

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

Early Learning Programs In The Know



February 2024 Edition

In This Issue

Message from our R&R Program Director
February is National Children's Dental Health Month

Calaveras Children's Fair Save the Date
Friendly Reminders from our Subsidy Department
Subsidy Program Eligibility
FFN Resources
Children's Corner
Lending Library
Free Little Library
Amador County Community Resources
Calaveras County Community Resources
Schedule of Events
TRC Recruiting Flyer
TRC Impact Statement



February is Dental Care Month. Dental care for young children is crucial for establishing good oral hygiene habits and maintaining overall health. Here are some important tips from the Centers for Disease Control and Prevention for taking care of young children's dental health:

- Start Early: Begin oral care as soon as your child's first tooth erupts. Clean the gums with a soft, damp cloth before teeth appear, and then switch to a small, soft-bristled toothbrush.
- Establish a Routine: Create a daily routine for brushing and flossing. Brush your child's teeth at least twice a day, in the morning and before bedtime. Flossing can begin when teeth start touching.
- Supervise Brushing: Young children may not have the hand dexterity to brush effectively on their own. Supervise their brushing to ensure they cover all surfaces of their teeth and use the correct technique.
- Visit the Dentist Early: Schedule your child's first dental visit by their first birthday or when their first tooth appears. Early dental visits help monitor oral development, and the dentist can provide guidance on proper care.

- **Healthy Diet:** Limit sugary snacks and beverages in your child's diet. Encourage a balanced diet rich in fruits, vegetables, and dairy products, which contribute to strong teeth and gums.
- **Protect Teeth During Play:** If your child participates in contact sports, consider using a mouthguard to protect their teeth from injury.
- **Teach Good Habits:** Teach your child to cover their mouth and nose when coughing or sneezing to prevent the spread of bacteria that can contribute to tooth decay.

Regular dental check-ups and consistent at-home care play a crucial role in ensuring the dental health of young children. Consulting with a pediatric dentist is recommended if you have specific concerns or questions. (cdc.gov)

Best,

Sheri Noble
R&R Program Director

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Children's Dental Health

February is National Children's Dental Health Month. Cavities, also known as caries or tooth decay, are the most common chronic disease of childhood, yet cavities are preventable. Children who have poor oral health often [miss more school and receive lower grades than children who don't](#). Learn how you can protect your child's teeth from cavities with these resources.

Untreated cavities can cause pain, infections, and can lead to problems eating, speaking, and learning. More than 1 in 5 children aged 2 to 5 years has at least one cavity in their baby teeth. Children from low-income families are more than twice as likely to have untreated cavities, compared with children from higher-income households. However, cavities are preventable. You can [protect and maintain your child's teeth](#) by following these wise simple steps below:

P-E-A-R-L-S of Wisdom

[Protect tiny teeth](#) by caring for your mouth when you're pregnant. Your child's future oral health starts with you.

Ensure to wipe your baby's gums after each meal.

Avoid putting babies to bed with a bottle.

Remember to brush your child's teeth twice daily with fluoride toothpaste. For children younger than 2 years, consult with your dentist or doctor about when to start using fluoride toothpaste.

Limit drinks and food with added sugars for children. Encourage your child to eat more fruits and vegetables and have fewer fruit drinks, cookies, and candies. This gives your child the best possible start to good oral health.

Schedule your child's first dental visit by their first birthday or after their first tooth appears. Their tiny teeth matter!

Root of It All: Are You Watching What Your Child Eats and Drinks?

Your child's diet is very important for developing and maintaining strong and healthy teeth. It is helpful to include good sources of calcium (yogurt, broccoli, and milk) in your child's diet to help build strong teeth. Teaching your child about healthy eating habits is one of the best practices for a lifetime of good health. Here are some helpful tips:

- Eat fruits and vegetables for snacks rather than candies and cookies.

- Brush your child's teeth twice daily.
- Serve water at mealtime rather than juice or soda.

Did You Know That Community Water Fluoridation Saves Money and Teeth?

Fluoride is a naturally occurring element in water. [Community water fluoridation](#) is the process of adjusting the amount of fluoride found in water to achieve the best prevention of tooth decay.

- Bacteria in the mouth produce acid when a person eats sugary foods. This acid eats away minerals from the tooth's surface, making the tooth weaker and increasing the chance of developing cavities.
- Drinking tap water with fluoride rebuilds the surface of the tooth. By keeping the tooth strong and solid, fluoride protects teeth from decay.
- Community water fluoridation has been shown to save money, both for families and the health care system.
- Check if your water has fluoride by visiting [My Water's Fluoride](#).

School Dental Sealant Programs: A Hidden Gem

[Dental sealants](#) are a quick, easy, and painless way to prevent most cavities children get in the permanent back teeth where 9 in 10 cavities occur. Children aged 6 to 11 years without sealants have almost 3 times more first-molar cavities than children with sealants.

School dental sealant programs are an effective way to deliver this highly effective preventive intervention to millions of children who might not receive regular dental care. Increasing sealant use among low-income children can greatly reduce tooth decay.

As a parent, ask your child's dentist to apply sealants when appropriate. If your child's school has a sealant program, sign your child up to participate. If they don't, ask your child's school to start one.

For the full article, please click on the link below:

<https://www.cdc.gov/oralhealth/publications/features/childrens-dental-health.html#:~:text=February%20is%20National%20Children's%20Dental,than%20children%20who%20don't>



SAVE THE DATE!

GET READY FOR
ADVENTURE!



CALAVERAS CHILDRENS FAIR

APRIL 6TH, 2024

11AM TO 2PM

CALAVERAS HIGH SCHOOL
350 HIGH SCHOOL ST.
SAN ANDREAS



Calaveras
Child Care
Council





Important Reminders from the Subsidy Department

1. Parents and providers, if you cannot drop off the attendance forms at the various black drop box locations, you may email the attendance forms to the following email address: rrinfo@trcac.org. Please do not email Case Managers the attendance forms. Please note if you email the attendance forms, we do not need the originals, as the electronic version is acceptable. However, please retain the originals for your records.
2. Effective February 1, 2024, the subsidized cost definition for part-time vs. full-time care is changing to the following: under 25 hours is considered part-time care, and 25 and over hours is considered full-time care.
3. Effective February 1, 2024, The Resource Connection Parent/Provider Handbook will include the new definition of part-time vs full-time care and other information regarding guidance provided through Child Care Bulletins. Please click the link below to view our updated Subsidy Handbook.
https://rr.trcac.org/info/docs/app_parent_and_provider_1.10.2024.pdf
- 4.. 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

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

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
Resource Empowering Communities
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
Visit our website
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	\$ 635	\$ 648	\$ 662	\$ 675	
7	\$ 417	\$ 450	\$ 525	\$ 609	\$ 693	\$ 709	\$ 725	\$ 741	\$ 756	\$ 772	\$ 788	
8	\$ 476	\$ 514	\$ 600	\$ 696	\$ 793	\$ 813	\$ 829	\$ 847	\$ 865	\$ 883	\$ 901	
9	\$ 536	\$ 578	\$ 675	\$ 784	\$ 892	\$ 912	\$ 932	\$ 953	\$ 973	\$ 993	\$ 1,013	
10	\$ 596	\$ 643	\$ 750	\$ 871	\$ 992	\$ 1,013	\$ 1,033	\$ 1,058	\$ 1,081	\$ 1,103	\$ 1,126	
11	\$ 656	\$ 707	\$ 828	\$ 955	\$ 1,080	\$ 1,099	\$ 1,119	\$ 1,140	\$ 1,164	\$ 1,189	\$ 1,214	\$ 1,239
12	\$ 715	\$ 771	\$ 905	\$ 1,045	\$ 1,183	\$ 1,199	\$ 1,216	\$ 1,243	\$ 1,270	\$ 1,297	\$ 1,324	\$ 1,351
13	\$ 775	\$ 836	\$ 976	\$ 1,125	\$ 1,268	\$ 1,288	\$ 1,317	\$ 1,347	\$ 1,376	\$ 1,405	\$ 1,435	\$ 1,464
14	\$ 834	\$ 900	\$ 1,053	\$ 1,210	\$ 1,367	\$ 1,387	\$ 1,419	\$ 1,450	\$ 1,482	\$ 1,513	\$ 1,545	\$ 1,577
15	\$ 894	\$ 964	\$ 1,125	\$ 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	

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

Choosing Quality Child Care is important; it promotes brain development, school readiness and reduces family stress. Everyone Benefits!

Family, Friends, & Neighbors (FFN)





Family, Friends and Neighbors (FFN)

About

The Friends, Family, and Neighbor (FFN) program is a Child Care Resource and Referral initiative aimed at supporting caregivers who provide care for children in their own homes. The program provides resources, training, and guidance to FFN caregivers to help them provide quality care and education to the children in their care. Through the FFN program, caregivers can access a range of services, including referrals to community resources, training and workshops, and support networks. This program recognizes the important role that informal caregivers play in the lives of children and provides them with the tools and resources they need to provide safe, nurturing, and stimulating environments for the children in their care.

FFNs build stable foundations for young children, and are an irreplaceable and essential part of the mixed delivery child care system.

BAKABOUNCH.ORG



Services

- Caregiver Support
- Guidance on Health & Safety Practices (CPR)
- Lending Library
- Consumable Closet
- Community Resources (Food Program)
- Professional Development



Not sure if you are an FFN? Have Questions?
Call Karen Frazier 209.754.1075 or email
kfrazier@trcac.org

The Resource Connection

Engaging Families • Empowering Communities • Enriching Lives

Child Care Resource and Referral Services

TrustLine Background Check

TIPS FOR
NANNIES AND
BABYSITTERS

**Looking for Child Care
Provider Training?**



Connect with your local Child Care Resource and Referral Agency.

CCR&R's serve families, child care providers and the local community. CCR&R's provide child care referrals and information for parents, and they also support and train child care providers

CALL 800-543-7793



TrustLine
California's Background Check for In-Home Child Care



Children's Corner



Valentine's Bingo Game

What's the Project? *This Valentine's Bingo game is perfect for a Valentine's Day party at school or just to play with the kids at home. All you need to do is print the Valentine game boards and you're ready to play! This is the cutest one you'll find. You're going to love playing it with the kids.*

There's something fun and sweet about Valentine's day with all the pink and red and sparkles and candy...

So many fun things! It's also a nice bright spot in the dreary days of winter and it's nice to have something fun to celebrate.

I love putting together cute Valentine's gifts for friends and kids or throwing fun parties at school or home.

And one of my favorite things for any holiday is a fun bingo game, so this cute Valentine's Bingo game with pink polka dots and cute characters is a huge favorite! And it's SO easy for you. All you need to do is print and cut out the cards, grab some markers and you're ready to play!

But here's the Valentine's bingo game for you!

Free Printable Valentine's Bingo Game:

All you need to do to play this Valentine's Bingo Game is download this template:

PRINT HERE: [FREE PRINTABLE VALENTINE'S BINGO GAME AND CARDS](#)

Just click the link above and it will open a PDF file with 8 playing cards and then the cards to draw to play the game. (If you have more people than that who want to play, I recommend dividing them into groups since there are only 8 boards.)

Please click on the link below for the article:

<https://crazylittleprojects.com/valentines-bingo-game/>

Valentine Recipes for Kids

www.kids-cooking-activities.com



VALENTINE RECIPES

In honor of St. Valentine, we've compiled recipes for kids to celebrate Valentine's Day on February 14th. It is a day to show loved ones you care.

Chocolates, flowers, cards, and balloons are all common Valentine's Day gifts. The holiday originated by someone who indeed was named St. Valentine. After being imprisoned he sent notes signed, from your Valentine to his love. He was also martyred on February 14th hence why we celebrate on this particular day.

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.

Please click the link below for the article:

<https://www.kids-cooking-activities.com/Valentine-recipes.html#gsc.tab=0>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



Recall Alert: Wanabana Apple Cinnamon Pouches



Recalled on October 30, 2023, for **elevated lead levels**. Sold in California at Amazon and Dollar Tree stores.

Lead poisoning is dangerous and can cause learning and behavioral problems.

If you have these or fed them to your child:

- Stop using them and throw away remaining packages
- Ask your child's doctor for a blood lead test
- Contact your local Childhood Lead Poisoning Prevention Program to learn more

Orange County Health Care Agency
Public Health Services
Childhood Lead Poisoning Prevention Program
(714) 567-6220



Childhood Lead Poisoning Prevention Branch
www.cdph.ca.gov/Programs/CLPPB



Alerta de retirada: Wanabana Bolsitas de manzana y canela



Retirado del mercado el 30 de octubre del 2023 por **niveles elevados de plomo**. Vendido en California en las tiendas Amazon y Dollar Tree.

El envenenamiento por plomo es peligroso y puede causar problemas de aprendizaje y de conducta.

Si tiene estos o se los ha dado a su hijo:

- Deje de usarlos y deseche los paquetes restantes.
- Pídale al médico de su hijo que le haga una prueba de plomo en la sangre.
- Comuníquese con el Programa local de Prevención del Envenenamiento por Plomo Infantil para obtener más información.

Condado de Orange, Agencia del Cuidado de la Salud
Servicios de Salud Pública
(714) 567-6220



Programa de Prevención del Envenenamiento por Plomo
en los Niños www.cdph.ca.gov/Programs/CLPPB





Cảnh Báo Thu Hồi: Túi Quế Táo Hiệu Wanabana



Thực phẩm này bị thu hồi vào ngày 30 tháng 10 năm 2023, vì **có hàm lượng chì cao**. Đã được bán ở California qua Amazon và tại các tiệm Dollar Tree.

Ngộ độc chì rất nguy hiểm và có thể gây ra các vấn đề về học tập và hành vi của con em.

Nếu bạn có những thực phẩm này hoặc đã cho con bạn ăn:

- Ngừng sử dụng chúng và vứt bỏ các gói còn lại
- Hãy hỏi bác sĩ của con bạn để xét nghiệm chì trong máu
- Liên lạc với Chương Trình Phòng Chống Ngộ Độc Chì ở Trẻ Em tại địa phương



Chi Nhánh Phòng Chống Ngộ Độc Chì ở Trẻ Em
www.cdph.ca.gov/Programs/CLPPB





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



The Resource Connection
Engaging Families
Empowering Communities
Enriching Lives





Free Little Library

There is a brand new Little Free Library right in front of the offices of The Resource Connection Child Care Resources and Amador Child Care Council! Our new Little Free Library was donated by First 5 Calaveras and painted by our very talented R&R Supervisor, Karen! We are so excited to announce this to the community and invite anyone to stop by to "Take a Book, or Leave a Book!" If you are looking to get rid of books that you no longer want, please consider donating them to this sweet little library... and grab a book to take home while you're here!

The beautiful artwork on our Little Free Library features wildflowers, bees, and butterflies and encourages folks to take care of our pollinators. There will be free packages of Pollinator Mix flower seeds inside as well for library visitors to plant in their gardens! We would like to thank First 5 Calaveras for this very generous donation. Visit us at - 8085 Highway 26, Suite G, in Mokelumne Hill! Our Library is also registered on the worldwide map! Visit [here](#).

AMADOR COUNTY



CALIFORNIA

Music & Movement

Mondays

9:30 to 10:30 AM

Ages 0-5

January 22, 29

February 5, 12, 26

March 4, 11, 18, 25

First 5 Amador, 975 Broadway, Jackson

FREE



209-256-8166

info@amadorarts.org

this activity is funded in-part by the California Arts Council, a state agency, arts.ca.gov

PLAYGROUPS

FREE to children ages 0 - 5 and
their Mom, Dad, Grandparent,
or Caregiver



All sites ~ 9:30 - 11:30 am

Tuesdays - Jackson ~ 975 Broadway

Indoor and Outdoor Learning Labs

Families start indoor for playgroup or outside for First 5 free play.
Groups will switch mid-way.

WEDNESDAYS ~ Ione

Location changes will be posted on Facebook.

Ione Train Station ~ 1 East Main Street, Ione (weather permitting)

Ione Memorial Hall ~ 207 S. Amador Street, Ione (winter months)

THURSDAYS ~ Plymouth

Plymouth Elementary

18601 Sherwood Street, Plymouth

(Extended Learning Opportunity Program Classroom - ELOP)

All playgroups follow the school district schedule and are not in session:

October 17th, 18th & 19th; November 22nd & 23rd; December 26th, 27th & 28th;

January 2nd, 3rd, & 4th; March 12th, 13th & 14th

Funded by:



975 Broadway (P.O. Box 815), Jackson, CA 95642 ~ 209-257-1092

www.first5amador.com ~ Facebook - first5amador.com

Indoor playgroup hosted by Heather Hall

Outdoor free-play provided by First 5



Mom-Me Time

2023:
November 2nd
December 7th

2024:
January 4th
February 1st
March 7th
April 4th
May 2nd
June 6th

First 5 Amador
5:30-7:00 p.m.

975 Broadway, Jackson
209-257-1092

Enjoy dinner and discuss tips
regarding challenging behaviors,
picky eaters, and
carving out time for you.

We welcome suggestions for future topics
(Bring a friend and be entered
into a drawing for prizes.)

Please call if you need childcare or have questions.

Hosted by Sara Rader, MS, LPCC, NCC





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



Welcome Baby!



First 5, First Steps

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

FREE GIFT

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

For information call 209-257-1092
or email f5a@first5amador.com



FURS Resource Family Socials

5:00pm to 6:30pm
601 Court Street, Suite 300
Jackson, Ca. 95642

Tuesday,
1/16/2024

ACRA

Learn about Family and youth
programs and activities in Amador
County. See how to locate and use
resources near you.

Presented by Sophie Starostina

**I can
I will**



CASA and the Foster Youth Bill of Rights

Tuesday
3/12/2024

Learn about
Court Appointed
Specialist
Volunteers and
the rights of
Foster Youth and
their families.

Presented by
Jorge Espiritu

Valley Mountain Regional Center

Tuesday, 2/13/2024

Hear about local
programs and
resources for
you and your
family

Presented by Jenna Bielby and Libby Contreras

A light meal will be served. Please call if
you are in need of childcare

For more information:
Madalen Petersen
(209) 257- 1980 ext130

Parenting with a Purpose

Online Parenting Classes

Join us for our **FREE** online interactive
PARENTING CLASS SERIES
to learn and strengthen practical,
proven and positive parenting skills.

Discussions include the following topics:

- ♦ *Understanding Needs & Feelings*
- ♦ *Physical & Emotional Development in Children*
 - ♦ *Promoting Positive Behavior*
 - ♦ *Positive Discipline*
 - ♦ *Communicating with Respect*
 - ♦ *Positive Ways to Deal with Stress*
- ♦ *Building Nurturing Parenting Skills for Parents with Children of All Ages*

Mondays
4:00pm to 6:00pm
Beginning: January 8, 2024
Ending: February 19, 2024

For more information or to register, please contact
Emma Swett at (209) 257-1980 x 105.
<https://www.surveymonkey.com/r/8LCVXFX>



Para información en Español, por favor llame al (209) 257-1980 x 104



**All classes will be provided
using Zoom. Please register to
receive the link.
Download the Zoom App at
<https://zoom.us>.**



A project of Nexus Youth & Family Services

1 Day Online Practical Parenting Classes

~ Circle of Security ~
0-5 year olds
February 9, 2024
9:00am—5:00pm

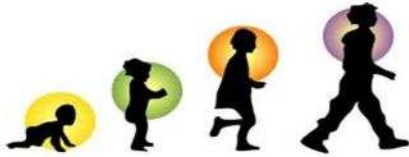
~ Growing Together ~
6-12 year olds
February 10, 2024
9:00am—5:00pm

~ Calm, Confident Parenting ~
13-18 year olds
February 14, 2024
9:00am—5:00pm

Registration Required
(209) 257-1980 x 105

**Ask about our
Tablet Lending Library!**

Parenting with a Purpose



Come join us for our interactive and supportive **WINTER SERIES** to learn and strengthen practical, proven and positive parenting skills.

Discussions include the following topics:

- ♦ *Understanding Needs & Feelings*
- ♦ *Physical & Emotional Development in Children*
 - ♦ *Positive Discipline*
 - ♦ *Communicating with Respect*
- ♦ *Positive Ways to Deal with Stress*
 - ♦ *Nutrition & Safety*
- ♦ *Building Nurturing Parenting Skills*

Wednesdays
10:00am to 12:00pm

Beginning: January 10, 2024

Ending: February 21, 2024

Free child care and transportation assistance available!

For more information or to register, please contact
Emma Swett at 209-257-1980 ext. 105.
or eswett@nexusyfs.org
<https://www.surveymonkey.com/r/8VSQ8B5>



Parenting Certificates
earned through program
participation!

Location

Upcountry Community Center
19728 Hwy 88
Pine Grove, CA 95665

A project of Nexus Youth & Family Services

1 Day Practical Parenting Classes

~ Circle of Security ~
0-5 year olds
February 9, 2024
9:00am—5:00pm

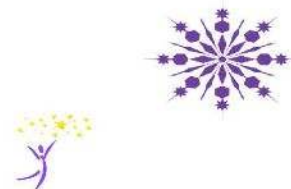
~ Growing Together ~
6-12 year olds
February 10, 2024
9:00am—5:00pm

~ Calm, Confident Parenting ~
13-18 year olds
February 14, 2024
9:00am—5:00pm

*All classes
include free child care,
transportation assistance.
Please call for more
information or to register.*

(209) 257-1980 x 105

**ALL PARENTING CLASSES
ARE FREE!**



Senior Center Information

Valentines Stack Bracelet



January 18th, 2024, 2pm - 4pm

Valentines Stack bracelets with Homemade in Sutter Creek. THIS FREE class includes all supplies. All ages welcome. Located at the Amador Senior Center, 229 New York Ranch Rd. in Jackson.

Reserve your spot by calling 209-223-0442.

this workshop is made free by a grant provided by Area 12 Agency on Aging.

VALENTINES CARD WORKSHOP

WITH JILL JODIE

Create 2 scrapbook style card creations, and then visit our free form station to create 1 of your own, unique design

DATE

THURSDAY, FEB 8TH, 2024

TIME

2:00PM - 4:00PM

PLACE

Amador Senior Center
229 New York Ranch Rd

☎ 209-223-0442 Ext. 106

Please call us ASAP if you sign up, but find that you can not make it. Failure to notify us if you are not able to attend may result in exclusion from future classes.

AMADOR SENIOR CENTER HOW TO SIGN UP FOR CLASSES:

1



Watch for Flyers, Newsletter, Website, and social media for all new classes and events.

2



2. Most Classes will open up on the 1st of the month unless otherwise specified

3



4. Mark your calendar with your project date!

4



3. Call or come in and sign up. 209-223-0442, EXT. 106

5



5. Call us if you are not going to be able to attend.

6



6. Arrive promptly so that instruction can begin, at the designated time. Enjoy!

Valentine's Paint Party

With Heart and Soul Studio



Friday, February 2nd, 2024

2:00Pm - 4:00Pm

Amador Senior Center
229 New York Ranch Rd. Jackson, CA 95642

Please call us ASAP if you sign up, but find that you can not make it. Failure to notify us if you are unable to attend may result in exclusion from future classes.

Senior Center Information

MOVIE MATINEES

NOW EVERY MONDAY!
REFRESHMENTS & POPCORN PROVIDED
SUGGESTED \$2 DONATION

UPCOMING SCHEDULE

January 8th, 2024	About My Father
January 15th, 2024	Senior Center Closed
January 22nd, 2024	March of the Penguins
January 29th, 2024	Grumpy Old Men
February 5th, 2024	The Out of Towners
February 12th, 2024	The Hill
February 19th, 2024	Senior Center Closed
February 26th, 2024	Hidden Figures
March 4th, 2024	Secondhand Lion
March 11th, 2024	Mrs. Harris Goes to Paris
March 18th, 2024	Cool Hand Luke
March 25th, 2024	A Man Called Otto

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,
CA 95642 •
(209) 223-0442

MONDAYS • 1-3 PM

LIFE HISTORY WRITING

Facilitated by Charlotte Dodgson

Preserve the tales of your life for generations to come. Members write and share a story each week and get a chance to give and receive positive feedback that strengthens their work. No advance reservation required.

Free. Suggested \$2 donation.



LOCATED INSIDE THE
AMADOR SENIOR CENTER
229 New York Ranch Rd
Jackson, CA 95642

This activity is supported in part by the California Arts Council, a State Agency. Find out more at: Arts.ca.gov

Questions: call/text 209-256-8166, email info@amadorarts.org



Wags & Whiskers

Senior Pet Program

FREE pet food and supplies for seniors!

Take advantage of this service if you are 60+ and participate in our Meals on Wheels Home Delivery Program.

Call (209) 223-0442 today!

GRAND PRIZE "6 Nights in Cabo San Lucas, Mexico"

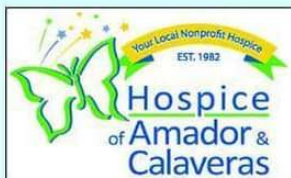
Anonymously donated

Enjoy 6 nights in Cabo San Lucas, Mexico in the Casa Tranquilo with a private rooftop pool. Transportation and airfare not included. Dates available 8/17/24 to 9/13/24. Must reserve dates by 2/29/24. Valued: \$3,000



Complete Living Trust Package

Includes Last Will & Testaments, Revocable Trust, Power of Attorney, Advanced Healthcare Directive, HIPAA Waivers, and one (1) Trust Transfer Deed. Valued: \$2,375 Donated by Burton & Swett



Ladies 14 Karat Yellow/ White Gold Two-Tone Diamond Ring

Diamond studded in the center is a white gold circle set with 58 diamonds weighing just over 1/5 carat. The circle is linked with the yellow gold link style shank on each side. Finger size 6 3/4. Valued: \$1,300 Donated by Gold Mine Jewelers

Take A Chance on Love This Valentine's Day

Hospice of Amador & Calaveras: 15th Annual Valentine's Day Drawing!

Win 1 of 9 Amazing Prizes!

Seascape Beach Resort

2 Nights in a studio unit with ocean/beach view Aptos CA

Donated by Wayne Garibaldi Valued: \$1,100



Local Golf Package

Rounds of Golf at Castle Oaks Golf Club and Sequia Woods Country Club. Valued: \$530

Horses For Warriors

2 hours for two horseback ride in Jamestown, Valued: \$500 Donated by Patty Holaday

Airplane Ride

One-hour scenic flight for two departing from Calaveras Airport. Valued: \$500 Donated by Rob & Linda Davids

Cruisers Academy

Join us for a sailing adventure for two around the West Shore of Lake Tahoe. Valued: \$900 Donated by Cruisers Academy

49' Super Cruiser Rental - Full Day

Day at the Lake. One full day rental on beautiful New Melones Lake on a 40' Super Cruiser Patio Boat. Valued: \$945 Donated by Karin & Darrin Mills



TICKETS ARE \$10 EACH; Buy One, Get One Free when you buy 10 or more tickets. (\$100 = 20 Tickets)

All ticket purchases of \$100 or more receive ONE voucher for:

☐ A FREE Cheesy Bread App. from Saluti's ~or~ ☐ A FREE dessert from Murphy's Hotel (Please Check One)

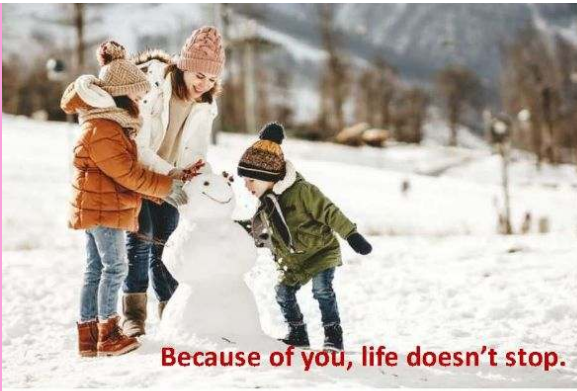
HOW TO BUY TICKETS

- Mail this form with a check payable to HOAC, or Credit Card info, to: HOAC, 1500 S. Hwy 49, Jackson CA, 95642
- Call and order tickets at: 209-223-5500
- Purchase tickets at HOAC office at 1500 S Hwy 49, Jackson or Jackson Thrift Store at 10776 Argonaut Lane, Jackson or Angels Camp Thrift Store at 570 N. Main Street, Angels Camp
- Go online at www.hospiceofamador.org for more information.

Special Thanks to our Drawing Sponsors Saluti's & Murphys Hotel

Name _____ Phone _____
of Tickets _____ Total Amount \$ _____ Email _____
Credit Card # _____ Expire Date ____/____/____ Security Code _____

Drawing held at 3pm on February 14th
at the Jackson Thrift Store (Need not be present to win)



Because of you, life doesn't stop.

- Please bring a photo I.D.
- Eat well and drink plenty of water before donating.
- Eligibility questions: Vitalant 877-258-4825/Vitalant.org
- The entire donation process takes about one hour.
- Donors must be 16 years old & no upper age limit.



GIVE BLOOD Vitalant.org

Sutter Amador Hospital Blood Drive

Wednesday, February 7

10:00 a.m. – 1:30 p.m.

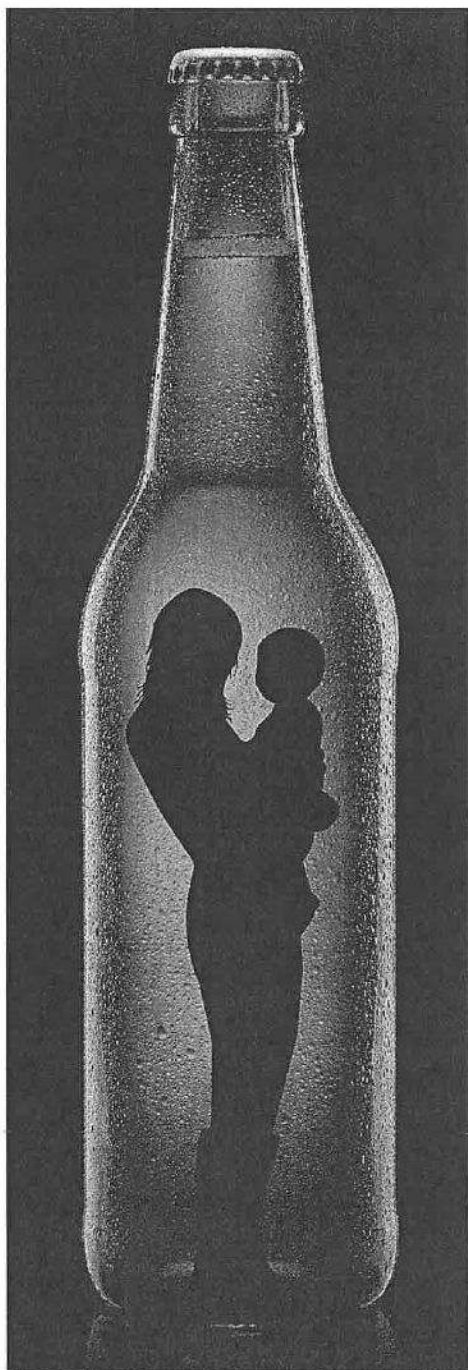
Sutter Amador Hospital
200 Mission Blvd., Jackson, CA 95642
The bloodmobile bus will be located
in the parking lot

Please schedule an appointment at
donors.vitalant.org and
use blood drive code SMFH127
or call Vitalant at 877-258-4825
or scan the QR code using
a Smartphone camera or click the link below.

[Click here to schedule an appointment](#)



vitalant 



NOT EVERYONE **TRAPPED** BY ALCOHOL IS AN **ALCOHOLIC**

.....
Families and friends
are suffering too.

•
Do you worry about how
much someone drinks?

•
Al-Anon and Alateen
can help.

Jackson Al-Anon Meetings
21 Broadway St, Jackson

Tue 5:30 pm

Thu 11:30 pm

Sun 6:30 pm

(209)273-8860 (info)



Al-Anon Family Groups

Help and hope for families and friends of alcoholics

1-888-4AL-ANON • AL-ANON.ORG



If you or someone you love needs help finding resources for seniors, call our new 24-hour referral hotline NOW!

Get local resources for:

- Housing
- Elder Abuse
- Transportation
- Food
- Social Services
- Personal Care
- Financial Aid
- and more



Someone is available all the time!

Toll Free 24 Hrs:

1-800-459-5997

<https://operationcare.org>

or

National Elder Fraud Hotline
[1-833-FRAUD-11 (1-833-372-8311)]

<https://stopelderfraud.ovc.ojp.gov/>

If you or someone you know is in danger and needs help, call 911 NOW.

Elder Abuse / Domestic Violence / Sexual Assault advocates are always available by calling our
24-hour crisis line at: 209.223.2600 or 1.800.675.3392

Funded partially by Grants XC1602162B and RC 1922162B



Grandparent Café

SUPPORT & RESOURCES FOR
GRANDPARENTS RAISING
GRANDCHILDREN

Free Respite Program

Quarterly Meet Ups

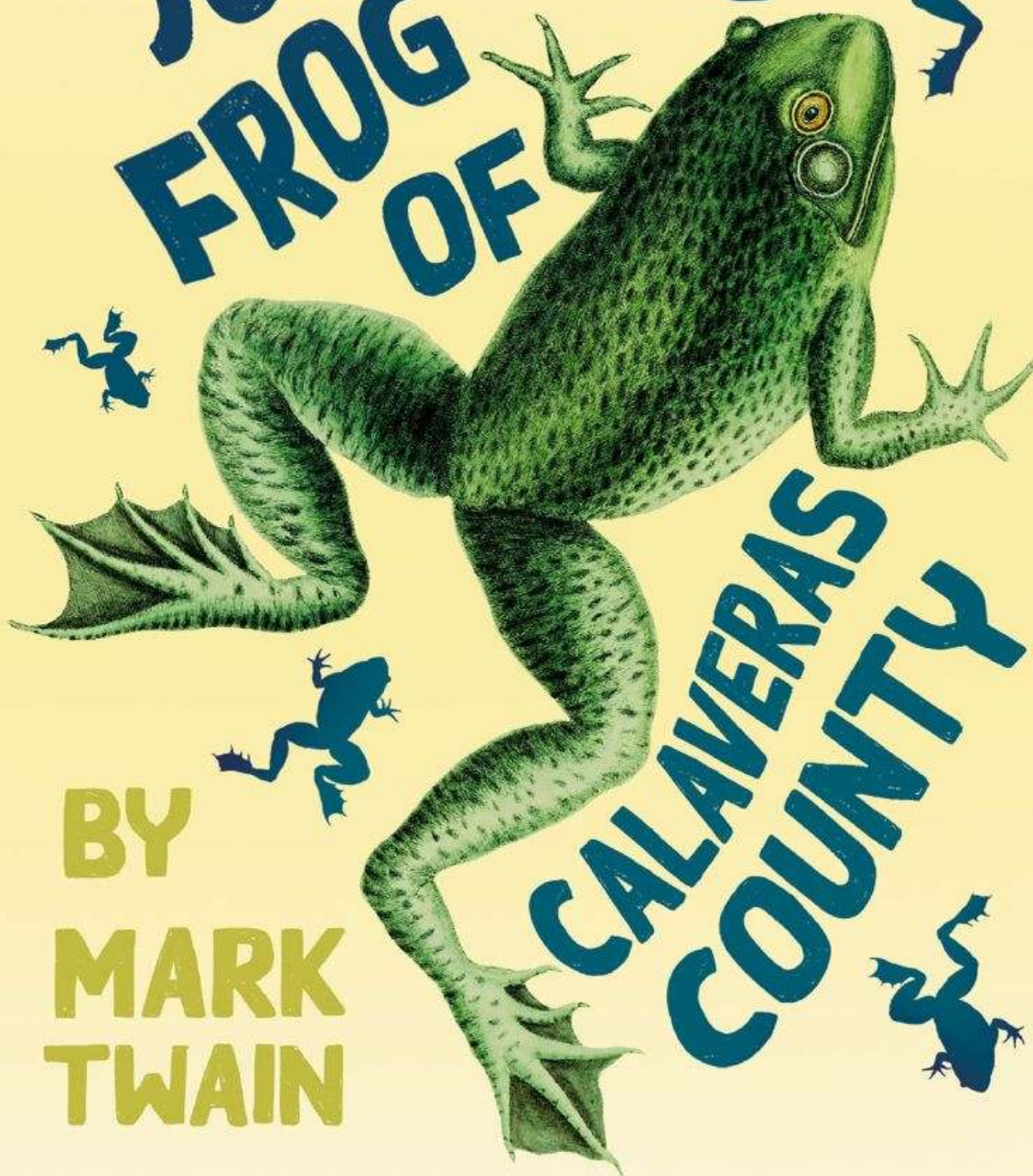
Monthly Zoom Meetings

**For more info call (209) 754-1075
or email dbohall@trcac.org**

The Resource Connection

Engaging Families • Empowering Communities • Enriching Lives

THE CELEBRATED JUMPING FROG OF



BY
MARK
TWIN

CALAVERAS
COUNTY

PARENTS, CARETAKERS, AND GUARDIANS

Complete
this survey for a
chance to win a
family giveaway
basket

Take the Survey



**CHILD CARE
SURVEY**
PARENTS/ GUARDIANS
WE NEED YOUR INPUT!

Help improve child care in Calaveras County

Your valuable insights will help us understand your preferences, concerns, and priorities when it comes to child care. By sharing your thoughts, you play a crucial role in shaping the future of child care in Calaveras County.

<https://forms.office.com/r/6faRNOZrHr>

Completing the survey will take 10-15 minutes of your time, and your response will remain confidential. Surveys are to be completed by 2/28/2024



Calaveras
Child Care
Council

Questions Contact: snoble@trcac.org
or call Sheri Noble 209-754-1075



Complete
this survey for a
chance to win a
provider
giveaway
basket

Take the Survey



EARLY CHILD CARE
PROFESSIONAL SURVEY
WE NEED YOUR
INPUT!

Help improve child care in Calaveras County

Your valuable insights will help us understand your preferences, concerns, and priorities regarding child care. By sharing your thoughts, you play a crucial role in shaping the future of child care in Calaveras County.

<https://forms.office.com/r/uSrhXqiHtq>

Completing the survey will take 10-15 minutes of your time, and your response will remain confidential. Surveys are to be completed by 2/28/2024



Questions Contact: snoble@trcac.org
or call Sheri Noble at 209-754-1075



FIRST 5
CALAVERAS

PLAY GROUP

Bring your little ones to play with others!

COME AND JOIN US!

FRIDAY MORNINGS 9:30AM - 11AM
AT THE BLUE MOUNTAIN CENTER
364 MAIN ST IN WEST POINT
AGES 0-5

UPDATED PLAY AREA
CREATIVE ACTIVITIES
SNACK TIME
& MORE!



Blue Mountain
Coalition for Youth and Families

(209) 293-4500

BMCYF.ORG

FACEBOOK @BMCYF

TYRAH.BMCYF@GMAIL.COM



RAIL ROAD FLAT COMMUNITY CENTER

"GROWING WITH BOOKS"

Play Group

WEDNESDAYS 9:30-11am

January 17-June 5, 2024

Families with babies and children

0-5 years old!



AGES 0-5

LITTLE LEAPERS PLAYGROUP



At The San Andreas Library



EVERY WEDNESDAY
JANUARY 17TH - MAY
29TH

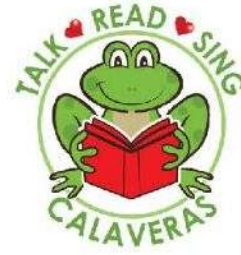
STORYTIME:
10:30 AM - 11:00 AM

DROP IN PLAYTIME:
11:00 AM - 12:30 PM



 **FIRST 5**
CALAVERAS

**STRONG
START**
CALAVERAS



Please Sign me up for the Talk Read Sing Family Engagement Bag Program.

Daddy & Me: _____

Friends Family Neighbor: _____

Your Name: _____

Childs Name: _____

Childs Birthday: _____

Your Email: _____

Your Phone Number: _____

Childs Mailing Address: _____

Preferred Pick-Up Location: _____

Bags are delivered monthly to your pre-selected location until your child reaches 6 years old. You will be notified via email when your bag is available for pick up.

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





FREE AND OPEN TO ALL TEENS 13-17!

**GAMES FIELD TRIPS ART CLASSES WORKSHOPS
& MORE**

**FREE FOOD
PROVIDED**
@ all youth
night meetings!

**Blue Mountain Center
364 Main Street, West Point**

**GIFT CARDS &
INCENTIVES** for
all program
participants!

Mondays 3-6pm & Fridays 4:30-7:30pm



Follow us on Facebook @bmcyf for the latest activities

Blue Mountain
Coalition for Youth and Families

For more info:
jessica.bmcyf@gmail.com



KNOW FOR SURE

Be sure that your
child is in the
right car seat.

**Car seats and boosters
are replaced, if needed,
at no-cost with safety
education and fitting.**

Call a certified car seat tech
to schedule an appointment

Calaveras Public Health
209-754-6460

CHP San Andreas
209-754-3541

The Resource Connection
209-772-3980 or 209-754-2000



*Are you caring for a Family, Friend or
Neighbor's child under 5?*

First 5 is now offering

Busy Kids Kits

for FFN caregivers in Calaveras!

**Monthly Themes include: Health,
Numbers, Feelings, Families, Etc..**



◆ Kits include quality books, an activity to do together & resources.

◆ pick-up at the these locations:

Arnold Library, San Andreas Library,
Valley Springs Library, Angels Camp Library
& Rail Road Flat Community Center

For more information or to sign up, contact Autumn Andahl:
aandahl@co.calaveras.ca.us or 209-754-6916

* Following COVID-19 Safety protocols.



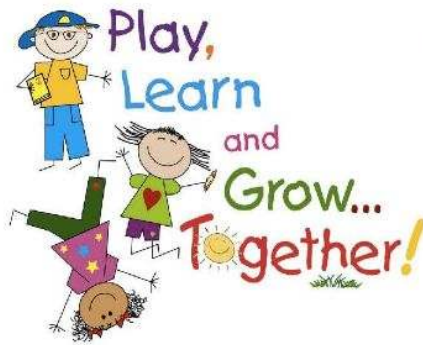
Daddy (& More) Kits

Sign up to receive your FREE activity kit
for your 0-5 year old child and the male
role model in their life.

Themed Monthly Bags



Kits include 2 quality books, an activity to
do together, & community resources.

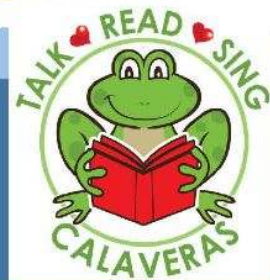


⇒ Pick Up Locations: San Andreas Library, Valley
Springs Library, Angels Camp Library & Rail Road
Flat Community Center

Contact Autumn Andahl-
aandahl@co.calaveras.ca.us or
209-754-6916



Limited availability – Calaveras residents only.





Healthy Relationships 101

PRESENTED BY:
THE RESOURCE CONNECTION
CALAVERAS CRISIS CENTER

*Join us for an informative workshop
geared to help individuals create and
maintain healthy relationships.*

No cost to attend.

Topics covered are:

- Signs of Healthy and Unhealthy Relationships
- Boundary Setting and Assertive Behavior
- Domestic Violence:
What it is & Where to get help


February 22, 2024
12PM-2PM

Location:

*373 West St. Charles Street Suite E
San Andreas*

To sign up, contact:

dthornburg@co.calaveras.ca.us or 209-754-6451



Valley Springs Optimist Club

501C3 TAX ID#68-0331389

Cordially invites you to the

Sweetheart Supper

Saturday, February 10th ♥ 6PM to 10PM

Tickets: \$25/person

\$40/couple

Bring your sweetheart, or be a sweetheart
and come anyway!

Dance music by Deb n Kris

**Have fun and support
local organizations such as:**

Valley Springs Optimist Club
Calaveras Volunteer Center
Manzanita Writers Press
American Red Cross
Grandparents Project
Mountain Melodies
Event City Live
and Girl Scouts

Silent Auction!

Raffle!

Veterans Hall

Next to Valley Springs Elementary

300 Daphne St

Valley Springs, California

Menu:

Baked chicken

Baked potato bar

Roasted potatoes

Stir-fried vegetables

Salad and rolls

Dessert auction

For tickets/info
call: (209) 754-1699
or visit

CalaverasVolunteer.com

*(It's singular because it only takes one
to make a difference.)*



Hey Calaveras!

FILE YOUR TAXES FREE



WE CAN HELP

Drop off appointments now
available at many Calaveras
County locations.

You can also file with our virtual preparers
or on your own with our assistance.

For household incomes below \$60k.
Some tax situations may be
beyond our scope.

Prepared by IRS
Certified Volunteers



TAX LINE
209.268.6232

Call for appointment dates and locations.

ATCAA.org



IT PAYS TO FILE

Help For Lower Income Workers



MyCalEITC.org | California Earned Income Tax Credit | Tax Year 2023 Guidelines

- > California Earned Income Tax Credit
(Up to \$3,529 cash back)
- > Federal Earned Income Tax Credit
(Up to \$7,430 cash back)
- > California Young Child Tax Credit
(Up to \$1,117 cash back)
- > California Foster Youth Tax Credit
(Up to \$1,117 cash back)



Don't qualify for the CA.
credits? You may qualify
for the Federal EITC if you
earned less than \$63,398.

Use the calculator on the website
to estimate your cash back.

IF YOU EARNED \$30,950 OR LESS, YOU MAY QUALIFY!

- ✓ **Wage Earner or Self Employed?** W-2 or 1099 earnings.
- ✓ **Child Under 6?** Get even more.
- ✓ **NO SSN?** File with an ITIN. Need an ITIN? We can help.
- ✓ **Former Foster Youth?** For ages 18-25.
- ✓ **Retired?** Working part time? You could get cash back.

DIDN'T EARN ENOUGH REQUIRED TO FILE? YOU MAY STILL GET CASH BACK!





Good Samaritan Church
2024 FOOD PANTRY

9AM-11AM

- JAN 27** Food Pantry, Clothed in Love,
Pancake Breakfast
- FEB 10** Food Pantry
- FEB 24** Food Pantry, Clothed in Love,
Pancake Breakfast
- MAR 9** Food Pantry
- MAR 23** Food Pantry, Clothed in Love,
Pancake Breakfast



GOOD SAMARITAN COMMUNITY COVENANT CHURCH

4684 Baldwin Street - Valley Springs
(209) 772-9548 gsgcc.net

**Happy
February**



© PNTS

February 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Groundhog Day	3
4	5	6 FCC Fundamental Series Pt. 3 6-8 PM ACCC Mtg. 1:00 PM @ ACOE	7	8	9	10
11	12	13 FCC Fundamental Series Pt. 4 6-8 PM	14 Valentine's Day Grandparent Café Via Zoom 9:30 am	15 Provider Night 4:30-7 PM	16	17
18	19 President's Day Office Closed	20 CCCC Mtg. 9 am @ CCOE	21	22	23	24
25	26	27	28	29		

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



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 23rd
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 30th
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, February 6th
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 13th
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





Grandparent Café

SUPPORT & RESOURCES FOR
GRANDPARENTS RAISING
GRANDCHILDREN

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

Click: <https://us02web.zoom.us/j/82613983166>
Call: 1-669-900-6833 ID# 826 1398 3166

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

The Resource Connection
Engaging Families • Empowering Communities • Enriching Lives

2024

Jan 10

Feb 14

Mar 13

Apr 10

May 8

Jul 10

Aug 14

Sep 11

Oct 9

Nov 13

PROVIDER WORK NIGHT

EVERY 3RD THURSDAY OF THE MONTH 4:30PM-7:00PM



Learning Resources

Open to all Providers

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.



Lending Library

Over 4000 children's books and educational items available for loan. All developmental areas available. Large selection of teaching books.

The Resource Connection
Empowering Families • Empowering Communities • Serving Our Town



rr.trcac.org

Amador & Calaveras Counties need you!

Work from home & make a difference. Become a child care provider today!

- Earn income while staying home with your own kids.
- Technical assistance to start and strengthen your program. Free education for providers!
- Claim tax deductions for the business use of your home.
- Equipment lending library & consumable closet.

Contact The Resource Connection today for more details!

209-754-1075 or email
kfrazier@trcac.org



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



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.



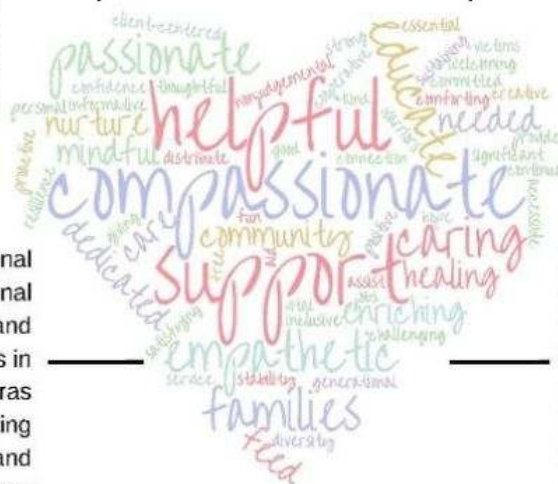
2022-2025 Strategic Plan Key Goals

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.



The Resource Connection Child Care Resource & Referral - 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

Friday – 8:00 a.m. – 4:30 p.m. – By Appointment – Remote Workday

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

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

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