch holes in the top of each. Thread 3-inch pieces of thin ribbon through the holes and knot. On the back, write, "I'll always save a place for you!"

### Heart Wreath

**What You'll Need:** Decorative paper, 14-inch embroidery hoop or floral ring, glue stick, hot glue

**How To Make It:**

1. Cut out 33 leaf shapes and fold each in half.
2. For each flower, cut out four identical hearts by stacking paper and cutting all at once. Fold each in half and glue the sides together to make a flower shape. You'll need about 18.
3. Hot glue enough leaves and flowers to cover the hoop.

For the article, please click the link below:

<https://www.parents.com/holiday/valentines-day/crafts/easy-kid-crafts/>

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# Lead in Aviation Gas



## WHAT IS AVIATION GAS?

Aviation gas is a fuel commonly used by small, piston-engine (propeller or rotary) aircraft and is the last transportation fuel containing lead in the U.S.

Lead from aviation gas emissions pollutes the air. Lead dust from these emissions can be found in neighborhoods around airports, settling on soil and other objects that people may touch.

## WHY IS THIS A CONCERN?

Lead is a toxic metal and can be especially harmful to children as their bodies are still rapidly growing. Lead poisoning can lead to lifelong learning, behavioral, reproductive, heart, and other health problems.

## HOW CAN I KEEP MY FAMILY SAFE?



Wet-wipe surfaces when cleaning



Ask your child's doctor about a blood lead test, especially if you live near an airport that uses these aircraft



Remove shoes before entering homes



Wash your child's hands often



Cover exposed soil



For more information about childhood lead poisoning, visit [www.CDPH.ca.gov/programs/clppb](http://www.CDPH.ca.gov/programs/clppb) or contact:

AMADOR COUNTY PUBLIC HEALTH  
Childhood Lead Poisoning Prevention  
10877 Conductor Boulevard  
Sutter Creek, CA 95685  
(209) 223-6407







The charitable arm of the California Association of Oral and Maxillofacial Surgeons

## VOLUNTEERS NEEDED

California CareForce promotes the health and well-being of those in need through volunteer supported, no-cost healthcare clinics across California.



### GENERAL VOLUNTEERS ARE NEEDED FOR THE FOLLOWING:

- clinic set-up & tear-down
- volunteer registration
- interpret for patients
- dental supply sterilization
- make glasses in the vision lab
- escort patients from section to section
- patient registration & check-out
- patient line management
- photographer/videographer
- various other roles!

## SAVE THE DATE! 2023 AMADOR CLINIC

AMADOR COUNTY FAIRGROUNDS | PLYMOUTH, CA  
**MARCH 24-25, 2023**

Learn more and sign up to volunteer at:  
**[www.californiacareforce.org/clinic/clinic-registration](http://www.californiacareforce.org/clinic/clinic-registration)**  
volunteer registration opens 6-8 weeks before the event

Lunch, volunteer T-shirt, and certificate of service provided for all volunteers.

Questions or concerns? Please contact Sarina Klein at [sarina@californiacareforce.org](mailto:sarina@californiacareforce.org)

950 Reserve Drive #120, Roseville, CA 95678 | (916) 749-4170 | [info@californiacareforce.org](mailto:info@californiacareforce.org)



The charitable arm of the California Association of Oral and Maxillofacial Surgeons

## VOLUNTEER HEALTHCARE PROFESSIONALS NEEDED

California CareForce promotes the health and well-being of those in need through volunteer supported, no-cost healthcare clinics across California.



### OPTICAL

Optometrists  
Ophthalmologists  
Dispensing Opticians  
Ophthalmic &  
Optometric Techs  
Lab Opticians and Techs  
Optometric Assistants



### DENTAL\*

General Dentists  
Oral & Maxillofacial  
Surgeons  
Dental Hygienists  
Dental Assistants  
Dental X-ray Techs  
Sterile Processing Techs



### MEDICAL

MDs & DOs  
PAs & NPs  
RNs, LVNs, EMTs, LPNs  
Chiropractors  
Acupuncturists  
Pharmacists  
Podiatrists

## SAVE THE DATE!

## 2023 AMADOR CLINIC

AMADOR COUNTY FAIRGROUNDS | PLYMOUTH, CA

**MARCH 24-25, 2023**

Learn more and sign up to volunteer at:

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**volunteer registration opens 6-8 weeks before the event**

Lunch, volunteer T-shirt, and certificate of service provided for all volunteers.

**\*Three, free CE credits offered to licensed dental professionals who volunteer 8+ hours.**

Questions or concerns? Please contact Sarina Klein at [sarina@californiacareforce.org](mailto:sarina@californiacareforce.org)

950 Reserve Drive #120, Roseville, CA 95678 | (916) 749-4170 | [info@californiacareforce.org](mailto:info@californiacareforce.org)



The charitable arm of the California Association of Oral and Maxillofacial Surgeons

# SAVE THE DATE!

## FREE HEALTHCARE SERVICES

**AMADOR CLINIC - MARCH 24-25, 2023**  
AMADOR COUNTY FAIRGROUNDS | PLYMOUTH, CA



### DENTAL

- X-rays
- Cleanings
- Fillings
- Extractions



### VISION

- Vision exams
- Eye health checks
- Free prescription glasses made on-site



### MEDICAL

- General exams
- Blood pressure testing
- Diabetes screening and counseling

### IMPORTANT INFORMATION

- **FREE services; No need of proof of insurance, employment, income, residency, immigration status or ID.**
- Services offered on first come, first serve basis as capacity allows.
- Clinic hours: Friday & Saturday 7am-5pm.
- **What to bring:** Your prescription medication, appropriate clothing, food and water. **Proof of full COVID-19 vaccination OR proof of a negative COVID-19 test within 24 hours of clinic attendance. Onsite testing will be available.**
- What not to bring: Illegal drugs, alcohol or firearms.

**For more information, visit**  
[www.californiacareforce.org/clinics](http://www.californiacareforce.org/clinics)

950 Reserve Drive #120, Roseville, CA 95678 | [info@californiacareforce.org](mailto:info@californiacareforce.org)



SOMETIMES WHAT HURTS THE MOST CAN'T BE SEEN.  
SOMETIMES WHAT HELPS THE MOST IS EASY TO DO.



**An evening with  
David Woods Bartley  
February 23rd, 2023  
6:30 p.m.  
Argonaut High School**

DAVID BARTLEY IS KNOWN AS A DYNAMIC SPEAKER, STORYTELLER, AND TRAINER. WITH REAL-LIFE ANECDOTES THAT EVOKE LAUGHTER AND TEARS, DAVID INFORMS AND CAPTIVATES AUDIENCES THAT ENABLE LISTENERS TO SEE MENTAL ILLNESS FROM A DIFFERENT POINT OF VIEW; A FRESH PERSPECTIVE THAT CREATES AN OPENING FOR MENTAL WELLNESS FOR THOSE WHO SUFFER, THEIR FAMILY, FRIENDS, AND MEMBERS OF THE COMMUNITY WHERE THEY LIVE, WORK AND FELLOWSHIP.

DAVID'S GOAL FOR EACH WORKSHOP IS THE SAME: TO SHED LIGHT ON THE ISSUE OF MENTAL ILLNESS, TEACH OTHERS HOW TO CREATE HOPE, AND OPEN DOORS TO THE POSSIBILITY OF MENTAL WELLNESS FOR ALL.

LEARN MORE ABOUT DAVID: [HTTPS://WWW.DAVIDWOODSBARTLEY.COM/](https://www.davidwoodsbartley.com/)

**Argonaut High School  
Multi Purpose Room  
501 Argonaut Lane, Jackson, CA**

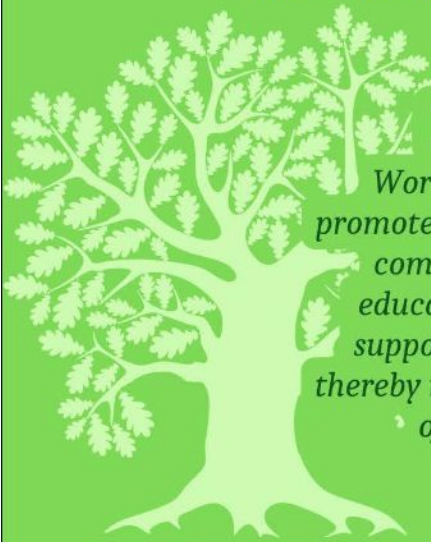
**This is a free event. No RSVP required.**

**Questions? Contact: Melinda Hemig (209) 257-5334**

# RESILIENT AMADOR

## JOIN US

The Resilient Amador Coalition actively supports the implementation of trauma-informed practices that increase resilience and wellness for all residents. We are educating our community about the impacts of childhood trauma (ACEs), being trauma responsive, and providing opportunities for community members to network and learn from each other.



### Mission

*Working together to promote a trauma-informed community through education, prevention, support, and advocacy, thereby raising the standard of care for all.*

[facebook.com/resilientamador](https://facebook.com/resilientamador)

## Monthly Meetings

2nd Tuesday  
of each month

3:30-4:30pm

### 2023 Schedule

January 10 *virtual*  
February 14 *in-person*  
March 14 *virtual*  
April 11 *in-person*  
May 9 *virtual*  
June 13 *in-person*  
July 11 *virtual*  
August 8 *in-person*  
September 12 *virtual*  
October 10 *in-person*  
November 14 *virtual*  
December - no meeting

In-person meetings are held at:  
975 Broadway, Jackson.

For virtual meetings please  
contact us for the invite link  
and passcode.

### Contact Us:

(209) 223-5921

[info@amadorcapc.org](mailto:info@amadorcapc.org)





**AMADOR Adult Education**  
AMADOR COUNTY UNIFIED SCHOOL DISTRICT

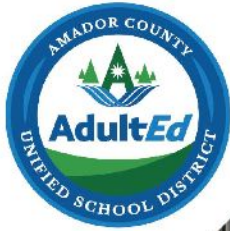
Get your  
High School  
Diploma!!

Prep for the GED  
with a certified  
teacher!!



Classes are  
**FREE!!**

Call (209) 257-5110 or 257-5166, visit [AmadorAdultEd.org](https://AmadorAdultEd.org)  
or email [AmadorAdultEd@acusd.org](mailto:AmadorAdultEd@acusd.org) to make an  
appointment. Don't delay!! Make 2023...YOUR year!!



# Bus Driver Education

Upcoming Class:

**Feb. 7- Feb. 23, 2023 (3 Weeks)**

**Tuesday-Thursday: 9:00AM-1:30PM**



**AMADOR Adult Education**  
AMADOR COUNTY UNIFIED SCHOOL DISTRICT

## Sign Up Now!

GRAB YOUR SPOT  
TODAY TO PLAN YOUR  
NEXT CAREER MOVE!

### Classroom Training:

- Roles & responsibilities of a school bus driver and agencies involved in the licensing process
- Prepare for CHP Written Test
- Public & community relations
- Passenger Management
- Student Safety
- CPR & First Aid
- And much more!



Amador Adult Education  
525 Independence Dr.,  
Ste A | Sutter Creek, CA  
(209) 257- 5110

[AmadorAdultEd.org](http://AmadorAdultEd.org)

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7 ACCC Mtg. 1 PM  FCC Fundamentals Series Pt. 4 6-8 PM	8	9	10	11
12	13	14	15	16 Provider Night 4:30—7:00 PM	17	18
19	20 President's Day Office Closed	21 CCCC Mtg. 9 am	22	23	24	25
26	27	28				

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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**



# PROVIDER WORK NIGHTS

Every 3rd Thursday of the month 4:30pm-7:00pm

● Lending Library ● Consumable Closet ● Copies ●



Consumable Closet  
(FCCH and FFN Only)



Items you may take back to your program and use up. Paint, glue, scissors, paper, glitter, playdough, tape, craft items and more!

Our color copy machine is available to print your contracts, policy booklets and other business paperwork.

Over 2000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books. Keep up to 30 days and return when ready for something new.



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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

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

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