

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

## Early Learning Programs

### In The Know



September 2023 Edition

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Happy September! As parents, it's natural to have concerns about your baby's safety. In this newsletter, we've compiled a collection of invaluable tips and ideas to help you create a secure environment where your baby can thrive and explore safely.

### **Nursery Sanctuary:**

- Choose a firm mattress for the crib and ensure it meets safety standards.
- Avoid using crib bumpers, blankets, and pillows, as they pose suffocation risks.
- Anchor all furniture, including bookshelves and dressers, to the wall to prevent tipping.

### **Sleep Safety:**

- Always put your baby to sleep on their back to reduce the risk of Sudden Infant Death Syndrome (SIDS).
- Maintain a comfortable room temperature (around 68-72°F or 20-22°C) to prevent overheating.

### **Safe Diapering:**

- Keep one hand on your baby at all times when they're on an elevated surface like a changing table.

- Organize diapering supplies within arm's reach to avoid leaving your baby unattended.

**Bathing:**

- Test the water temperature before placing your baby in the bath to prevent burns.
- Use slip-resistant mats in the tub and hold your baby during the bath.

**Crawling and Exploring:**

- Install safety gates at the top and bottom of stairs and in areas with potential hazards.
- Cover electrical outlets with safety plugs and keep cords out of your baby's reach.

**Kitchen Caution:**

- Use stove knob covers to prevent curious hands from turning on burners.
- Keep sharp objects and toxic cleaning supplies locked away.

**Secure Furniture and Decor:**

- Pad sharp furniture corners and use furniture straps to prevent tipping accidents.
- Avoid hanging heavy objects or picture frames above the crib or changing table.

**Safe Toys and Playtime:**

- Choose age-appropriate toys without small parts that can be a choking hazard.
- Regularly inspect toys for wear and tear, discarding damaged ones.

**Car Safety:**

- Invest in a proper rear-facing car seat and ensure it's installed correctly.
- Avoid loose objects in the car that could become projectiles during sudden stops.

**Emergency Preparedness:**

- Learn CPR and basic first aid for infants.
- Keep a fully stocked baby first aid kit at home and in your diaper bag.

Your baby's safety is a top priority, and by implementing these practical tips, you're creating a secure environment for your little one to grow, learn, and thrive. As you navigate the wonderful journey of parenthood, remember that staying informed and watchful is the key to ensuring your baby's well-being.

Disclaimer: The information provided in this newsletter is intended for general guidance and informational purposes only. Consult your pediatrician or a qualified healthcare professional for personalized advice and recommendations.

Best,

Sheri Noble

R&R Program Director

What does **SAFE SLEEP** look like?

**Firm mattress** with tight-fitted sheet

**Nothing**, but baby in crib

**On back**

**Sleep clothes**

**Do NOT** swaddle

**Nothing** attached to pacifier

**Safety approved crib**

Courtesy of monarchlink.com

¿Cómo es el **SUEÑO SEGURO**?

**Colchón firme** con sábana ajustada

**Nada**, pero bebé en la cuna

**Acostar** de espaldas

**Ropa** para dormir

**NO** envolver

**Nada** unido al chupete

**Cuna aprobada** por seguridad

Courtesy of monarchlink.com



**INDIVIDUAL INFANT SLEEPING PLAN**

Date of plan: \_\_\_\_\_

**SECTION A: INFANT'S INFORMATION**

Infant's Name	Gender	Birth Date
Authorized Representative's Name (Primary Contact)		Phone Number
Authorized Representative's Name (Secondary Contact)		Phone Number

**SECTION B: SLEEPING ENVIRONMENT INFORMATION**

At home, the infant sleeps in: <input type="checkbox"/> Crib <input type="checkbox"/> Play Yard <input type="checkbox"/> Other (Specify) _____	What are the Infant's usual sleeping hours? _____ _____
What is the infant's average length of the Infant's nap(s) during the day time? _____ minutes   _____ hours	Does the infant use a pacifier? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Sometimes If yes, brand: _____

**SECTION C: INFANT'S ABILITY TO ROLL**

My child, _____ is able to roll from their back to their stomach and stomach to their back beginning _____ / _____ / _____.	
Authorized Representative Signature	Date

**SECTION D: INFANT'S ABILITY TO ROLL IN CHILD CARE**

Provider observed the infant is capable of rolling from their back to their stomach and stomach to their back.	
Provider Signature	Date
Authorized Representative Signature (To be completed no later than the next business day following observation)	Date

**SECTION E: MEDICAL EXEMPTION**

Does the infant have a medical exemption? ☐ Yes ☐ No

If the infant has a medical exemption to sleep in a position other than on their back a licensed physician must provide instruction on an alternate sleeping position.

The following shall be included with the medical exemption:

- Instructions on how the infant shall be placed to sleep, including sleep position.
- Duration the exemption is to be in place
- The licensed physician's contact information
- Signature of the licensed physician and date of signature

ATTACH REQUIRED DOCUMENTS TO THIS FORM AND MAINTAIN IN THE INFANT'S FILE PURSUANT TO TITLE 22, SECTION 101429(a)(2)(c) FOR CHILD CARE CENTERS OR SECTION 102425(c)(2) FOR FAMILY CHILD CARE HOMES.

I certify that all information contained in this form is complete and accurate to the best of my ability.

Authorized Representative Signature

Date



## **What Is Baby Safety Month?**

Every September, the JPMA sponsors Baby Safety Month, which is a month-long event to raise consumer awareness about baby safety issues and to educate parents on how to select the right baby products. The JPMA has been educating parents since 1983 when they launched 'Expectant Mother's Day.' This day was later expanded into a week, and then a month, which came to be known as Safety Awareness Month.

When Is Baby Safety Month?

Baby Safety Month (BSM) takes place every September and offers an excellent opportunity for parents and retailers to stay updated on the latest [baby-proof](#) safety standards and tips.

## **History of Baby Safety Month**

Baby Safety Month was designed by the JPMA in 1983. It began with a single day celebrated as "Expectant Mother's Day." Then, In 1986, this day was expanded to a week commemorating baby safety.

In 1991, the week-long celebration was officially extended to a month. Throughout the early 1990s, JMPA started involving more retailers in Baby Safety Month and encouraged them to market their safest baby products during this time.

By 2005, information on baby safety became more accessible than ever, with the advent of the Internet.

Through the 2010s, JPMA started offering baby safety information, certifications, and toolkits, regarding the safety of the products used around kids, to parents and retailers.

### **Why Baby Safety Month Is Celebrated?**

Baby Safety Month, or BSM, is celebrated primarily to:

1. Educate parents and caretakers on the importance of baby safety.
2. Help parents make an informed choice about safe baby products and those that promote safety.
3. Help retailers and manufacturers of baby products stay updated with the latest baby-proof safety standards and technology.

### **How You Can Observe Baby Safety Month?**

#### **1. Invest in safe baby products**

Research new products for your little one that meets all the necessary safety standards. Peace of mind knowing your baby is safe is invaluable.

#### **2. Educate yourself**

Once you have read up on what is safe or unsafe for your baby, conduct a thorough check to ensure your products and environment are safe to use.

#### **3. Spread awareness on social media**

You can use the hashtag #BabySafetyMonth in your social media posts to reach out to other parents or professionals who work with babies. Who knows? You may even help save a life with your post! Spreading awareness about this month is helpful for all the parents who are struggling to stay updated and maintain a safe environment for their babies.

### **Things at Home That Can Be Hazardous to an Infant**

According to the JPMA, here are the top 10 hidden hazards in the house:

#### **1. Loose Change**

Babies can easily swallow loose change. So keep these in a dish or jar out of reach of babies and toddlers.

## **2. Pot Handles**

These are easy for a toddler to grab, leading to the pot tipping over and causing burns and injuries. Avoid carrying your child while cooking. If you must carry your child, stand far enough so that he is out of reach of the panhandle and oil splatter.

## **3. Tipovers of Electronics and Furniture**

This is a leading cause of injury in children. Furniture straps are a great option to secure furniture to the wall.

## **4. Loose Rugs and Carpets**

These are tripping hazards and can be taken care of with grip tape or a good underlay.

## **5. Cords**

Cords are a strangulation hazard. They should be bound and kept far away from cribs. Take special care of blind cords from window treatments, computer and gadget chargers, home gym equipment, and baby monitors, as your child can easily access these.

## **6. Hot Mugs**

These are easy to leave around unattended and forgotten about. Keep your mugs out of your child's reach. You can invest in insulated coffee mugs that have secure lids to prevent spills.

## **7. Button Batteries**

These tiny batteries are another serious ingestion hazard. If you suspect your baby has swallowed a button battery, you should seek medical attention at the earliest.

## **8. Cleaning Products**

Detergent pods are particularly attractive to kids, leading the Centers for Disease Control and Prevention (CDC) to declare them an emerging public



health hazard due to an increasing number of poisoning cases each year.

Also, the entire cleaning product category is poorly regulated. Most products are available in 'fun' spray bottles, with strong dyes and scents that can attract children to play with them and even consume them. Store cleaning products in a locked cabinet, and contact poison control if you suspect your child has ingested such a product.

### **9. Sharp Objects and Tools**

Scissors, knives, gardening tools, and other sharp objects should be kept well out of reach or securely stored to prevent accidental injuries.

### **10. Pets' Food and Water**

While pets are part of the family, their food and water bowls can pose a choking hazard or lead to infections if an infant comes into contact with them.

Whether you're expecting your first baby, are adding to your beautiful family, or are a grandparent, relative, or caretaker, now is the perfect time to put into action some simple steps to keep the baby safe. By following the guidelines given above, you can stay assured you are creating a safe environment for your baby to grow, learn, and play!

**Please click on the link for the entire article:**

<https://parenting.firstcry.com/articles/baby-safety-month-history-and-importance/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

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

1. Parents, when requesting a change to your childcare certificate, please turn in all required documentation and confirm receipt of the required documentation with your Case Manager.
2. Hold Harmless has been extended to September 30, 2023. This means that The Resource Connection will continue reimbursing all childcare certificates at the maximum approved hours.
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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# CHILD CARE ASSISTANCE

## Need Help Paying For Child Care?



### Child Care Subsidy can help you pay for Child Care:

- Work or look for work
- Go to school or training
- Helps when you are medically incapacitated
- Seek permanent housing

1. Check to see if you are eligible.  
Check the chart to see if your before-tax  
income is within the limits

2. To be placed on our Child Care Eligibility List  
(CEL), please use our online application below.

[cel.trcac.org](http://cel.trcac.org)

3. As funds become available, and we are able  
to enroll families at your current income rank,  
a subsidy coordinator will reach out to you.

Your Family Size:	Makes Less Than In a Month:	or, Makes less Than In a Year:
1-2	\$6,128	\$73,536
3	\$6,931	\$83,172
4	\$8,025	\$96,300
5	\$9,309	\$111,708
6	\$10,593	\$127,116
7	\$10,834	\$130,008
8	\$11,074	\$132,888
9	\$11,315	\$135,780

If you meet eligibility requirements- you have the option to choose from licensed family child care, licensed or exempt child care centers or family, friend, or neighbor care (may require background clearance), and in-home care. Please update your application when changes occur in your family size or income.

**The** Engaging Families  
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**Connection** Enriching Lives

**Amador and Calaveras County**  
**(209) 754-1075 (877) 944-9911**

## Selection & Enrollment Process

### Eligibility List

The AP program has limited openings for eligible families. The first step to access AP services is to be placed on our eligibility list. Families with children with disabilities are encouraged to apply.

## 3 Ways to Apply



Apply online at:  
[cel.trcac.org](http://cel.trcac.org)  
Visit our website  
[www.rr.trcac.org](http://www.rr.trcac.org)



Call our Office  
209-754-1075 or  
877-944-9911



Visit us at:  
8085 Highway 26, Suite G  
Mokelumne Hill

### Selecting Participants

When an opening is available, we access the waiting list and contact families based on the following program admission priorities:

- **First:** Child protective services, or at-risk of abuse, neglect or exploitation
- **Second:** Admission priority based on adjusted gross monthly income & family size.

When multiple families are within the same ranking:

1. Child with exceptional needs within the same ranking is admitted first
2. Entry with the oldest application date is admitted second

Rank	Family Size											
	1 - 2	3	4	5	6	7	8	9	10	11	12	
1	\$ 59	\$ 64	\$ 75	\$ 87	\$ 99	\$ 101	\$ 103	\$ 105	\$ 108	\$ 110	\$ 112	
2	\$ 119	\$ 128	\$ 150	\$ 174	\$ 198	\$ 202	\$ 207	\$ 211	\$ 216	\$ 220	\$ 225	
3	\$ 178	\$ 192	\$ 225	\$ 261	\$ 297	\$ 304	\$ 310	\$ 317	\$ 324	\$ 331	\$ 337	
4	\$ 238	\$ 257	\$ 300	\$ 348	\$ 396	\$ 405	\$ 414	\$ 423	\$ 432	\$ 441	\$ 450	
5	\$ 298	\$ 321	\$ 375	\$ 435	\$ 495	\$ 506	\$ 518	\$ 529	\$ 540	\$ 551	\$ 563	
6	\$ 357	\$ 385	\$ 450	\$ 522	\$ 594	\$ 608	\$ 621	\$ 636	\$ 648	\$ 662	\$ 675	
7	\$ 417	\$ 450	\$ 525	\$ 609	\$ 693	\$ 709	\$ 726	\$ 741	\$ 756	\$ 772	\$ 788	
8	\$ 476	\$ 514	\$ 600	\$ 696	\$ 793	\$ 811	\$ 829	\$ 847	\$ 865	\$ 883	\$ 901	
9	\$ 536	\$ 578	\$ 675	\$ 784	\$ 892	\$ 912	\$ 932	\$ 953	\$ 973	\$ 993	\$ 1,013	
10	\$ 596	\$ 643	\$ 750	\$ 872	\$ 991	\$ 1,013	\$ 1,033	\$ 1,058	\$ 1,081	\$ 1,103	\$ 1,126	
11	\$ 655	\$ 707	\$ 826	\$ 955	\$ 1,090	\$ 1,113	\$ 1,140	\$ 1,164	\$ 1,189	\$ 1,214	\$ 1,239	
12	\$ 715	\$ 771	\$ 905	\$ 1,045	\$ 1,190	\$ 1,216	\$ 1,243	\$ 1,270	\$ 1,297	\$ 1,324	\$ 1,351	
13	\$ 775	\$ 836	\$ 976	\$ 1,126	\$ 1,281	\$ 1,317	\$ 1,347	\$ 1,376	\$ 1,405	\$ 1,435	\$ 1,464	
14	\$ 834	\$ 900	\$ 1,050	\$ 1,205	\$ 1,367	\$ 1,419	\$ 1,450	\$ 1,482	\$ 1,513	\$ 1,545	\$ 1,577	
15	\$ 894	\$ 964	\$ 1,120	\$ 1,306	\$ 1,486	\$ 1,520	\$ 1,554	\$ 1,588	\$ 1,622	\$ 1,655	\$ 1,689	
16	\$ 953	\$ 1,029	\$ 1,201	\$ 1,393	\$ 1,586	\$ 1,622	\$ 1,658	\$ 1,694	\$ 1,730	\$ 1,766	\$ 1,802	
17	\$ 1,013	\$ 1,093	\$ 1,276	\$ 1,480	\$ 1,685	\$ 1,723	\$ 1,761	\$ 1,800	\$ 1,838	\$ 1,876	\$ 1,915	
18	\$ 1,073	\$ 1,157	\$ 1,351	\$ 1,568	\$ 1,784	\$ 1,824	\$ 1,865	\$ 1,906	\$ 1,946	\$ 1,987	\$ 2,027	
19	\$ 1,132	\$ 1,222	\$ 1,426	\$ 1,655	\$ 1,883	\$ 1,926	\$ 1,969	\$ 2,011	\$ 2,054	\$ 2,097	\$ 2,140	
20	\$ 1,192	\$ 1,286	\$ 1,501	\$ 1,742	\$ 1,982	\$ 2,027	\$ 2,072	\$ 2,117	\$ 2,162	\$ 2,207	\$ 2,252	



**Families screened & selected** for potential enrollment from the waiting list will be asked to complete the orientation process, and submit documentation to verify eligibility/need for services. The steps are as follows:

## Learn How to Apply and Select an Eligible Provider

### Apply online to the Child Care Eligibility list and update your information if anything changes.

When we are ready to enroll we will contact families in the lowest ranks and highest priority first.

### Begin Your Child Care Provider Search

If you do not currently have a child care provider you will need to find one. Choosing child care can be a difficult job, contact our Resource & Referral department for help and to find out what is available for your family.

### Complete Documentation Orientation

Make sure you answer your phone, email or respond to the letter you receive to schedule an appointment with a Case Manager.

Complete forms, gather documents listed on the checklist, select a child care provider.

**Note:** If you do not contact us within 1 week of being contacted, you will not be eligible to apply for this enrollment period.

### Verify Eligibility


**Attend in-person** appointment at The Resource Connection office specified on your letter.

Please note that your **appointment will be rescheduled** if your packet/information is not complete at the time of your appointment.

For the purposes of this handbook, parent means a biological parent, adoptive parent, stepparent, foster parent, caretaker relative, legal guardian, domestic partner or any other adult living with a child who has responsibility for the care and welfare of the child.



It is the parent's right and responsibility to choose an eligible provider that meets their family's need for child care and development services. Participants are encouraged to choose a clean, healthy and safe environment for their child(ren). For assistance in choosing a child care provider at any time, contact our Child Care Resource and Referral department at (209) 754-1075 or go online at <http://rr.trcac.org>



### 4 Steps to Choosing Quality Child Care

#### Step 1: Think About Your Child Care Options

When considering your options, sure you take into consideration how well the provider or program fit your child's needs, your family's schedule, location & language.

##### TrustLine License–Exempt Child Care

- Providers include relatives (grandparents, aunts, uncles), other relatives, friends & neighbors
- Other family, friends and neighbors must be fingerprinted
- Care is provided in the provider's home
- No licensing requirements

##### Child Care Center

- Facilities that provide care for infants, toddlers, preschoolers and/or school-age children
- Care is provided in non-home facilities such as churches, schools and/or licensed buildings
- Group sizes are large allowing for children to have rich social and academic experiences
- Primary caregivers are required to have (or be in the process of completing) 12 units of Early Childhood Education
- Centers are licensed and are regulated by the state

##### Licensed Family Child Care Home (FCCH)

- Providers are in a home setting for children of mixed ages
- Large FCCH–cares for up to 14 children and requires an assistant
- Capacity of 14 children with no more than 3 infants, when at least 2 children are 6 years of age or older
- Small FCCH–cares for up to 8 children
- An assistant is required when more than 6 to 8 children are present
- Group sizes are smaller allowing for individualized care
- Staff are CPR/First Aid and Health and Safety certified
- Often are able to provide a flexible schedule including, evening, weekend or overnight care
- FCCH's are licensed and are regulated by the state

#### Step 2: Begin Your Search

- Call Child Care Resource & Referral at: (209) 754-1075
- Child Care Resource & Referral can give you a list of licensed child care options
- Obtain information on the elements of quality child care

#### Step 3: Visit, Observe & Ask Questions

- Visit the child care while other children are present
- Use a checklist to help you decide what things about a child care arrangement are most important to your family

#### Step 4: Make a Choice & Stay Involved

- Watch carefully & visit unannounced
- Have regular parent-provider meetings
- Is your child happy, are they learning?
- If you are not comfortable with your choice, is it okay to change

Parents who choose a licensed provider have the right and responsibility to view any licensing information regarding site visits to their provider's facility or records regarding complaints. Call Community Care Licensing at 1-844-538-8766 for information about facility reports. Parents are also encouraged to visit the Department of Justice "Registered Sex Offender" database at [www.meganslaw.ca.gov](http://www.meganslaw.ca.gov)



# Children's Corner



## The 15 Best Activities for Children to Help Them Learn Through Play

Play is one of the most important ways in which children learn. It underpins formal learning later in childhood, but also enables the individual child to develop their self-worth.

In fact, the right to play is deemed so fundamental to children's wellbeing, that it is enshrined by the UN as a universal children's right.

It strengthens powers of concentration, essential for a successful future in the classroom, and underpins everything from learning social interactions and norms to the beginnings of scientific thinking.

Play is particularly important for the younger child. Preschool children, and those in Reception, learn through the EYFS National Curriculum, which is inherently play-based. It is the foundation of childhood development in terms of language, emotional intelligence and regulation, creativity, and intellectual reasoning.

According to the book, 'Einstein Never Used Flash Cards' by Golinkoff, Hirsh-Pasek, and Eyer, play can be broken down into five core elements:

- Be fun and enjoyable
- Have no set goals
- Be spontaneous and voluntary
- Involve active engagement
- Involve an element of make-believe

Here, we explore our top 15 activities for helping children learn through play:

### **1. Sand**

Sand play is a fantastic opportunity for the foundations of scientific learning, and developing self-confidence and physical development. Scooping, digging, pouring, and sifting teaches children how things work, whilst also building their muscles and coordination. Done alongside a little pal, it becomes about teamwork, sharing, and social skills.

### **2. Water Play**

Similar to sand play, water play enables children to experiment in a safe environment with basic concepts such as volume. Additionally, water play is great for learning the consequences of actions. Add in some hand-eye coordination and physical strength, and water play is a firm favorite.

### **3. Play Dough**

Playdough has immense potential for learning. Not only does it strengthen fingers in preparation for a lifetime of writing, it teaches fine motor skills, creativity, and hand-eye coordination. Add some beads to the dough for a fine-motor exercise, or get the kids threading beads onto lengths of dried spaghetti held in the dough, for extra play value.

### **4. Dress-Up and Role Play**

Let the children loose with a bunch of dressing-up clothes and props such as toy doctor's kits, and let their imaginations run wild. Soon you'll discover the budding doctor, vet, nurse, astronaut, chef, or thespian. Dressing up helps children to begin to make sense of the adult world, roles, and interests, as well

as boosting social interaction. Not least, dressing up helps to reinforce the self-care aspects of self-dressing which is essential for primary school life.

#### 5. Doll and Character Play

Providing characters in the form of mini-figures and dolls allows both girls and boys to develop their social play. It encourages imagination and the expression (and labeling) of feelings.

#### 6. Drawing and Painting

Letting children run wild with paints and drawing tools allows them to experience their world in a sensory way and develop self-expression, whilst also developing pre-writing skills. Furthermore, it's an invitation to learn about colors, mixing, and good old tidying up!

#### 7. Blocks, Jigsaws, and Shape Sorters

Playing with blocks, jigsaws, and shape sorters all lay the foundations of spatial thinking, logical reasoning, ordering, and recognizing various shapes, sizes, and colors.

#### 8. Music, Dancing, and Singing

Singing and music hugely help to develop language and form the basis of literacy skills, as well as basic mathematical concepts such as counting. Furthermore, they begin to develop rhythm, whilst also refining their listening skills. Dancing helps the child develop strength and flexibility, not to mention coordination.

#### 9. Imaginative Play

All play should be imaginative, but we're referring to the type of play that comes naturally to many children. Leave a small child with nothing but a random selection of objects and you'll soon find them lost in a world of make-believe. Giving a child time and space for imaginative play is essential. It develops their imagination, which is important for literacy skills and intellectual reasoning. Additionally, it increases their sense of self, and self-esteem, as well as making sense of the world around them, as well as the ability to handle boredom.

#### 10. Running, Jumping, Climbing, Swinging

Young children have a compulsion to move. Allowing them to do so, and providing safe and age-appropriate challenges, allows them to increase their confidence as well as develop their resilience through risk-taking. Of course, gross motor skills also receive a mighty boost.

### **11. Nature Play**

Children's learning is fuelled with rocket fuel when you take the play space out into the great outdoors. That's why Forest Schools are so popular and highly regarded. Not only is it healthy, it teaches respect for the environment and the beginnings of biology. It also helps children to become more independent and inquisitive.

### **12. Sensory Play**

In a nutshell, sensory play is any play activity that involves touch, smell, taste, sight, and hearing. This can be provided with a plate of jelly, aqua beads, ice, rice, or even small world tubs. Sensory play stimulates exploration and the building blocks of science and investigation.

### **13. Basic Board Games**

There are so many board games available for even the youngest players, and these should be embraced – not only for their fun factor but for their learning potential. In addition to the themes of numbers, colors, shapes, and early phonics, these games are vital for teaching children turn-taking and sharing.

### **14. Cooking and Pretend-Cooking**

Cooking, and pretend cooking, serving, and shops, are great play scenarios for kids. Cooking itself combines elements of sensory play, mathematical concepts, home safety, and following processes. Pretend cooking, serving, and toy shops also teach basic mathematical ideas as well as social interaction, and how to be thoughtful to others.

### **15. The Cardboard Box**



Yes really! The humble cardboard box is one of the most incredible invitations to play. Will it be a house, a car, a home for their cuddles? Provide them with scraps of fabric, cushions, pencils, and paper plates and watch them explore their world, enter their imagination, and begin thinking like an engineer.

For the full article, please click the link below:

<https://www.sitters.co.uk/blog/the-15-best-activities-for-children-to-help-them-learn-through-play.aspx>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



***BATTER:***

- 1 egg
- 2/3 Cup milk
- 1 1/4 Cups flour
- 2 Tablespoons maple syrup
- 2 teaspoons cinnamon
- pinch of salt
- 1 teaspoon baking powder

- 3 large apples
- 1/4 Cup lemon juice
- 1/4 Cup water
- 1-1/2 Cups vegetable oil

***TOPPING:***

- 1/4 cup sugar
- 1/2 teaspoon of ground cinnamon

**Directions:**

In a mixing bowl, mix together egg, milk, flour, maple syrup, cinnamon, salt and baking powder. Blend until no lumps.

In a small bowl, blend together 1/4 Cup lemon juice and 1/4 Cup water. Core apples and cut into rings. (If you have an apple corer slicer this might be a good method to use.) Place apple rings into lemon juice and water.

Add oil to a pan and allow to heat for several minutes. Dip each apple ring into the prepared batter. Place into the hot oil. Turn when the sides turn golden brown. Drain on paper towels.

Prepare sugar and cinnamon in a small bowl. Dip fried apple into sugar cinnamon mix.

[More Apple Recipes Here](#) and learn more about [apple food facts](#).

Please click the link below for the recipe:

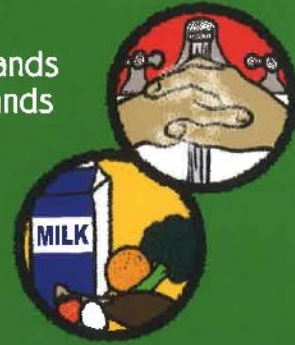
<https://www.kids-cooking-activities.com/autumn-cooking-activities.html>

## Keep your child safe from lead.

**Do not let your child chew on painted surfaces or eat paint chips.**  
Some old paint has lead in it.

**Wash your child's hands and toys often.** Always wash hands before eating and sleeping. Lead in dust can stick to hands and toys that children put in their mouths.

**Feed your child healthy meals and snacks every day.**  
Foods with lots of calcium, iron, and vitamin C help keep lead from hurting your child. Give them fruit and other healthy treats instead of candy or other sweets.



For more information, go to  
[www.cdph.ca.gov/programs/clppb](http://www.cdph.ca.gov/programs/clppb), or call your  
local Childhood Lead Poisoning Prevention Program:



11/18

OSP 18-146421

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



## Getting Your Child Tested for Lead

Lead can harm your child. Lead poisoning can make it hard for your child to learn, pay attention, and behave. Most children who have lead poisoning do not look or act sick.

**Ask your child's doctor about testing for lead.** The only way to know if your child has lead poisoning is for your child to get a blood test for lead.

**Most children get tested at 1 and 2 years old.** Some children over 2 also need to get tested.

**If your child has too much lead,** a doctor or someone from the health department will help your child.

**A blood test for lead is free** when your child gets a check-up if you have Medi-Cal or if you are in the Child Health and Disability Prevention Program (CHDP). Health insurance plans will also pay for this test.



# LENDING LIBRARY







# THE RESOURCE CONNECTION LENDING LIBRARY

Our Lending Library offers over 5,000 educational toys and books to enrich play- literacy based learning, parenting education and & child care provider resources to help develop children's skills and imagination, across different stages of growth and development.

## Lending Library Hours

Monday - Thursday 8:30am-4:00pm

*Closed 12:00pm-12:30 for Lunch*

Visit our Library  
Online to reserve  
your educational  
items today!



[trcacrr.myturn.com](http://trcacrr.myturn.com)



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

AMADOR COUNTY



CALIFORNIA





**AMADOR**  
SENIOR CENTER

# MOVIE MATINEES

**2ND & 4TH MONDAYS @ 1PM**

**REFRESHMENTS & POPCORN PROVIDED**

**SUGGESTED \$2 DONATION**

## SUMMER SCHEDULE

**JUNE 26TH @ 1PM**

**SULLY**  
RATED PG-13 • 2016 • 1 HR 36 MIN



**JULY 10TH @ 1PM**

**BRIGADOON**  
RATED G • 1954 • 1 HR 48 MIN



**JULY 24TH @ 1PM**

**BURLESQUE**  
RATED PG-13 • 2010 • 1 HR 59 MIN



**AUG. 14TH @ 1PM**

**GALAXY QUEST**  
RATED PG • 1999 • 1 HR 42 MIN



**AUG. 28TH @ 1PM**

**TEA WITH MUSSOLINI**  
RATED PG • 1999 • 1 HR 57 MIN



**SEPT. 11TH @ 1PM**

**THE HOBBIT**  
RATED PG-13 • 2012 • 2 HR 49 MIN



ALL AGES WELCOME. CHILDREN MUST BE ACCOMPANIED BY AN ADULT. MOVIES MAY BE SUBJECT TO CHANGE BASED ON AVAILABILITY. LOCATED AT THE AMADOR SENIOR CENTER, 229 NEW YORK RANCH RD, JACKSON. CALL (209) 223-0442 FOR MORE INFORMATION.

# 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)





# Messy Mornings

*'Learning Through Play'*

---

**"DRESS FOR MESS!"**

Join us for messy, unstructured play time!

**EVERY FRIDAY**

**10:30 am - 12:00 pm**

**First 5 Amador's Indoor/Outdoor Learning Lab**

*975 Broadway, Jackson*

This playgroup is open to all Amador County children aged  
0-5, and their parents or caregivers

**Messy Morning will NOT be in session the following days:**

*October 20th; November 10th & 24th; December 22nd & 29th; March 15th & March  
29th; and July 5th*

For more  
information, call  
209-257-1092





# Mom-Me Time



## *Connections Encouragement Guidance*

*The first Thursday of each month - 5:30 - 7:00pm  
975 Broadway, Jackson, CA*

**Meet other moms, share ideas and a meal.**

Facilitated by Sara Rader-Coleman MS, LPCC, NCC

**\*Please call if you need child care or have questions.**

**209-257-1092**



# Purls of Joy / Chains of Love

Join us for a relaxing time - make friends -  
share your skills or learn new ones as  
We make handmade items to donate to any  
worthy cause.

## When:

Every Tuesday at 1:00pm-3pm – join us when you can

Start Date: July 11, 2023

## Where:

Jackson Library, 530 Sutter Street

Contact Marie to sign up:

209-256-5135



Bring your knitting, crocheting, or any needle  
craft you'd like to work on



Don't have supplies...  
NO WORRIES  
We will provide  
yarn, needles, etc... to get you started



WHAT WE MAKE – WE DONATE

# Meet a New Book Buddy!

## Come Read Aloud to Our Library Dogs!

Beginning  
Sept. 2023



**Ferris**

2<sup>nd</sup> Monday  
of the month  
at the  
Main Library  
in Jackson



**Sam**

1<sup>st</sup> & 3<sup>rd</sup> Tuesdays  
in Jackson  
2<sup>nd</sup> & 4<sup>th</sup> Tuesdays  
at the  
Ione Branch  
Library

Amador County Library

For more information, call 209-223-6400

**Join the STEAM Team  
at the  
Amador County Library**



**SCIENCE • TECHNOLOGY  
ENGINEERING • ART • MATHEMATICS**

**Grades 3 to 6  
Wednesdays, 3:00-4:00  
Beginning September 6  
at the Main Library in Jackson  
Call 209-223-6400 for more information**

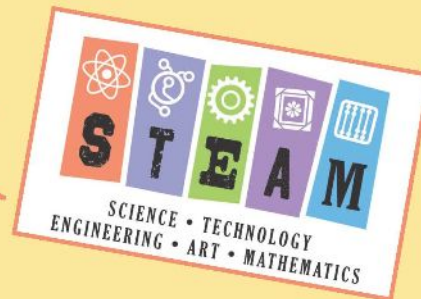


Amador County Library 530 Sutter St. Jackson, CA 209-223-6400



# Join the STEAM Team! —Weekly Activities— at the Main Library in Jackson

## September Schedule



**Wednesdays 3:00 - 4:00**

9/6: Legos — Bridge the River

9/13: Art — Cardioids (we had to look it up too)

9/20: 3D Printing — Dinosaurs

9/27: Puzzles/Games — Square Up!/Racko

**Grades 3 to 6**



Amador County Library 530 Sutter St. Jackson, CA 209-223-6400



# ATCAA'S 2ND ANNUAL SWING F<sup>ORE</sup> THE KIDS GOLF TOURNAMENT

AT CASTLE OAKS GOLF CLUB

**SEPTEMBER 22**

**SHOTGUN AT 9AM**

## **PROCEEDS WILL BENEFIT DISPLACED AND FOSTER YOUTH**

When our youth exit from foster care at age 18, they are largely unprepared for managing life on their own. Our services help fill that gap to ensure our youth become successful contributing adults in our community.

**CALL TO REGISTER TODAY!**

**4 PLAYER SCRAMBLE  
WITH RAFFLE,  
PRIZES, & MORE!**

**\$125.00** /person  
Includes buffet, range balls  
Buffet Only: \$25.00

## **SPONSORSHIP SLOTS ARE AVAILABLE**

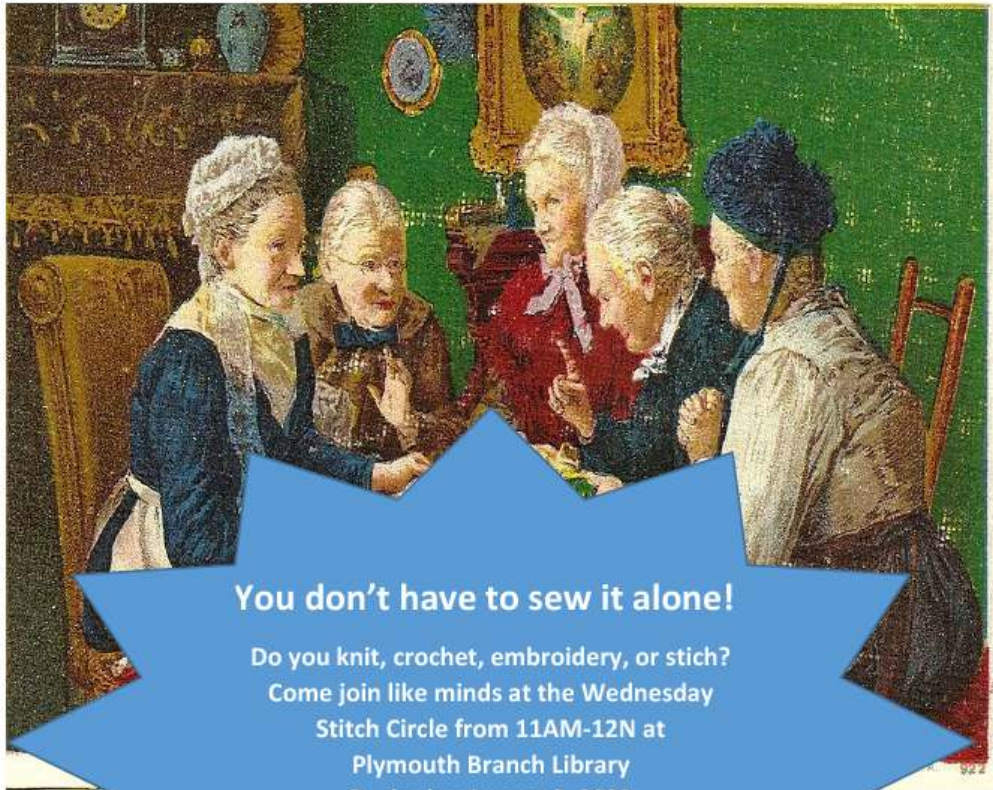
Support local foster youth while supporting your business.

**LEARN MORE** [ATCAA.ORG/GOLF](https://atcaa.org/golf)

**CONTACT** Fran Allen (209) 601-8171 | [fallen@atcaa.org](mailto:fallen@atcaa.org)

 **ATCAA**  
HELPING PEOPLE SINCE 1981

**PLYMOUTH LIBRARY STITCHING CIRCLE**  
**WEDNESDAYS FROM 11-12**



**You don't have to sew it alone!**

Do you knit, crochet, embroidery, or stitch?  
Come join like minds at the Wednesday  
Stitch Circle from 11AM-12N at  
Plymouth Branch Library  
Beginning August 2, 2023

An adult must accompany anyone 12 or under.





# **MENTAL HEALTH SERVICES ACT (MHSA) STEERING COMMITTEE**



**Thursday  
September 7th**



**3:30 p.m.**

**IN-PERSON**

**Health & Human Services  
Conference Room E  
10877 Conductor Blvd.  
Sutter Creek, CA**

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

Amador County Behavioral Health Services (ACBH) is pleased to announce the release of Amador County's Mental Health Services Act (MHSA) Three-Year Plan and Expenditure Report for Fiscal Years 2023-24, 2024-25 and 2025-26. This Plan is based on statutory requirements, a review of community planning over the past several years, and extensive, recent, stakeholder input.

ACBH is seeking comment on this Plan during a 30-day public review period between **August 21st and September 20th, 2023.**

A copy of the Plan may be found by accessing the following:

•Amador Network of Care:

<https://amador.networkofcare.org/mh/content.aspx?id=1387U>

- Hard copies will be available at the Behavioral Health Services front desk.
- You may also request a copy by contacting Stephanie Hess at 209-223-6308 or [shess@amadorgov.org](mailto:shess@amadorgov.org)

A Public Hearing regarding this Plan will be held during the Amador County Behavioral Health Advisory Board meeting on **September 20th at 3:30 pm.**

The meeting will be held at the following location:

**Health & Human Services Building - Conference Room A  
10877 Conductor Blvd. Sutter Creek, CA 95685**

All comments regarding this MHSA Three-Year Plan and Expenditure Report may be directed to **Stephanie Hess, Mental Health Services Act Programs Coordinator, via email at [shess@amadorgov.org](mailto:shess@amadorgov.org) or by calling 209-223-6308** during the 30-day public review period. Thank you for your ongoing interest in the Mental Health Services Act.



**Bipolar Disorder...**  
**PTSD... Depression...**  
**Anxiety...**  
**Schizophrenia...**

**You are not alone.**



## **PEER TO PEER EDUCATION -- FREE 8-Week Course**

Support for people with serious mental illnesses and disorders.  
Starting Wednesday September 20, 2023 and ending November 11, 2023.

**Advance sign up by September 18<sup>th</sup>**

Contact: [www.namiamador.org](http://www.namiamador.org) or Ken - 209-743-1725

**Peer-to-Peer** is an 8-week course that teaches problem-solving skills and strategies and offers practical and emotional support for people living with mental illness. Classes will be every Wednesday evening from 6 to 8 pm in Jackson.

Led by NAMI state-certified instructors and mentors, each class builds upon the prior one, so participants must sign up and attend all eight sessions.

The goal is to provide education about mental illness, emotional and practical support, independent problem solving and relapse prevention. You will gain knowledge and skills to cope more effectively with your personal diagnosis and recovery plans.

Sponsored by: NAMI Amador and Amador County Behavioral Health with Mental Health Services Act Funding



**Amador**





24/7

SUPPORT

Are you a current or former foster youth? Having problems at home? Frustrated? Need someone to talk to? The 24/7 FURS hotline is here to help.

CALL OR TEXT: 1-833-939-FURS | 1-833-939-3877

Family Urgent Response System (FURS) is a free 24/7/365 hotline for current or former foster youth and your caregivers to call and get **immediate** help for any big or small issues you may be having.

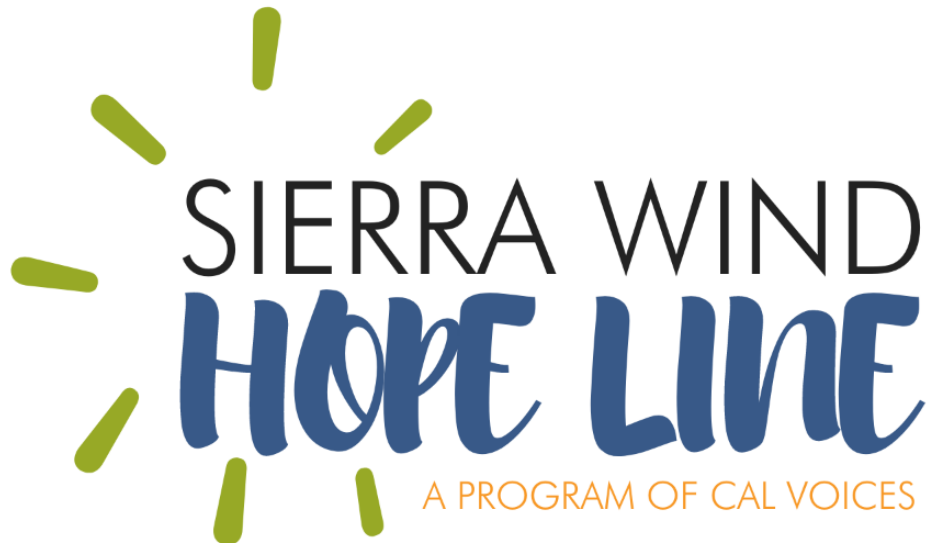
- You will be connected to a trained counselor or peer who will listen to you.
- FURS is a **safe, judgement-free, and private** space to talk about your worries and vent.
- If you want more support, a team can come directly to where you are to help you work on the problem and to create a plan to help stabilize your situation and keep you safe.
- The team will follow-up by helping connect you and your caregiver to local services and support.



CHECK OUT: CAL-FURS.ORG







(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!



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

# IN PERSON QPR TRAINING

Want to know more about **Suicide Prevention**?

QPR (Question, Persuade, Refer) is designed to help all of us identify and refer suicidal persons to professionals who can assess, manage and treat the underlying illnesses that promote suicidal behavior.

**LEARNING OBJECTIVES: 1.5 Hours Training with Ken Baldwin**

- ~Hear Kens lived experience
- ~How to discuss suicidal intent with a person in crisis
- ~Recognize the Warning Signs of Someone in Distress
- ~How and Where to Refer a Person in Distress
- ~Suicide Rates in Amador County
- ~Resources in Amador County



**September 14, 2023, @ 3:00 pm, at the Amador County  
Behavioral Health Building.**

**You must pre-register to attend the FREE QPR training:  
Please contact Gail Abbott at 209-223-6843**



# TOOLS FOR TOMORROW

Family Picnic  
for suicide and self-harm prevention

SEPTEMBER  
8TH

5:30 PM



First 5 Amador  
975 Broadway Jackson Ca 95642

**FREE**

live music, art activities, street tacos, games



Amador  
SPEAKS



**Amador Arts**  
Amador County Arts Council  
[AmadorArts.org](http://AmadorArts.org)



# Department of Veterans Affairs Virtual Lethal Means Safety Training

**September 21st from 3:30-4:30pm - Amador SPEAKS Meeting**



## Why take a Lethal Means Safety Course?

- Nearly half of all Veterans own a firearm, and almost 70% of Veteran suicides involve firearms.
- Because many suicidal crises are brief, secure firearm and medication storage practices can save a life by increasing the amount of time and distance between the suicidal impulse and access to a firearm or medication. Learn the best ways to create this space and share them with Veterans.
- Enhance suicide prevention efforts in your community by understanding lethal means safety.

### Learning Objectives

Understand the importance of addressing lethal means as a part of suicide prevention.

Learn how to talk about lethal means safety measures.

Demonstrate knowledge, skills, and comfort discussing lethal means safety with Veterans who are at elevated risk for suicide.

Join the Zoom Meeting [Here](#) or enter  
Meeting ID: 981 4093 6071  
Passcode: 831756

VA



U.S. Department of Veterans Affairs  
Veterans Health Administration  
Northern California Health Care System



# September



## 2023

Amador CTPP Calendar-FALL BEGINS September 23

223 Clinton Rd. Suite 205/206-Jackson, CA 95642




(209) 257-6150

"Empowering Native Families to self-sufficiency through a path of tribal cultures, education, wellness, and employment"



Blood Cancer Awareness Month



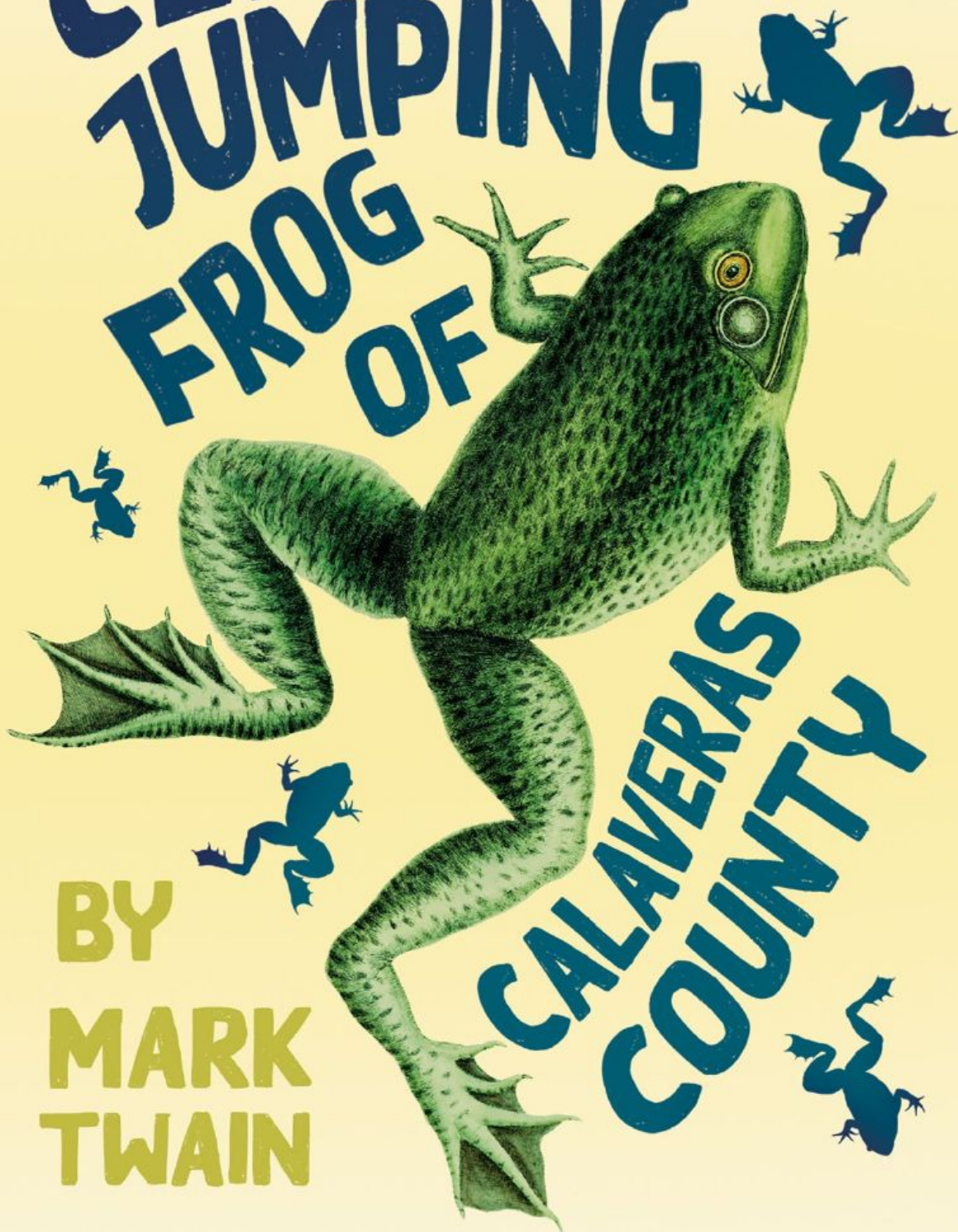
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Black Chested Eagle Australia 		Golden Eagle CA 			1 Cash/Aid MER Barona Powwow Lakeside, CA	2 Barona Powwow
3 Jackson Library open 11am-5pm 	4 Labor Day Holiday! CTPP Closed	5 Tightwad Tuesday @ D'Place Theater Jackson	6 Pepo Work Shop CTTP Office 3- 4:30pm	7	8 El Cajon Powwow	9 El Cajon Powwow
10 El Cajon Powwow	11	12	13 Cultural Art Work Shop CTPP Office 3-5pm	14	15	16 Lowe's Home Improvement for kids
17	18	19	20 Local Resources Work Shop CTPP Office 4-6:30pm	21	22 California Indian/Day Holiday	23 CHAW'SE Grinding Rock
24 CHAW'SE Grinding Rock	25 Bald Eagle CA : 	26	27	28 Happy Eagle CA 	29	30 Santa Ynez Powwow

### Local Agency Numbers:

MACT-Jackson: 209-257-2400 Medical/209-257-2460 Dental MACT-San Andreas: 209-755-460 Medical/209-755-1450 Optical  
ATCAA-Jackson: 209-223-1485 Amador County Health & Human Services: 209-223-6550 First5 Amador 209-257-1092



THE  
CELEBRATED  
JUMPING  
FROG  
OF



BY  
MARK  
TWAIN

CALAVERAS  
COUNTY





**THURSDAYS 4-7pm**  
**BLUE MOUNTAIN CENTER**  
**364 MAIN STREET**

**JULY 13-OCTOBER 12**

*Featuring*

**MUSIC**

**KIDS ZONE**

**FRESH PRODUCTS FROM LOCAL VENDORS**

Early Bird Farm & Mill

Always Something Farm

Berning Acres

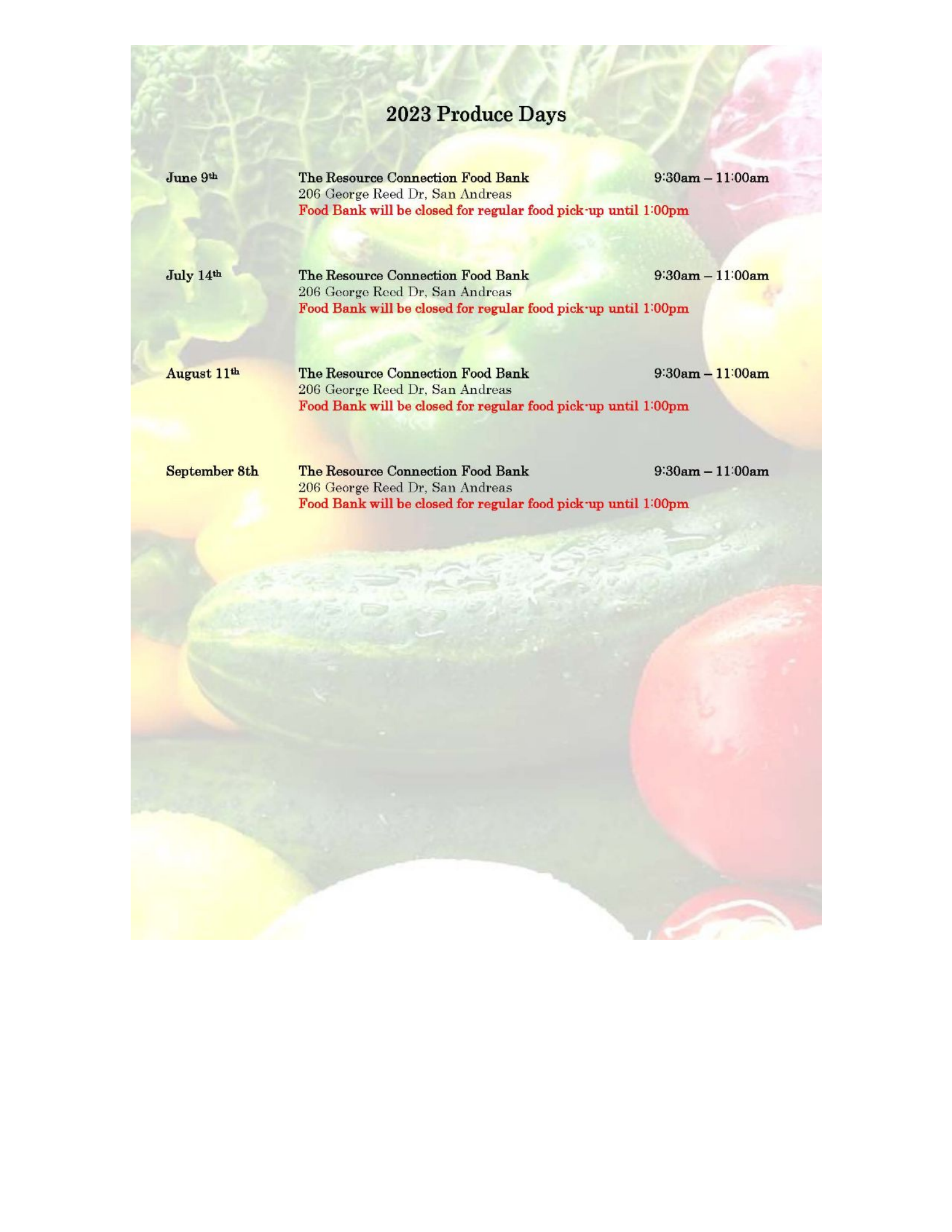
Soular Farm

*and more!*



**Blue Mountain**  
Coalition for Youth and Families

More info:  
[thebluemountaincenter@gmail.com](mailto:thebluemountaincenter@gmail.com)  
or 209-293-4500



## 2023 Produce Days

**June 9<sup>th</sup>**

**The Resource Connection Food Bank**  
206 George Reed Dr, San Andreas

**9:30am – 11:00am**

**Food Bank will be closed for regular food pick-up until 1:00pm**

**July 14<sup>th</sup>**

**The Resource Connection Food Bank**  
206 George Reed Dr, San Andreas

**9:30am – 11:00am**

**Food Bank will be closed for regular food pick-up until 1:00pm**

**August 11<sup>th</sup>**

**The Resource Connection Food Bank**  
206 George Reed Dr, San Andreas

**9:30am – 11:00am**

**Food Bank will be closed for regular food pick-up until 1:00pm**

**September 8<sup>th</sup>**

**The Resource Connection Food Bank**  
206 George Reed Dr, San Andreas

**9:30am – 11:00am**

**Food Bank will be closed for regular food pick-up until 1:00pm**





DISTRICT 10

# FREE RECYCLING EVENTS

IN PARTNERSHIP  
WITH CALAVERAS  
COUNTY

[intwaste.calaverasgov.us](http://intwaste.calaverasgov.us)

\*Must present ID verifying  
Calaveras County residency

## **WEST POINT**

**July 8, 2023, 8:00 am - 12:00 pm**

West Point Elementary School  
54 Bald Mountain Rd, West Point, CA 95255

## **ARNOLD**

**July 15, 2023, 8:00 am - 12:00 pm**

Hazel Fischer School  
1605 Blagen Rd, Arnold, CA 95223

## **SAN ANDREAS**

**July 29, 2023, 8:00 am - 12:00 pm**

Calaveras County Government Center  
891 Mountain Ranch Rd, San Andreas, CA 95249

## **VALLEY SPRINGS**

**August 12, 2023, 8:00 am - 12:00 pm**

Jenny Lind Veterans Memorial Park  
610 Daphne St, Valley Springs, CA 95252

## **ANGELS CAMP**

**August 19, 2023, 8:00 am - 12:00 pm**

Calaveras County Fairgrounds  
2465 Gunclub Rd, Angels Camp, CA 95222

## **COPPEROPOLIS**

**September 9, 2023, 8:00 am - 12:00 pm**

Copperopolis Community Center  
695 Main St, Copperopolis, CA 95228

## **Items to be accepted:**

- Appliances
- E – waste (computers, televisions, monitors, video games, microwave ovens, etc.)
- Mattresses
- Tires – car, pick – up, truck (no rims accepted)

## ***Items NOT accepted:***

- Household trash
- Hazardous waste (such as paints, oils, treated lumber and other chemicals)
- Green waste (leaves, prunings, grass, brush, vegetation, etc.)
- Concrete and demolition materials
- Bulky items (old furniture, chairs, tables, etc.)

Caltrans reminds motorists to properly secure and tarp all cargo loads prior to driving. Transporting unsecured loads is unsafe, illegal, and pollutes California's roads and waterways. Loads that are not tied down/secured by tarps/nets or enclosed, will not be accepted.

## **Tips for securing your load:**

- Completely cover loads with tarps or cargo nets. Debris can escape from gaps.
- Remove loose material and trash before driving.
- Don't overload; keep materials level with your truck bed.
- Put light items lower; tie large items to the vehicle for traffic safety.





*Metta Services, in partnership with*  *offers*

# Infant/Early Childhood

## MENTAL HEALTH TRAUMA INFORMED SERVICES

Metta Services will provide "free" mental health trauma informed services to children and families ages 0-5 that are not currently attending programs in the Calaveras County Community.

For more information visit scan the QR code below, or contact us by phone/email.







[www.mettaservices.org](http://www.mettaservices.org)

[sherri@mettaservices.org](mailto:sherri@mettaservices.org)

(209) 213-1271

## Mountain Ranch Youth Alliance After School Activities Program

**MON - WED - FRI**  
**2:30 - 6 PM**

### Activity List

- Arts and Crafts
- Computer access
- Sporting equipment
- Games

### For More Information

Contact True # 209-297-1760 or # 209-754-4073

7869 Whiskey Slide Rd, Mountain Ranch





# PLAY GROUP

**Fridays 9:30-11:00am**

**BLUE MOUNTAIN CENTER  
364 Main Street, West Point**



**Blue Mountain**  
Coalition for Youth and Families



**FIRST 5**  
CALAVERAS

*Join our Facebook Group "BMCYF Playgroup" to keep in touch and get more resources for your little ones.*

# Mobile Dental Van Coming to Calaveras County

Calaveras Health & Human Services Agency  
509 E St Charles St, San Andreas, CA 95249  
Tuesday, September 19th  
10:00AM – 7:00PM

**Did you know that 1 in 5 third graders have untreated tooth decay?\***

The good news is that cavities can be prevented with sealants! They're quick and painless to apply and help protect your children's teeth from harmful bacteria.



Call **Smile Dental Services** at **1-888-585-3368** to pre-register and complete the consent forms ahead of time.

Visit **SmileCalifornia.org** to learn more about the Medi-Cal Dental Program and covered services.



SmileCalifornia.org | 1-800-322-6384



\*2018-20 3rd Grade Basic Screening Survey, California Office of Oral Health.





*West Point*

# COMMUNITY HEALTH & RESOURCE FAIR

All ages welcome!

## FREE HEALTH EDUCATION & SUPPLIES

Oral Health Kits	Opioid Safety
Life Jackets	Tobacco Cessation
Helmets	Local Resources
Booster Seats	AND MORE...

THURSDAY  
SEPTEMBER 14 | 1PM-7PM

Blue Mountain Coalition  
364 Main St West Point, CA 95255



**Blue Mountain**  
Coalition for Youth and Families

**CCPH**  
CALAVERAS COUNTY PUBLIC HEALTH



# 2023 Calaveras Health Assessment Survey

○ **Share**  
○ **your**  
○ **opinion!**



The Calaveras Community Health Assessment gathers information to better understand the health and well-being of the people who live in our county.



Visit [www.bit.ly/ccphcha2023](http://www.bit.ly/ccphcha2023)



Call 209-754-6941

AUGUST 7 -  
OCTOBER 9, 2023



**\$45 Gas Card**

Survey participants can  
enter to win one of 50  
\$45 gas cards.

SCAN ME



Follow us @CalaverasPH

This project is funded by CDPH grant #FoPH-006.



**VALLEY MOUNTAIN REGIONAL CENTER**

**HIRING LOCATION:**  
704 MOUNTAIN RANCH RD, STE 203  
SAN ANDREAS, CA 95249



**SCAN ME**

**NOW  
HIRING**

**Service  
Coordinators**

**JOIN OUR TEAM TODAY**  
EARLY CHILDHOOD | CHILDREN | TRANSITION | ADULT



**APPLY now at [www.vmrc.net](http://www.vmrc.net)  
Or Scan QR code**



### MINIMUM REQUIREMENTS

- Must be a licensed driver & have a good driving record
  - Bachelor's degree in Human Services or related field and one year related experience,
- OR
- Bachelor's degree in a non-human service related field and three years experience providing training or direct services to persons with developmental disabilities in a setting such as day program, special education, or residential

### GREAT BENEFITS

- Medical, Dental, Vision & Life Insurance
- CalPERS Retirement Plan & 457 Savings Plan (Pretax & Roth)
- Employee Assistance Program (EAP)
- 16 Paid Holidays
- 12 Sick Days
- 19 Vacation Days

### REMOTE WORK AVAILABILITY

**And Much More...**

**VMRC support's Diversity, Equity and Inclusion for all staff. We have a zero tolerance for Discrimination and Harassment in our agency**



# ATTENTION CALAVERAS RESIDENTS

ATCAA Energy Program

## Utility Bill Assistance & Weatherization



### HELP WITH HOME ENERGY

#### IN-PERSON HELP

ATCAA will be present at the Calaveras Health and Human Services building in the Networking Room (Room 116) **every other Monday from 10:30am-1:30pm.**

(Times and dates can change without notice. Please call the ATCAA Energy Department to confirm dates and times)

#### VISIT US AT

**Calaveras Health and Human Services**

509 E St. Charles Street  
Room 116  
San Andreas, CA 95249

#### CONTACT TO APPLY

 (209) 223-1485 x221

 [atcaa.org/energy](http://atcaa.org/energy)

 10590 Highway 88  
Jackson, CA 95642

#### UTILITY BILL ASSISTANCE

PG&E, propane, and/or water bill assistance for income qualified renters and homeowners.

#### WEATHERIZATION

Permanently lower your energy bills and enhance the comfort of your home, all at no cost to you. Weatherization services include repair/replacement of doors and windows, a variety of appliances, and other services (when feasible).

#### MONTHLY INCOME GUIDELINES

Persons	Income
1	\$2,700.17
2	\$3,531.00
3	\$4,361.83
4	\$5,192.75
5	\$6,023.59
6	\$6,854.43
7+	Call Us



**ATCAA**  
Amador Tuolumne  
Community Action Agency

People Helping People Since 1981

  @ATCAASINCE1981

# AMADOR TUOLUMNE COMMUNITY ACTION AGENCY

Serving Amador, Calaveras, and Tuolumne Counties



## CALAVERAS WATER ASSISTANCE



**Do you pay a  
monthly water  
bill?**

**Would you like  
assistance with  
current or past  
due water bills?**

### Low Income Household Water Assistance Program (LIHWAP)

This program provides one-time financial assistance to help Californians struggling to pay current or overdue residential water or wastewater bills. LIHWAP is funded by the federal government and administered by the California Department of Community Services and Development (CSD). CSD works with a network of community-based local service providers to help low-income households pay down their outstanding bills. Applicants must qualify per the 2023 income guidelines and contact the ATCAA Energy department to apply. We recommend that applicants first contact their utility company to set up payment arrangements.

#### MONTHLY INCOME GUIDELINES

Persons	Income
1	\$2,700.17
2	\$3,531.00
3	\$4,361.83
4	\$5,192.75
5	\$6,023.59
6	\$6,854.43
7+	Call Us

#### PARTICIPATING WATER COMPANIES:

**Calaveras County Water District**

209) 754-3543

**Calaveras Public Utility District**

(209) 754-9442

**City of Angels**

(209) 736-2181

**Mokelumne Hill Sanitary District**

(209) 754-9442

**Union Public Utility District**

(209) 728-3651

All ATCAA services are dependent on client eligibility and program fund availability.

### CONTACT

 (209) 223-1485 x221

 [ATCAA.org/energy](https://www.atcaa.org/energy)

 10590 Highway 88  
Jackson, CA 95642





# September 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4 Labor Day! Office Closed	5 ACCC Mtg. 1:00 PM @ ACOE	6	7	8	9
10 Grandparents Day!	11 Patriot Day!  Trauma Informed Workshop Via Zoom 6-8 pm	12	13 Grandparent Café Via Zoom 9:30 am  FFN Wellness Workshop 10-11 am	14	15	16
17	18 Trauma Informed Workshop Via Zoom 6-8 pm	19 CCCC Mtg. 9 am @ CUSD  CCL Advocate WS 6-8 PM	20	21 Provider Night 4:30-7 PM	22	23
24	25 Trauma Informed Workshop Via Zoom 6-8 pm	26	27	28	29	30

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



# 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

# The Resource Connection

Engaging Families  
Empowering Communities  
Enriching Lives



## Location:

Virtual – Via Zoom Link

## Audience:

Early Childhood Providers and  
Family Friend and Neighbor  
Providers

## Trainers:

Sheri Noble and Rochelle Sweet

**Zoom Link:** *(Due to the sensitive topic, if possible, please join with camera on to create safety in our training community)*

<https://us06web.zoom.us/j/85166350327->

## Register Here:

[caregistry.org/index.cfm?module=trainingEventDetails&trainingId=46815&eventId=4874141](https://caregistry.org/index.cfm?module=trainingEventDetails&trainingId=46815&eventId=4874141)



## Trauma Responsive and Resilience Building Practices for Early Childhood Providers

### Training on Module 100: Three-Part Series

#### Module 100 Infant Toddler Dates

**Part 1 of 3:** September 11, 2023, 6 PM- 8 PM

**Part 2 of 3:** September 18, 2023, 6 PM- 8 PM

**Part 3 of 3:** September 25, 2023, 6 PM- 8 PM

*(Must attend all 3 parts of the series)*

#### Description:

Trauma-Responsive and Resilience Building Practices for Infant and Toddler caregivers provides an overview on the neurobiology of trauma, the impact of toxic stress on a child and adult and introduces the science of resilience and neuroplasticity. Participants will walk away understanding the difference between a challenging behavior and trauma trigger. The training will guide infant and toddler providers to understand trauma as well as its impact on young children's brains, behavior, learning, and development. The training introduces a range of trauma-responsive and resilience building relational and environment strategies they can use in their environment that support our youngest children's health, healing, and resiliency.

**Note:** This is a sensitive topic on trauma. It may be triggering emotionally for some during the training. We invite you to come with strategies that will help you feel safe and grounded.





Please join the Child Care Advocate team to learn about Community Care Licensing updates, the Compliance and Regulatory Enforcement (CARE) Tool, and additional child care support and resources. **This workshop will allow you to meet your Licensing Advocate representative, and will include time for questions and answers.** Open to all licensed family child care providers and preschool center staff in Amador and Calaveras counties.

**TUESDAY, SEPTEMBER 19 - 6:00 to 8:00 PM**

**IN-PERSON, at The Resource Connection R&R  
Moke Hill Office - (209) 754-1075**

**SCAN BELOW TO RSVP**



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



# 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.





# The Resource Connection

Engaging Families  
Empowering Communities  
Enriching Lives



- Calaveras Early Childhood Programs, Early Head Start centers enrolled 42 infants & toddlers; of the 42 infants and toddlers, 18 had Individual Family Service Plans (IFSP).
- Head Start centers enrolled 144 preschoolers; of the 144 children, 56 had Individual Education Plans (IEP).
- Early Head Start Home Base enrolled 63 infants and toddlers and 9 prenatal moms. Of the 63 infants & toddlers enrolled, 9 had Individual Family Service Plans.
- Meals served: breakfast 12,502; lunch 12,738; and afternoon snack 6,220.

## CALAVERAS EARLY CHILDHOOD PROGRAMS

Early Childhood Programs offer high-quality childcare to eligible children and families. The program completes screening and assessments on all children, provides nutritious meals and snacks, with a focus on school readiness.

## CALAVERAS CRISIS CENTER

Providing Support Services for Domestic Violence and Sexual Assault Victims/Survivors & their families.



## CALAVERAS CHILDREN'S ADVOCACY CENTER

Providing Support Services for Child Victims of Crime and their families.

- The Crisis Center provided assistance to 338 individuals who were experiencing domestic violence; of those, 79 received shelter.
- Served 280 child victims of crime, 53 of whom also received forensic interviews.
- Provided no-cost therapeutic services to 264 children.



Distributed  
1,025,823  
lbs. of food

- The Food Bank had 1,971 hours of labor donated by members of the community.
- Provided 37,817 individuals with nutritious food.

## FOOD BANK FOR CALAVERAS COUNTY

We believe strongly in the health of our community and in providing nutritious foods to those experiencing food insecurity.

## AMADOR AND CALAVERAS WOMEN, INFANTS AND CHILDREN (WIC)

Special supplemental nutrition program for pregnant, postpartum, and breastfeeding women, infants, and children up to the age of 5. This program includes nutrition education, referrals, breastfeeding support, and peer counseling.

- Mobile WIC Sites: 5 in Amador County, 7 in Calaveras County.
- The average value of a WIC food package per person was at least \$62.



- The Child Care Resource and Referral Program processed 6,163 child care payments for a total of \$3.5 million.
- CCR&R provided 628 child care referrals and 21,900 general referrals to community resources.

## AMADOR AND CALAVERAS CHILD CARE RESOURCE AND REFERRAL PROGRAM (CCR&R)

Helping families obtain affordable, quality child care that best suits their needs, along with supporting child care providers in all aspects of the early learning field.

Program Fiscal Year 2021-2022

[www.trcac.org](http://www.trcac.org)



# The Resource Connection

Engaging Families  
Empowering Communities  
Enriching Lives

## Vision

Strong Families, Sustainable Communities, and Successful Individuals.



## Mission

The Resource Connection's mission is to engage families, empower communities, and enrich the lives of the residents of Amador and Calaveras counties.



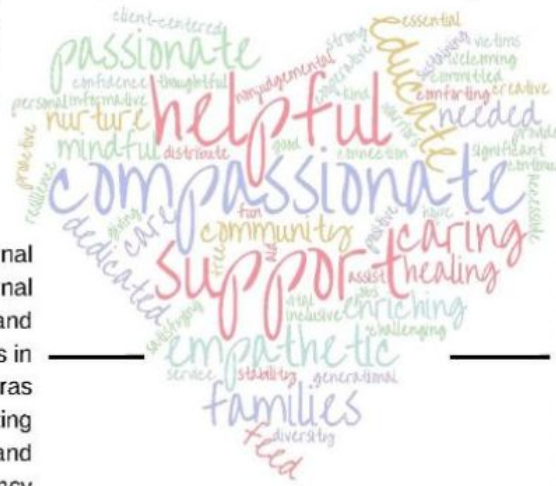
## 2022-2025 Strategic Plan Key Goals

Increase access and awareness of client services by measuring increases in referrals to internal and external agencies.

Strengthening internal and external collaborations and communications in Amador and Calaveras Counties by conducting employee surveys and requesting partner agency narrative feedback.

Improving employee satisfaction and retention which will be measured by internal surveys indicating improved employee job satisfaction.

Develop diversified funding sources through community awareness and ongoing Board recruitment and development which will later be measured by an increase in unrestricted funding and an increase in Board members.



Based on the Fiscal Year 21-22 audit, 95% of the total program revenues supported program goals and activities, with the remaining 5% allocated to administrative expenses.



**DONATE**

THE RESOURCE CONNECTION IS AN EQUAL OPPORTUNITY EMPLOYER, PROVIDER AND ADA COMPLIANT.





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*The Resource Connection Child Care Resource & Referral - [rr.trcac.org](http://rr.trcac.org)*

**Our mailing and physical address is:**

8085 Highway 26, Suite G

Mokelumne Hill, CA 95245

Hours: 8:00 a.m.– 4:30 p.m. / Monday–Thursday

CLOSED DAILY: 12:00 p.m.-12:30 p.m.

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

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