

The Resource Connection

Engaging Families
Empowering Communities
Enriching Lives

Early Learning Programs

In The Know



March 2024 Edition

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Happy March! This month's newsletter focuses on important aspects of music and children. Introducing children to music from an early age can have numerous benefits across various aspects of their development:

Cognitive Development:

Music can enhance cognitive abilities such as memory, attention, and processing skills. Playing an instrument or engaging with music can improve problem-solving skills and critical thinking.

Exposure to different musical styles can stimulate brain development and neural connections.

Language Development:

Listening to music and singing along can improve language skills, including vocabulary, pronunciation, and comprehension.

Songs often feature repetition and rhyme, which can help with phonological awareness and literacy development.

Emotional Development:

Singing or playing an instrument can be a form of emotional expression and a way to cope with stress or difficult emotions.

Participating in group music activities can promote social-emotional skills like cooperation, empathy, and self-confidence.

Motor Skills:

Playing musical instruments involves fine motor skills such as finger dexterity and hand-

eye coordination.

Dancing and moving to music can improve gross motor skills and coordination.

Music can significantly enrich children's lives, foster different developmental domains, and provide them with valuable skills and experiences that benefit them well into adulthood. If you are interested in exploring music curriculum and/or children's musical instruments, please check out the Resource and Referral Lending Library.

Top of Form

Best,

Sheri Noble

R&R Program Director

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

MARCH IS MUSIC IN OUR SCHOOLS MONTH®



Music In Our Schools Month® (MIOSM®)

For nearly 40 years, March has been officially designated by the National Association for Music Education (NAfME) for the observance of Music In Our Schools Month® (MIOSM®), the time of year when music education becomes the focus of schools and communities across the nation.

The purpose of MIOSM is to raise awareness of the importance of music education for all children – and to remind citizens that school is where all children should have access to music. MIOSM is an opportunity for music teachers to bring their music programs to the attention of the school and the community, and to display the value that school music brings to students of all ages.

MIOSM and the events surrounding it are ideal opportunities for increasing awareness of the benefits of high-quality music education programs in our nation's schools. NAFME hopes that teachers, students, and music supporters alike will find ways to join the celebration through creative activities and advocacy.

2024 MIOSM Resources will be added here once available:

- Advocacy Resources:
 - [Sample news announcement](#)
 - [Sample proclamation](#)
 - [Sample resolution](#)
 - [How to get a proclamation/resolution passed](#)
 - [Civic Action Field Guide](#)
- [Shareable Graphics](#)
- [History of MIOSM](#)
- [Activity ideas to involve your school and community](#)
 - [Collegiate MIOSM Social Media Campaign](#)
- [Merchandise for purchase](#)
- Concert Program Insert (*coming soon*)
- Virtual and In-Person MIOSM Events (*coming soon*)
- Lesson Plans (*coming soon*)
- [Contact information for MIOSM chairperson in each state](#)

Important Trademark Notice:

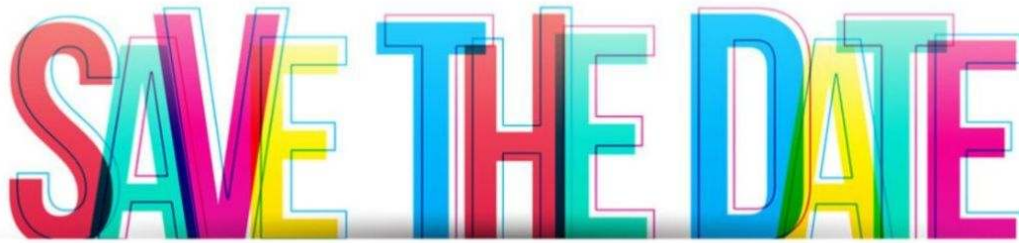
Music In Our Schools Month[®] is a trademark held by NAFME; any related phrasing (Music In Our Schools Month[®] and MIOSM[®]) must include the registered trademark symbol. Any related phrasing should be hyperlinked to: <https://nafme.org/>. Any related phrasing or logos may not be used for fundraising or materials produced for profit. The logo may not be altered. To request use of the MIOSM logo, such as using it on a website or school t-shirt, email: programs@nafme.org. Please include details regarding where the logo will be placed and any mock-up designs as applicable for review and approval.

Please click the link below for the article:

<https://nafme.org/student-opportunities/music-in-our-schools-month/#:~:text=For%20nearly%2040%20years%2C%20March,and%20communities%20across%20the%20nation.>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



SAVE THE DATE

**FREE Event
for Families!**

**26th Annual
Celebrate Our Children Festival**



**ADVENTURES IN
LEARNING!**

**Saturday, April 27
11:00 am - 2:00 pm
Argonaut High School, Jackson**

(FOR THE SAFETY OF ALL ATTENDEES, PLEASE NOTE THAT DOGS ARE NOT PERMITTED AT THIS EVENT)



The Amador Child Care Council's mission is to partner with the community to promote the early care and education of children. We are committed to accessible and quality child care. For info, call (209) 754-1075



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	\$ 810	\$ 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	\$ 1,034	\$ 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	\$ 1,187	\$ 1,216	\$ 1,243	\$ 1,270	\$ 1,297	\$ 1,324	\$ 1,351	
13	\$ 775	\$ 836	\$ 976	\$ 1,125	\$ 1,288	\$ 1,317	\$ 1,347	\$ 1,376	\$ 1,405	\$ 1,435	\$ 1,464	
14	\$ 834	\$ 900	\$ 1,055	\$ 1,219	\$ 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	

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

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

Family, Friends, & Neighbors (FFN)



A young girl with brown hair in a ponytail, wearing a blue polka-dot jacket, is blowing bubbles. Several colorful bubbles are floating in the air around her. The background is a soft-focus outdoor setting with green foliage.

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.

BA NAKABOUNCH.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

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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





10 Easy-to-Make Homemade Musical Instruments

10 Easy-to-Make Homemade Musical Instruments

When you think about bringing music into your homeschool, do you think of the high price of musical instruments and private music lessons? Well, you do not have to worry about that once you read about these 10 DIY Easy-to-Make Homemade Musical Instruments you can make with your kids! Combine it with the [Music in Our Homeschool Plus membership](#) and you're set!

Many of these musical instruments are easy enough for your children to make with very little help from you! Recycled materials help to keep the cost down so that every child in your family can have their own musical instrument.

Egg Maracas Homemade Musical Instruments

It's pretty easy to make [egg maracas](#) with your preschoolers or elementary kids using Easter eggs. Be sure to watch *Sixth Bloom's* step-by-step video at the end of her post, and read about the musical game they played and loved.

Supplies needed:

- [Plastic Easter eggs](#)
- Filler such as dried beans, rice, birdseed, popcorn, sand, salt, sugar, or [beads](#)
- Plastic spoons
- Tape such as Duct, [Washi](#), or masking

A fun activity to do with egg shakers is to make two eggs with the same filler. So, make two with dried beans, two with rice, two with salt, and two with beads. Then, kids can shake them to find the matches! This really helps them refine their listening skills.

Slapsticks

Grab a handful of jumbo craft sticks and create [slapsticks](#). Use pipe cleaners, yarn, or rubber bands to hold the sticks together while slapping them together for a fun percussive effect. Change the sound by rubbing or scraping in various ways for more musical exploration just as *There's Just One Mommy* shares.

Supplies needed:

- [Craft Sticks](#)
- [Pipe cleaners](#), yarn, or rubber bands

A famous composition that uses a real slapstick is "Sleigh Ride." See a fun [15-minute Music lesson on "Sleigh Ride" here](#).

Pan Flutes

After building their own [pan flutes](#) and exploring the science of sound, children will then have the opportunity to write their own songs and record the notes for those songs on the free printable recording sheet that *Buggy and Buddy* offers.

Supplies needed:

- [Straws](#)
- [Cardstock](#)
- [Double-sided tape](#)
- [Metallic Sharpie markers](#) to decorate the cardstock (optional)

I love how this activity helps kids understand pitch related to size. The straws are cut to various sizes, so students learn that the longer straws have a lower pitch and the shorter straws have a higher pitch.

Sound Jars

Allow your children to explore a variety of sounds by making [sound jars](#). *The Keeper of the Memories* shares how her family made shaker-style jars with her children.

Supplies needed:

- Small see-through jars such as [canning](#), baby food, water bottles, or spice jars.
- Filler such as dried beans, rice, birdseed, popcorn, sand, salt, sugar, [buttons](#), or [beads](#)
- You can also fill it with [small jingle bells](#)

Another option is to add a liquid to some of the jars with the fillers so kids can discover how that changes the sounds.

Ankle Bells Homemade Musical Instruments

Creating sets of ankle bells made with different materials or in different sizes and shapes will allow kids to experiment with the different sounds they are creating as they dance. You can learn more about these types of [bell instruments](#) of India written by *Kid World Citizen*.

Supplies needed:

- [Felt](#) – approximately 12 inches by 3.5 inches
- Small strip of [Velcro](#)
- [Jingle bells such as these](#)
- Needle and Thread

How fun to make lots of different types of ankle bell instruments with various types of bells or other objects such as seashells, pasta shells, or large buttons!

Beaded Jingle Stick

Let your stick-loving child make a [beaded jingle stick](#) like *Danya Banya* using yarn, beads, and bells. Your child can create a simple beaded design or something more complex using their fine motor skills.

Supplies needed:

- Y-shaped stick
- [Large jingle bells](#)

- [Small jingle bells](#) (optional)
- [Beads](#)
- Yarn, string, twine, or pipe cleaners

Be creative in stringing different items or arrangements of bells to get a variety of sounds!

Guitar

Grab some recyclables such as rubber bands, a sour cream container, and cardboard to create your very own [crafted guitar](#). *Red Ted Art* shares step-by-step how to make this play instrument.

Supplies needed:

- Round plastic container (such as sour cream or shredded parmesan cheese)
- [Rubber bands](#) (best to have a variety of sizes and thicknesses)
- Cardboard
- Stick
- [Beads](#) (optional)
- Tape or [hot glue gun](#)

Stretch the rubber bands tighter for a higher pitch and looser for a lower pitch!

Rainstick

Have you ever made your own [rainstick](#)? Your child will love this activity and the wonderful results that a rainstick can make. *School Time Snippets* shares how to use flat-headed pins to make a great tinkling sound!

Supplies needed:

- Paper towel tube
- Straight pins
- [Duct tape](#) (or masking tape)
- Filler such as rice or dried beans
- [Decorative items](#) such as stickers

Another option for slowing the flow of the rice through the tube is to put pipe cleaners inside the tube.

Cardboard Flute DIY Musical Instrument

It's fun to create a homemade instrument like this [cardboard flute](#) from *JDaniel4's Mom*.

Supplies needed:

- Paper towel tube
- Scissors

This is a fun craft to act out 11 pipers piping in the [“Twelve Days of Christmas” song!](#)

Drum Kit Musical Instrument

If you have an aspiring drummer in the house then you will want to create a [homemade drum kit](#) that even your toddler can enjoy just like *The Train Driver's Wife*.

Supplies needed:

- Metal cans or canisters such as from oatmeal, formula, or coffee
- Metal cake pans
- Paper towel holder to hold your “cymbal” up high
- Sticks
- Felt, Duct tape, stickers, etc.

You can even shop at Goodwill to find some baking pans if you don't want your actual baking pans to get all beat up!

For the full article, please click the link below:

<https://musicinourhomeschool.com/easy-to-make-homemade-musical-instruments/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



How to make these SING inspired Chocolate Covered Music Themed Snacks

Ingredients required to make approximately eight to ten 2 1/2-inch-sized music note snacks:

Ingredients:

3 cups [Golden Crisp cereal](#)

2 cups [mini marshmallows](#)

2 tbsp butter

1 bar of [dark chocolate](#) or [milk chocolate](#). (I used the remains of a broken chocolate reindeer.)

Directions:

1. Melt butter in a pan, over low heat.
2. Add the marshmallows to the pan and keep stirring till the marshmallows melt completely.
3. Once done, take the pan off the stove, set it on the counter or table, and add the Golden Crisp cereal to the marshmallow-butter mix.

You can enlist the assistance of little helpers at this time.

4. Once the cereal is well coated and everything is well combined, place the

mixture in a greased non-stick square baking tray or a tray lined with wax paper.

5. Set the tray aside to cool for at least 15- 20 minutes or so before cutting into it with your [music note cookie cutters](#).

6. Depending on how well close you cut the shapes, you should get more than 8 music notes if using the 2.5? quaver cookie cutter.

7. Once your shapes are cut out, melt the chocolate in the microwave in 20-second intervals, stirring after each to check if the same is melted.

You can cover the whole quaver with chocolate or just part of it, based on preference.

Aren't these cute?

Perfectly themed SING-inspired chocolate-covered music snack treats!

Please click the link below to access the article:

<https://mommysnippets.com/sing-music-treats/>

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075



WELL FED = LESS LEAD

Children 1-6 years old are most at risk for lead poisoning. Help protect your child with healthy meals and snacks.

Each day, give your child:

3 to 4 foods high in IRON Beef, chicken, turkey, eggs, dried beans, iron-fortified cereals, tofu, collards, kale, and mustard greens

3 to 4 foods high in CALCIUM Milk, yogurt, cheese, soy milk, spinach, calcium enriched orange juice, and low-fat custard and corn tortillas

3 to 4 foods high in VITAMIN C Oranges, tomatoes, limes, bell peppers, berries, papaya, jicama, and broccoli

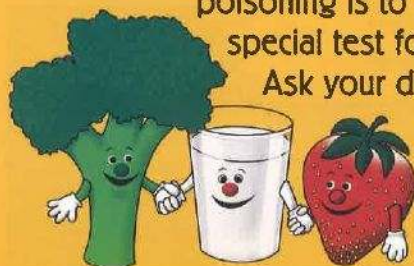
Choose healthy foods to keep your child safe from lead!

Instead of:	Make a healthier choice:
French fries	Carrot or celery sticks
Chicken nuggets	Baked or broiled chicken
Ice cream	Yogurt
Chips	Graham crackers
Hot dog	Turkey sandwich
Sodas	Fruit juice or milk
Candy*	Fruit

*Lead is in some candy from other countries, especially candies from Mexico made with salts, chilies, or tamarind.

Lead can hurt your child. Most children who are poisoned by lead **do not look or act sick.** The only way to know if your child has lead poisoning is to get a special test for lead.

Ask your doctor if your child should be tested.



For more information, call your local Childhood Lead Poisoning Prevention Program:



10/08 www.cdph.ca.gov/programs/clppb

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



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](#).



PARENTS, CARETAKERS and GUARDIANS

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

Take the Survey, [HERE](#)



Help improve **CHILD CARE** in Amador County!

CHILD CARE SURVEY
PARENTS / GUARDIANS
WE NEED YOUR INPUT!

Your valuable insights will help the **Amador Child Care Planning Council** to 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 Amador County. We will be using data from this survey to update our local Strategic Plan.

<https://forms.office.com/r/SnB76vsX17>

Completing the survey will take about 10 minutes of your time, and your responses will remain confidential. We appreciate your input!



Amador
Child Care
Council

Deadline to complete survey is Wednesday, March 13

Questions? Contact esimmonsetrcac.org OR (209) 754-1075

FAMILY CHILD CARE PROVIDERS, TEACHERS, PROGRAM DIRECTORS, ASSISTANTS,
and FAMILY, FRIEND & NEIGHBOR CHILD CARE PROVIDERS

Complete
this survey for a
chance to win a
child care
provider
giveaway basket!

Take the Survey, HERE



Help improve **CHILD CARE**
in Amador County!

**CHILD CARE
PROFESSIONALS SURVEY**
**WE NEED YOUR
INPUT!**

Your valuable insights will help the
**Amador Child Care Planning
Council** to 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 Amador County. We will
be using data from this survey to update our local Strategic Plan.

<https://forms.office.com/r/fqnVZ3j5wK>

Completing the survey will take about 10 minutes of your time, and
your responses will remain confidential. We appreciate your input!



Deadline to complete survey is wednesday, March 13

Questions? Contact esimmons@trcac.org OR (209) 754-1075

Dandelion Days

March 16 - 17, 2024 Downtown Jackson Street Fair
Family Fun! A Jackson Tradition!

Arts & Crafts Vendors ... Food Booths
Beer & Wine Garden ... 2 Days of Live Music
Kids Carnival Rides ... Pancake Breakfast



VENDORS:

Apply for space
NOW at
JacksonLionsClub.org

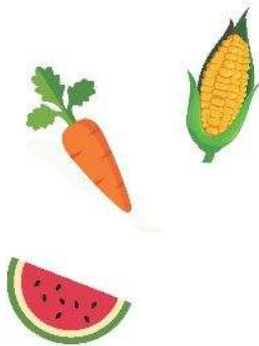
**Vendor Spaces are
filling up fast!**

JacksonLionsClub.org



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources

Connecting HANDS



Amador Connecting Hands

MARCH 27TH, 2024

Amador Connecting HANDS Coalition was formed to efficiently
connect nutrition services and physical
activity resources throughout the Amador community.

10:00 AM - 11:00 AM
12200 AIRPORT ROAD, JACKSON, CA 95642

Contact Kathleen Carter, CalFresh Healthy Living, UCCE
Nutrition Educator in Amador County if you are
interested in attending this meeting.
ktacarter@ucanr.edu

This material was funded by USDA's Supplemental Nutrition Assistance Program - SNAP. This institution is an equal opportunity provider. For important nutrition information, visit www.CalFreshHealthyLiving.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



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



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





Tuesday, March 5, 2024
2:30 - 5:00 p.m.



TK & KINDERGARTEN ENROLLMENT KICKOFF

Attend the TK & Kindergarten Enrollment Kickoff at your child's future school and get a head start on registration!

PLEASE BRING:

- **Original birth certificate**
- **Immunization record**
- **Proof of residency (garbage, PG&E, or water bill)**
- **Questionnaire (hard copy available at event)**
- **Completed online registration including emergency card**

- ✓ Kickoff events will take place at each school site
- ✓ Free Dental Screenings offered at some school sites
- ✓ Students will be given a free school shirt

Online Registration Opens
February 28th, 2024


SCAN TO BEGIN REGISTRATION:

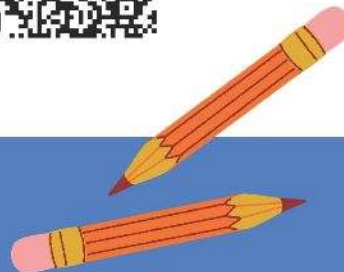


MORE INFORMATION:

 **209-257-5338**

 **amadorcoe.org**

 **217 Rex Ave.
Jackson, CA 95642**





Monthly Social

Generations of Pride

Please join us for an LGBTQ+ Monthly Social

ALL ARE WELCOME!

Generations of Pride is a safe space to engage with one another by sharing a meal, conversation and fun.

Potluck, desserts & salads welcome.

Entree provide at no charge by reservation.

Door Prizes by drawing.

Last Friday of Every Month @ 6:00pm.

Amador Senior Center

229 New York Ranch Road, Jackson, CA

Reservations due via:
generationsofpride23@gmail.com

FREE BOOKS **for Amador County Children Ages 0-5!**

**F
R
E
E**



**F
R
E
E**

Sign your child up today!

All you have to do is read to your child!

It sounds almost too simple to be true, but by reading regularly with your children from birth, you are giving them one of the biggest boosts toward a successful education they will ever get.

Sign your child up today to receive a new, carefully selected book, mailed to your home each month, from birth until he/she turns 5.

Call **257-1092** or visit **www.first5amador.com** to sign up.

Brought to you by:





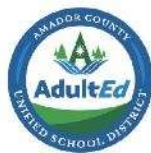
JOURNALING CAN ENHANCE EMPATHY & ACCEPTANCE BY PROVIDING A SPACE TO OBSERVE, REFLECT, & VALIDATE FEELINGS. JOURNALING CAN ALSO REDUCE STRESS, FOCUS YOUR MIND, & ORGANIZE YOUR LIFE.

REGISTRATION REQUIRED... PLEASE CONTACT LORI MARTINEZ AT LMARTINEZ@ACUSD.ORG TO REGISTER

Notebooks, pens, pencils, colored pencils, & markers will be provided.

You can also bring your own materials.

Classes are held the 1st
wednesday of the month
from 4 - 6 pm
at Independence High School



Upcoming Classes:

February 7th
March 6th
April 3rd
May 1st
June 12th



ATCAA HEAD START AND EARLY HEAD START

WE WELCOME CHILDREN WITH SPECIAL NEEDS

ACCEPTING
APPLICATIONS FOR THE
2024_2025
SCHOOL YEAR

ATCAA Head Start Preschool and Early Head Start offer child enrichment, education, health, nutritional and developmental services as well as parent education

APPLY NOW



 (209)533-0361

 [ATCAA.ORG/HEADSTART](https://atcaa.org/headstart)



ATCAA EARLY CHILDHOOD SERVICES IS AN EQUAL OPPORTUNITY PROVIDER AND EMPLOYER

AMADOR *Adult Education*

Don't Miss This !!

Computer Classes

2024 Dates

February 17 | March 9 & 23
April 13 & 27 | May 11 & 18

Time: 10am - 11:30 am

Call for details!

MUST REGISTER FOR CLASSES

www.AmadorAdultEd.com

(209) 257-5110



**Scan the QR code to go
to our website to fill
out the interest form.**

**SPACE IS
LIMITED!!**

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

You are not alone.



**Are you caring for a loved one with mental illness?
We are Families Helping Families.**

FAMILY TO FAMILY

FREE 4-WEEK COURSE * OPEN TO EVERYONE

Where: In Person – Jackson, CA

When: Saturdays, March 23 – April 13, 2024, 10:00am – 2:00pm

Encouraged to Register by Thursday March 21, 2024

NAMI Family to Family is an 8-session course, taught two classes each Saturday over 4 weeks, for all family members, close friends, or caretakers of someone living with mental illness.

Goals: Education about mental illness and treatments, emotional and practical support, problem-solving and communication skills.

Classes are taught by NAMI Amador state-certified instructors and mentors. Each class builds upon the prior one, so participants must sign up and attend all sessions.

*To register, please call NAMI Amador at **209-256-1293***

More Information: www.nami.org
namicalifornia.org

Facilitators: Stacey 209-304-0868
or Suzanne 209-256-1293



WELLNESS • RECOVERY • RESILIENCE

P.O. Box 482 Jackson, CA 95665 209-256-1293 namiamadorcares@gmail.com

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.

Encouraged to Register by Monday March 4, 2024

Contact: 209-256-1293 or Ken - 209-743-1725

Where: In Person – Jackson, CA

When: Wednesdays, March 6 – April 24, 2024, 5:30pm – 7:30pm

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.

Goals: 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.

Classes are taught by NAMI Amador state-certified instructors and mentors. Each class builds upon the prior one, so participants must sign up and attend all sessions.

*To register, please call NAMI Amador at **209-256-1293***



P.O. Box 482 Jackson, CA 95665 209-256-1293 namiamadorcares@gmail.com

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



Amador Adult Education and the Amador County Public Library are working together to offer citizenship / civics study classes to help you prepare for your naturalization interview and test.

- Clases de Cívica y Ciudadanía
- Starting early 2024
- Classes will be held at Amador Adult Education
- Days and times depend on enrollment
- Please call to enroll

Nosotros hablamos español

Please contact Amador Adult Education at 257-5110 to enroll for this class.



Scan the QR code to go to our website to fill out the interest form.

Amador Adult Education
525 Independence Dr. Suite A
Sutter Creek
(209) 257-5110
www.AmadorAdultEd.org



Senior Center Information



Senior Food Distribution Dates

Pickup from 10am-12pm
Amador Senior Center, 229 New
York Ranch Rd, Jackson, CA 95642
You must be on the Food Bank List
or have appropriate paperwork in
order to receive food.

Oct. 4th, 2023

Nov. 1st, 2023

Dec. 6th, 2023

Jan. 3rd, 2024

Feb. 7th, 2024

Mar. 6th, 2024

Apr. 3rd, 2024

May 1st, 2024

Family Caregiver Support Groups

ENCOURAGEMENT, EDUCATION, AND INFORMATION

Facilitated by Practical Dreamers

A free 8 week course, starting in September, designed to teach coping skills, reduce stress, access community resources, share information, and feel connected to others who are providing care. Available in Amador and Calaveras Counties. For more information or to register please contact Area 12 Agency on Aging @ 209-532-6272

Pinochle

Wednesdays at 1pm
Amador Senior Center
229 New York Ranch Rd
Jackson, CA 95642
\$2 donation
must know how to play

LET'S PLAY BUNCO!

1st and 3rd Mondays of the month at the
Amador Senior Center. No sign up required.

1:30-3:00pm
\$3 to play



LEGAL PROGRAM FOR SENIORS

The senior center offers a free, 30-minute consultation with an attorney. The attorney can help with:

Wills, Trusts, Probates, Estates & Conservatorships

BY APPOINTMENT ONLY. Please call
209-223-0442 to schedule.

For other legal help, contact
Legal Services of Northern California: 530-823-7560

Senior Center Information

PARKINSON'S SUPPORT GROUP

3rd Mondays, 10am-12pm
Amador Senior Center
229 New York Ranch Road
in Jackson
Contact Judy: 209-274-4046



Join us for

Tai Chi Qigong

Tuesdays & Thursdays
8am - 9am

\$2 donation per class

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



FOOTHILL FITNESS CLASS SCHEDULE

JACKSON

Amador Senior Center
229 New York Ranch Rd.
Tuesday & Thursday
9:30am-10:30am

SUTTER CREEK

Community Center
35 Church St.
Monday & Thursday
9:30am-10:30am

PLYMOUTH

Lodge Hill
18595 Empire St.
Monday & Thursday
9am-10am

ONLINE

Zoom Class
\$20 per year
Tuesday & Thursday
9:30am-10:30am

IONE

Ione Methodist Church
150 W. Marlette St.
Mon, Tues, Wed & Thurs
9am-10am

PIONEER

Veteran's Hall
25100 Buckhorn
Monday & Wednesday
9:30am-10:30am

PINE GROVE

Mt. Zion Church
13891 Cedar Pine Ln.
Tuesday & Thursday
8am-9am

\$2 donation per class
(excluding Zoom).
Walk-ins welcome!
Call 209-223-0442
for more info.

Senior Center Information

Vial of Life

YOUR VITAL HEALTH INFO ALL IN ONE CONVENIENT BOX. HELP MEDICAL PERSONNEL IN THE EVENT THAT YOU ARE UNABLE TO COMMUNICATE.



EACH BOX COST \$3 & INCLUDES SPECIAL FORMS / ALERT MAGNETS. VITAL FOR ANYONE LIVING ALONE OR EVEN PEOPLE WHO ARE ACTIVE BUT MAY HAVE A MEDICAL EMERGENCY.

CALL THE AMADOR SENIOR CENTER
209-223-0442 FOR MORE INFORMATION.

Reflective Address Sign

"If They Can't Find You, They Can't Help You!"

1 4 9 8 6

\$20 for Seniors 55 and older
\$25 for Under 55

1
4
9
8
6

You can find a form on our website at:
www.amadorseniorcenter.org

or call us at
(209) 223-0442

NEED CONFIDENTIAL INFORMATION SHREDDED?

The Senior Center offers seniors 55+ a **FREE** Shredding Service. **For confidential documents ONLY. NO everyday items.**

The bin is available **Mon-Fri, 8:30am-4:00pm** and we ask that you only deposit **1** grocery size shopping bag per week. Please call 209-223-0442 to make sure the room is free for you to enter.

The bin is locked by the company and shredded onsite by a licensed and bonded employee



AMADOR
SENIOR CENTER

Caregiver Support Group

FOR UNPAID FAMILY & FRIENDS

CONNECT, SHARE & FIND RESOURCES TO HELP YOU IN PROVIDING CARE FOR YOUR LOVED ONE.

4TH WEDNESDAYS

10:30AM-11:30AM

AMADOR SENIOR CENTER

229 NEW YORK RANCH RD.

(209) 223-0442

IN PARTNERSHIP WITH:



Klassy KICKERS

Looking for a low-impact, balance improving exercise?
Enjoy the company of others with the same common goal!

\$1 donation per class

Mon, Wed, Fri 8:20AM - 9:30AM

WALKER & WHEELCHAIR FRIENDLY!



Amador Senior Center Auditorium
229 New York Ranch Road in Jackson
209-223-0442

Senior Center Information

Grief Support Group

HOSTED BY HOSPICE OF AMADOR AND CALAVERAS



Every Tuesday
10:30 am - 12:00 pm
Amador Senior Center
229 New York Ranch Rd.
Jackson, Ca



No charge.
All are welcome.
Walk ins are welcome

LENDING LIBRARY



OPEN MON-FRI 8:30AM - 4:00PM

TAKE A BOOK, LEAVE A BOOK
READ...LOVE...SHARE!

LOCATED AT THE AMADOR SENIOR CENTER
229 NEW YORK RANCH ROAD IN JACKSON





Celebrate Recovery

King's View Assembly of God

432 W. Marlette Ione CA

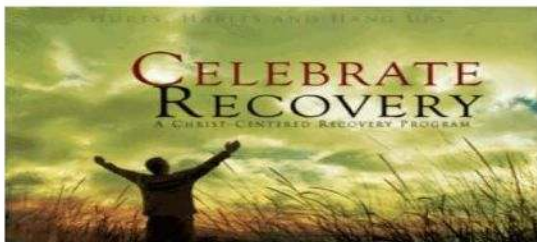
Dinner and great encouragement for finding FREEDOM from your Hurts, Hang-Ups and Habits!!

COME JOIN US AT 5:30 P.M. Monday Evenings

Chef Louie prepares a meal for all participants

Program at 6:00 p.m. Louie at (209) 283-0336 email ChefLouie1978@gmail.com

A Christ Centered Program for those who are
struggling with addictions of any kind!!



[This Photo](#) by Unknown Author is licensed under [CC BY-SA-NC](#)

2024 HOUSEHOLD HAZARDOUS WASTE COLLECTION

WHEN: AS SCHEDULED BELOW

WHERE: BUENA VISTA WASTE TRANSFER STATION
6500 BUENA VISTA ROAD, IONE,

TEL: 209.274.2237

TIME: 9:00AM TO 1:00PM

**FREE TO
COUNTY
RESIDENTS!**

NO BUSINESS WASTE ACCEPTED

call Waste Management Department at
223-6429

SCHEDULED COLLECTION EVENT DATES FOR 2024:

JANUARY 6, 20

FEBRUARY 3, 17

MARCH 2, 16

APRIL 6, 20

MAY 4, 18

JUNE 1, 15

JULY 6, 20

AUGUST 3, 17

SEPTEMBER 7, 21

OCTOBER 5, 19

NOVEMBER 2, 16

DECEMBER 7, 21

COMMON HOUSEHOLD HAZARDOUS WASTE PRODUCTS

ACCEPTED: *Waste Limit: 15 GALLONS OR 125 POUNDS PER TRIP*

GASOLINE

HYDRAULIC FLUIDS

POOL CHEMICALS

MERCURY PRODUCTS (THERMOSTATS & SWITCHES)

HOME-USE SHARPS (INJECTION NEEDLES)

HOUSEHOLD CLEANERS

AUTOMOTIVE BATTERIES

COOKING OIL

NON-EMPTY AEROSOL CANS

PESTICIDES & INSECTICIDES

PAINTS & THINNERS

MATTRESSES

CARPETING

OLD/EXPIRED MEDICATIONS (Rx) - TAKE TO LOCATIONS: JACKSON PD, IONE PD,

IONE PHARMACY, WALGREENS

Fluorescent Tubes & Bulbs
Household Batteries

Take to:
Meeks Lumber
Ione Ace Hardware
Pine Grove Hardware
Pioneer Hardware

Electronic Devices
Cell Phones
Computers & Televisions
Used Motor Oil

Accepted at ACES Buena Vista
and Pine Grove Stations during
Normal Business Hours

NOT ACCEPTED:

Explosives, ammunition, narcotics, radioactive waste.

For more information please call Amador County Waste Management Department at 223-6429 or visit
www.amadorgov.org/departments/waste-management-recycling



AMADOR Adult Education
AMADOR COUNTY UNIFIED SCHOOL DISTRICT



AMADOR COUNTY
CALIFORNIA



**USA Citizenship Naturalization
Preparation classes to help you
prepare for your Immigration
Naturalization Interview and
Exam.**

Clases de Cívica y Ciudadanía

Dates: February 20th - June 4th, 2024

Time: 5:00 - 7:00pm

Location: Amador Adult Education

Course Dates:

Feb 20, 26 & 27 | March 4 & 5, 18, 25 & 26 | April 2, 8 & 9, 15,
22 & 23, 29 | May 6 & 7, 13, 20 & 21, 28 & 30 | June 3 & 4

Nosotros hablamos español

Please call to enroll!



Scan the QR code to go
to our website to fill
out the interest form.

**Amador Adult Education
525 Independence Dr., Suite A
Sutter Creek, CA**

(209) 257-5110

www.AmadorAdultEd.org



Homeless Resource 2024

Requesting Donations

Tarps (30)	Rain Ponchos (60)
Sleeping Bags (30)	Toothpaste/Toothbrushes (60)
Blankets (30)	Pocket notebooks/pens (60)
Tents (30)	Wash Clothes (60)
Backpacks (60)	Hair Comb/brush (60)
Dish Washing Liquid (60)	Razors (60)
Tampons/Pads (60)	Sunscreen (60)
Emergency Blankets (60)	Mini First Aid Kits (60)
Knapsacks (60)	Water Bottles (60)
Wipes Packets (60)	Mini Flashlights (60)
Hand Warmers (60)	Deodorants (60)
Pocket Hand Sanitizers (60)	Bars of Soap (60)
Dog/Cat Food (60)	Bandanas (60)
Pairs of Socks (60)	Tissue Packs (60)

Donations Drop-Off

Sierra Wind Wellness & Recovery Center
10354 Argonaut Lane
Jackson, CA 95642
Trixxie Smith (209)283-0142

Celebrating National Nutrition Month in Amador County!

CTTP Mission

*"Empowering native families to self-sufficiency through
a path of tribal cultures, education, wellness,
and employment"*

WHERE:

First5 Amador

975 Broadway, Jackson,
CA 95642 (209)257-6150

WHEN: March 14, 2024

TIME: 3pm-6pm

There will be
raffles for gifts &
healthy goodies.
Raffles will be
called @: 3:30 &
4:30pm! Good
Luck!

Come join us at our
Nutrition Outreach!
It will be happening
at First5 with
presentations, activi-
ties, recipes, and
there will be nutrition
specialists to answer
questions. Share your
own recipes, meet
new people, and have
fun! There will also be
grocery giveaways!
Bring your family and
friends!



Organizers;



UNIVERSITY OF CALIFORNIA
Agriculture and Natural Resources





Grandparent Café

SUPPORT & RESOURCES FOR
GRANDPARENTS RAISING
GRANDCHILDREN

Free Respite Program

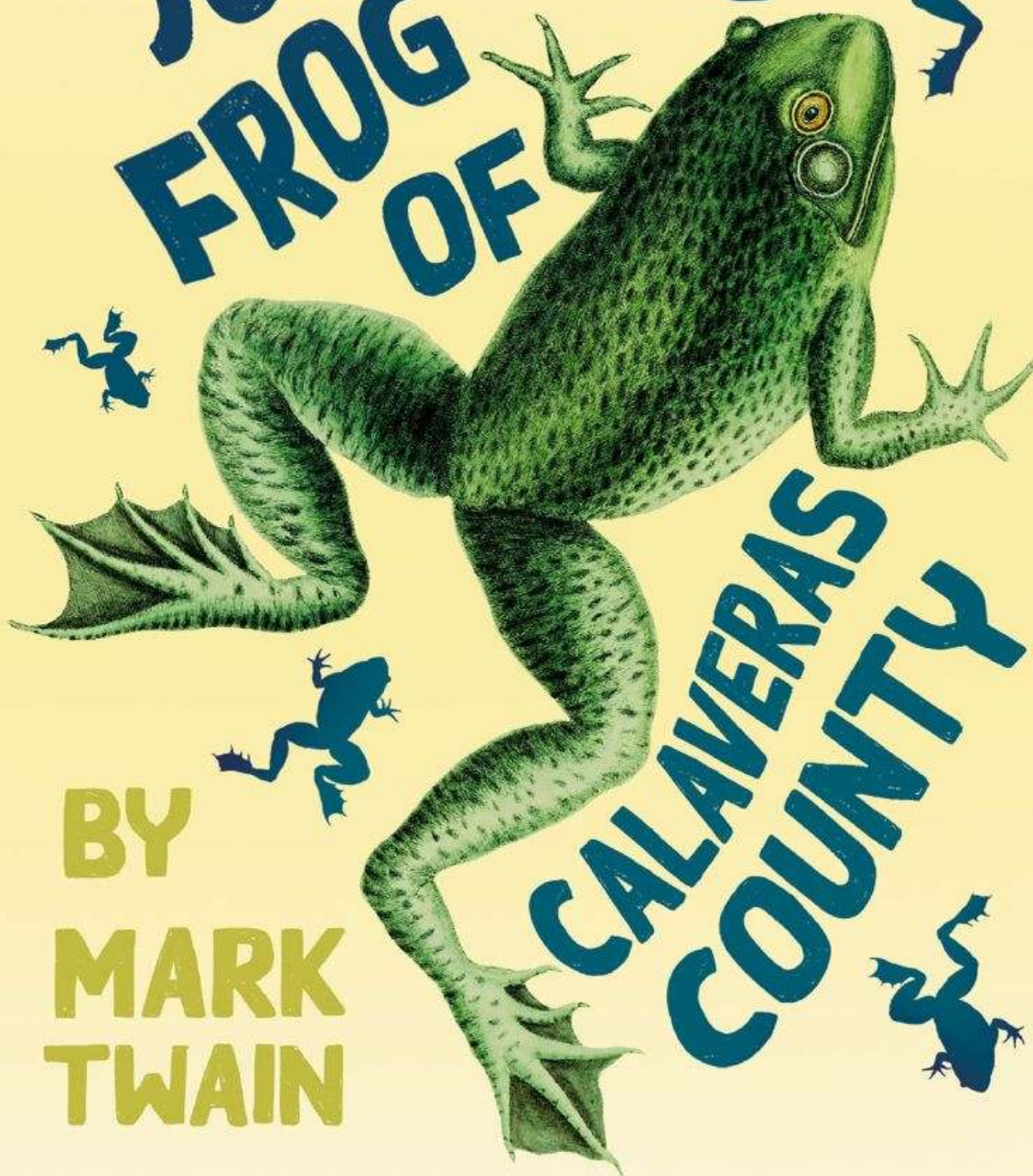
Quarterly Meet Ups

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

CALAVERAS

CELTIC FAIRE

LIVE CONCERTS



JOUSTING



STAGE ACTS



ARMORED FIGHTING



LIVING HISTORY VILLAGE



HIGHLAND GAMES



MARKETPLACE



MARCH 8-10 2024

ANGELS CAMP CA

BLACK OAK
CASINO RESORT



CALAVERAS
VISITORS BUREAU



Introducing
The Mountain
Merchant
White Hot Tees



CHICKEN RANCH
CASINO



Event Subject to Change
Without Notice

Information
calaverascelticfaire.com



No Outside Alcohol or Ice Chests! No Firearms! Weapons Must be Peace Tied!



SCAN
ME

FREE FREE FREE

RABIES VACCINE & MICROCHIP

DRIVE-THRU CLINIC FOR DOGS AND CATS

→ Open to Calaveras County Residents Only ←

SATURDAY, MARCH 9, 2024
9:00 AM TO 11:30 AM

with attending veterinarian Cathy Gatlin, DVM

🐾 All dogs 🐾
🐾 must be 🐾
🐾 on leash 🐾



🐾 All cats 🐾
🐾 must be 🐾
🐾 in secure 🐾
🐾 carriers 🐾

👉 **Calaveras County Government Center** 👉
891 Mountain Ranch Road, San Andreas

More upcoming 2024 clinics: 4/13, 5/11, 6/8, 9/14, 10/12



Brought to you by Friends of Calaveras Animal Services

A 501c3 non-profit supported by community donations 🐾

www.focasweb.com

Questions? (209) 754-6509

Calaveras County Animal Services



Food Distributions

Calaveras County Food Distribution Hours and Locations

The Resource Connection Food Bank

Hours of Operation: Monday, Tuesday, Wednesday
& Friday 09:00 am to 4:30 pm

Closed for lunch 12:00 p.m. to 12:30 p.m.

CLOSED – Thursdays

****PLEASE ARRIVE AT LEAST 15 MINUTES BEFORE CLOSING****

206 George Reed Drive, San Andreas, CA
(209) 754-1257

The Resource Connection Food Bank Mobile Pantries :

Copperopolis : Armory – 1st Thursday of every month – 9:00 – 11:00am

Rail Road Flat : Rail Road Flat School – last Thursday of every month – 10:00am – 12:00pm

West Point : West Point Community Hall - 2nd Wednesday of every month - 10:00 am - 12:00 pm (WIC Site)

Community Pantries	Community Pantries
Community Food Pantry 785-4302 3588 Spangler Lane #3, Copperopolis 3 rd Thursday of the month 1:00 pm – 4:00 pm	Mountain Ranch Resource Center 7889 Whiskey Slide Rd, Mountain Ranch; 754-4073 3 rd Thursday 9:00 am – 11:00 am
Chapel in the Pines 2288 Cedar Lane, Arnold; 795-1064 Tuesdays 10:00 am - 12:00 pm	Community United Methodist Church 135 Laurel Street, Valley Springs; 772-2429 1 st Friday 9:00 am - 11:00 am
St. Patrick's Helping Hands Across from St. Patrick's Church, Angels Camp; 736-4575 Mondays 1:00 pm - 3:00 pm	Good Samaritan Church 4884 Baldwin Street, Valley Springs; 772-9548 2 nd & 4 th Saturdays 9:00 am - 11:00 am
Sierra Hope Food Pantry 1168 Booster Way, Angels Camp; 736-8792 Wednesdays 1:00 - 3:00 pm	Stone Corral Community Church 9441 Hwy 26, Valley Springs; 788-2448 3 rd Wednesday of the month 9:00 am - 12:00 pm
Seventh Day Adventist Church 140 N. Main/Highway 49, Angels Camp; 736-6808 Tuesdays 10:00 am – 12:00 pm	

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

Revised 1/19/2024



Mokelumne Hill Veterans Memorial District

14th Annual Barry Young Memorial Crab Feed
Northern California's Finest Dungeness Crab

MOKELUMNE HILL TOWN HALL
Saturday, March 30th, 5:30PM

For Information

<https://mokehillvets.specialdistrict.org>

Facebook:

Mokelumne Hill Veterans Memorial District

Tickets available SOON!

\$65 per plate crab & sides

Wine/Beer/Spirits available on site

Live dessert auction featuring Mokelumne Hill's finest desserts!





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

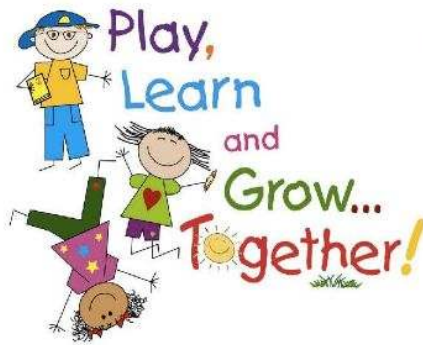
Daddy (& More) Kits

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.



*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.



FIRST 5
CALAVERAS

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
Partnership for Early Learning



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!



What's in Our Water?

Kids 8 and up are invited to dive into our Parks Pass Program to unlock the mysteries!



Have you ever wondered what might be living in our water supply?
Is it safe to drink from a puddle? Can snow relieve my thirst? Should
tap water be filtered?

Join us as we use various gadgets to check the water, including
microscopes for a close-up on the microscopic parties going on inside!



All Dates, Locations & Times

Copperopolis: Tuesday, March 5th at 2:30 PM

Valley Springs: Tuesday, March 12th at 2:15 PM

Murphys: Thursday, March 14th at 3:00 PM

Mokelumne Hill: Friday, March 15th at 12:30 PM

Angels Camp: Tuesday, March 19th at 3:00 PM

Arnold: Thursday, March 21st at 2:15 PM

San Andreas: Wednesday, March 27th at 3:00 PM



ADRC OF THE MOTHER LODGE



Online
Resource
Directory



This resource directory provides information on many services and programs available to older adults and people with disabilities in the following counties:

ALPINE
AMADOR
CALAVERAS
MARIPOSA
TUOLUMNE

<https://adrcofthemothelode.myresourcedirectory.com>

Open your camera app
and point it towards
the QR code
to be taken
to the resource
directory website.



for more information  call

Area 12 - **209-532-6272**
Agency on Aging - **800-510-2020**

DRAIL - **209-521-7260**



MARK TWAIN ELEMENTARY



TK/KINDERGARTEN

ROUND UP

March 21, 2024 8:30AM-2:30PM

It's that time to send your little one to school!
Each appointment will be 30 minutes.

PLEASE BRING THE
FOLLOWING:

Your Child

Immunizations

Proof of Residency

Birth Certificate

*Age qualifications for TK, students who turn 5 from September 2, 2024 through June 2, 2025 are eligible.

*Age qualifications for Kindergarten, students must be 5 by September 1st 2024.

*Students must have all immunizations up-to-date before starting school.

CALL/EMAIL TO MAKE
APPOINTMENT



209-736-6533 *201

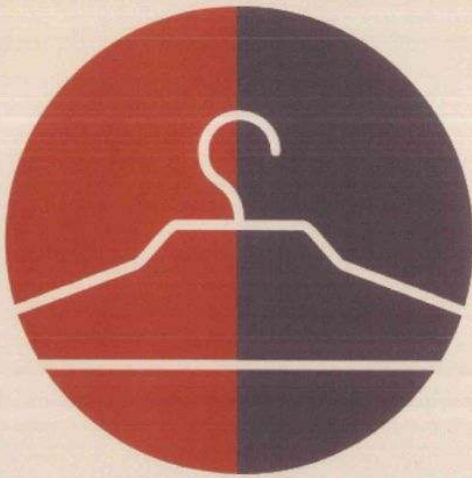


MSPEYER@MTWAIN.K12.CA.US



FREE CLOTHES CLOSET

*Every Wednesday night from
4:30-6:30 pm*



**We provide free clothing to
our community**

We also provide shoes,
toiletries, and blankets when
available

**We also provide a free meal
Wednesday 4:30-6:00**

**Join us for Celebrate
Recovery at 6:15pm**

Celebrate Recovery is a Bible
based program to help us
overcome our hurts, habits,
and hang ups

Hosted by San Andreas Community Covenant Church
We are located at 261 Treat Avenue, behind Wells Fargo

SOCIAL MEDIA 101 FOR BUSINESS



LUNCH & LEARN

*Learn how to boost your
social media engagement
with our guest speaker,
Tiffany Philips!*

RSVP:
<https://forms.gle/j4TADWtj3aVmgrde9>

diamondddigitalmarketingco.com/

MARCH 18TH 2024

12AM-1:30PM



CALAVERAS COUNTY PUBLIC HEALTH

Rural Oasis Social:

A GATHERING FOR ADULTS 55+

Join our Healthy Aging Program for light refreshments, meaningful conversations, and lend your wisdom to help shape the future of health in our community.

San Andreas

Wednesday, February 28, 2024 at 10 AM - 12 PM

San Andreas Library, Chesebrough Room

1299 Gold Hunter Road
San Andreas, CA 95249



Copperopolis

Friday, March 8, 2024 at 10 AM - 12 PM

Copper Cove Association Clubhouse

920 Black Creek Drive
Copperopolis, CA 95228



Rail Road Flat

Tuesday, March 19, 2024 at 10 AM - 12 PM

Rail Road Flat Community Center

298 N. Rail Road Flat Road
Rail Road Flat, CA 95249





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



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!





March 2024

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 ACCC Mtg. 1:00 PM @ ACOE	6	7	8	9 Digital Detox Workshop 9-1 PM
10 Daylight Savings	11	12	13 Grandparent Café Via Zoom 9:30 am	14	15	16
17 St. Patrick's Day!	18	19 First Day Of Spring! CCCC Mtg. 9 am @ CUSD	20	21 Provider Night 4:30-7 PM	22	23
24	25	26	27	28	29 Good Friday!	30
31 Easter!						

Resource and Referral Newsletter & Professional Development

Amador & Calaveras Office (209) 754-1075

E.C.E MINI CONFERENCE

MARCH 9TH, 2024 9AM-1PM
FIRST 5 AMADOR
975 BROADWAY, JACKSON

Mindfulness Practices to
Navigate Nature Deficit
Disorder and Digital Detox
with Sally Arnold

Join us and learn about the
transformative power of mindfulness and
how it can support you in working with
children and practicing self-care. You
will also learn about nature deficit
disorder and digital detox and how they
impact today's youth.

9:00am Breakfast
Available

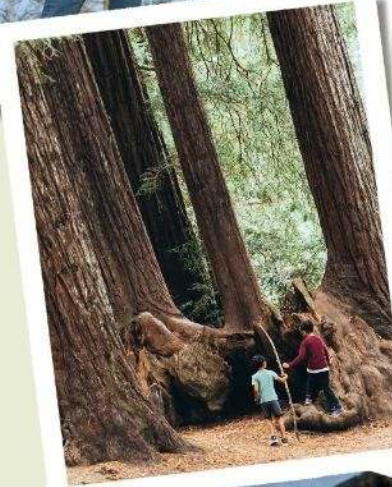
9:30am UPK Discussion

10:00am Presentation
by Sally Arnold

REGISTER NOW



Karen Frazier, 209-754-1075
KFrazier@trcac.org





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

MARCH 2024

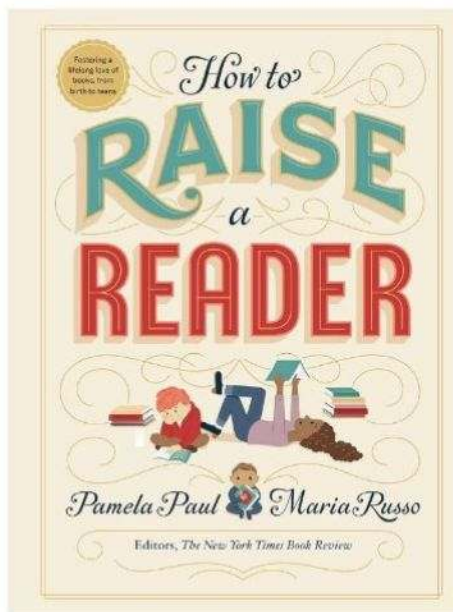
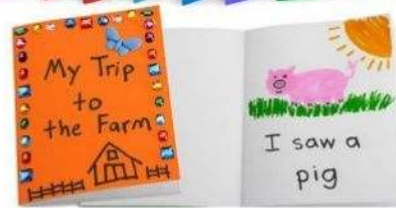
WWW.RR.TRCAC.ORG

VOLUME #5

CHILD CARE RESOURCE HUB PROVIDER NIGHT:

Thursday, March 21st 4:30 - 7:00 pm

March is National
Reading Month.
We are celebrating
Books!



This month's provider bag
will include a copy of
"Raising a Reader" as well
as blank books for the
children in your care to
make their own books and
other reading goodies.

The Engaging Families
Resource Empowering Communities
Connection Enriching Lives

CHILD CARE RESOURCE HUB

Book Swap!

We are having a book swap. Providers can exchange gently used books with their peers. This encourages sharing, introduces children to new stories, and promotes a love of reading within the community.



5 Ways to Celebrate National Reading Month

1. Choose a theme Space, ocean animals, dinosaurs and then enjoy reading books and other activities celebrating your theme!
 2. Visit the library!
 3. Enjoy an audiobook- Introduce your kids to the joy of audio books or radio theater. We love listening to audio books in the car, at bedtime, during lunchtime . . . anytime really.
 4. Book-themed Crafts- Plan craft activities inspired by favorite children's books. Children can create character puppets, design book covers, make bookmarks, or build dioramas based on scenes from their favorite stories.
 5. Literary Dress-Up Day: Host a dress-up day where children come dressed as their favorite book characters. Encourage creativity and imagination by providing costumes or props related to popular children's 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.



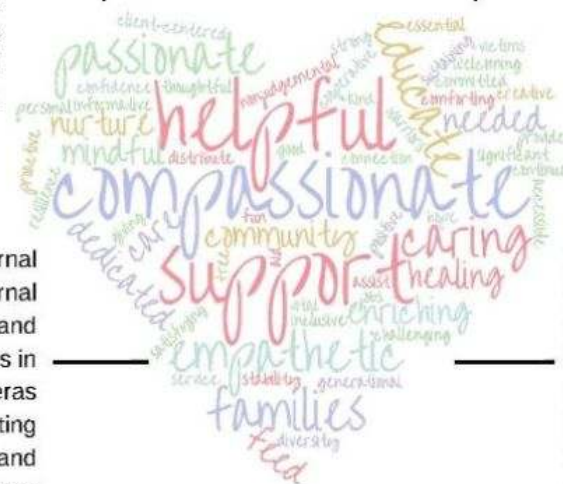
2022-2025 Strategic Plan Key Goals

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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