

Clark County Family Childcare Association Newsletter

Printed December 2011

Meeting Times

Association meetings are held on the

First Tuesday of each month

Social time is 5:30 to 6:30 p.m.

Meetings begin at 6:30 p.m.

STARS classes begin at 8 p.m.

Meetings are held at Pied Piper Pizza

12300 N.E. Fourth Plain Blvd. Vancouver 98682

Upcoming Events

January	Board Meeting
February	First Aid/CPR
February	CCFCA Regular Meeting
STARS training	Tax Advice from Lisa
March	Self Defense Training

HAPPY NEW YEAR

Letter from the President:

Happy New Year! It's exciting to think about all the possibilities that a new year bring. We have a chance to make New Year's resolutions and accomplish some goals that maybe didn't get done in 2010 or create some brand new goals for 2011.

The CCFCCA Board and committees will be busy this month planning activities and STARS training's for the 2011 calendar year. At our January 4th meeting, providers were asked to contribute ideas for STARS classes and sign up to serve on various committees for 2011. At the mid- January Board meeting all ideas will be considered and a tentative 2011 calendar compiled. This process is more fun and meaningful when everyone contributes ideas.

We had a fantastic year in 2010 and one of my resolutions is making 2011 even better. I have enjoyed serving as president for the past year and a half. This New Year will be election year for new CCFCCA officers. The present Board's two-year term will be ending at the end of May. New officers will be sworn in at our June meeting. If anyone is

interested in serving on the CCFCCA Executive Board or would like to nominate another provider for a position, let us know. I'm looking forward to seeing all of you fabulous providers at our regular first Tuesday meetings at Pied Piper Restaurant in 2011. Let's have a great year!

--Melba Halgren

Great News!

Southwest Medical Group is pleased to announce that our new Direct Primary Care Program is now enrolling patients!

This Program offers high-quality primary care services for a low monthly fee of \$75/month for adults and \$40/month for children. Services included: office visits, basic lab tests, and basic x-rays. Services NOT included: Imaging such as CT, MRI, or ultrasounds; visits to specialists; hospital stays; or visits to the ER.

There are no income requirements. Enrollees must be either uninsured or have insurance with a deductible more than \$3,000/individual.

Services are available only out of our Fisher's Landing Primary Care Clinic on 16811 SE McGillivray Blvd.

See attached brochure or visit <http://www.sw-medicalgroup.com/directprimarycare> for more details. Call 360-750-7080 if you have questions or would like enrollment forms.

9 Bad Habits to Beat Now

By Michele Bender, Special to Lifescript
Published January 01, 2011

Feeling like you need a change of pace? What better time than a new year to remake yourself? Here are 9 bad habits we should lose, along with expert tips to get started.

We've asked top experts for their top tips. Try them for 21 consecutive days, and you may be out on good behavior before you know it.

"Start small with the creation of new, positive habits. These shift your energy and build confidence in yourself," explains Regina Leeds, author of *One Year to an Organized Life* (Da Capo Lifelong Books).

Bad habit #1: Being Tethered to Your Cell Phone

Why you should kick it: You're certainly not alone in your technology addiction. It's hard to walk down the street, travel or dine and not see people texting, talking or scrolling away. But no one needs to be plugged in 24/7. It just takes you away from living your real, non-digital life.

Disconnect when you connect. There's nothing more annoying than being with someone who's answering emails or clutching his or her cell phone while pretending to listen to you.

Bad habit #2: Being Disorganized

Why you should kick it: "Being organized is the foundation for everything you want to achieve or accomplish," Leeds says. It allows "you to have more time, less aggravation, better health and can be a springboard for creativity."

Take baby steps. Start with these small changes: Make your bed every day, never leave dirty dishes in the sink or allow clean ones to languish on the drain board and put your keys and glasses in the same spot every time.

Bad habit #3: Always Being Late



Why you should kick it: It leaves you frazzled, creates a bad impression and is rude. "Though it's usually unconscious, it's as if you're saying, 'My agenda is more important than yours,'" Leeds says.

Set a goal. Write it down and do so in the present tense rather than the future. "Saying, 'I show up on time for all appointments' is powerful," Leeds says. "But saying, 'As soon as I get organized, I'll show up on time' puts your good result in the future and just out of reach."

Bad habit #4: Forgetting Your Friends

Why you should kick it: The good feelings you'll elicit when you remember a friend's big day are priceless. It makes people feel loved when you note the good times as well as the bad. Maintaining close relationships is important for a fuller life and better health, according to research.

Go high tech. "If you have a computer, it's pretty easy to stay on top of dates these days," Leeds says. Most calendar programs let you set reminders of important dates, or you can register with an online service that emails you when these big moments pop up.

Bad habit #5: Not Saving Money



Why you should kick it: "Saving is critical in any economic environment," says Michael B. Rubin, CPA and CFP and author of *Beyond Paycheck to Paycheck* (Wachtale & Martin). "But a down economy, where you may lose your job or something unfortunate happens, makes you see that having an emergency fund is even more important than ever."

Put aside something. "Most people think it's going to be easier to save later, but later is a nebulous term and you're always going to have more obligations even if your income increases," Rubin says.

Keep track of your spending for seven days by getting receipts for everything, and then see what you value and where you can cut back. Next, stash the money away in a bank account or spot where you won't touch it. "After a while, you'll see it add up and change your attitude toward money," Rubin says.

Bad habit #6: Shopping Too Much

Why you should kick it: "Scientists have recently demonstrated part of the reason why consumerism is so attractive – it's an addiction," explains Lifescript Depression Expert **Richard O'Connor, Ph.D.**, author of *Undoing Depression* and *Happy at Last*.

Shopping releases dopamine, a brain chemical associated with anticipation and pleasant excitement. As soon as we make that purchase, we're flooded with prolactin, another brain chemical telling us to slow down.

"Unfortunately, we crave more dopamine and then get into a vicious cycle, which accounts for cocaine addiction, gambling and buyer's remorse," O'Connor says.

Continued on the next page.....

Bad habit #7: Bringing Work Home

Why you should kick it: Working at home keeps you tied to the office. You never get to decompress and rejuvenate, and it takes time away from your friends and family.

“But in today's economy, with companies downsizing and employees asked to do more than their share of work, it's the odd man who doesn't bring home work,” Leeds says. “The idea is to handle this with care.”

Perfect your time management. Ask yourself: Do I waste time sending personal or unimportant emails? Do I spend too much time on phone calls? Do I waste time searching for papers? If you answer yes then planning your day better could reduce your at-home workload.

Bad habit #8: Procrastinating



Why you should kick it: All of us have a project we dread, that one that makes our stomach lurch when we think of it. “Everyone procrastinates from time to time,” Leeds says. But for a habitual procrastinator, “the heart of this behavior is fear – fear of success, fear of failure, fear of making a mistake.” Once you start a dreaded project, it's usually not as bad as you imagined.

Break it down. Fight intimidation by breaking the project into manageable morsels. Got a party to plan? Make a list of tiny tasks, like coming up with a theme, buying invitations and so forth. Each time you cross a task off your list, you feel motivated to move on.

Bad habit #9: Being a Pack Rat

Why you should kick it: “Though people say this about themselves all the time, a ‘pack rat’ is actually a medical condition,” Leeds says. If you can't throw anything out, living with all those belongings can make you feel unorganized, not to mention make it hard to find anything. Busting through the clutter can make you feel more in control.

Make your trash another person's treasure.

“Find special homes for items you know you don't need, but wish to hold onto emotionally,” Leeds suggests. Take your old sheets and towels to the local animal shelter or vet. “This way you can see how your discards help the sick and suffering animals,” she says.

SCRIP is a Good Thing

By Terri Lehman

Order a gift card to a participating company for the denomination posted and a % will go to CCFCCA!! If you shop at a particular place or someone you know does, just order a gift card. It's just prepaying for a place you frequent.

Check out www.shopwithscrip.com and I guarantee you will find "something" that you could use. When you go online, you will find the list of companies and the denominations that are available with the % that goes to CCFCCA. You will need to; set up an account, find what you want, print it out, send it with a check made out to CCFCCA. Once I have placed the order and I have all of the money, it should take less than a week to receive your SCRIP cards. In order that CCFCCA get the %, you will need to use this code: [LFBF445424118](https://www.shopwithscrip.com/offer/LFBF445424118).

If you have any questions, please feel free to call me @ 260-9884. Make checks payable to: [CCFCCA](http://www.ccfcca.com)
Please mail to: Terri Lehman
13203 NE 91st St. Vancouver, WA 98682



Fire Extinguisher Service

UHACZ Industrial Supply offers a convenient home service for your fire extinguisher. Many local providers (like me) have used this great service for several years.

Once signed on to the service, you will get a call prior to your required service date. The company will come to your home and service your extinguisher for only \$15.00. Call Dan Schumacher @ 253-0468



CPR/First Aid Class

The next CPR/First Aid class will be held on Saturday, February 19th, 2011 at Pied Piper Pizza. The cost of the class is \$25.00 for CCFCCA members and \$35.00 to non-members. The class will cover Adult/Child/infant CPR and First Aid. To register for this class, call 693-5245



SEIU 925 News



A FEW WORDS FROM SEIU LEADERSHIP: “The election is now behind us. As we reflect on the past year we want to thank all of you who knocked on doors, made calls and helped turn out thousands of voters in this critical election.

Unfortunately, despite our work, we still had some hard losses. The banks crashed our economy and then corporations spent millions on this election to ensure that they would continue to profit while our communities suffer.

Losing on 1-1098 was a huge disappointment. We must remember that I-1098 was just the start of a broader conversation in our state about fixing our upside down tax structure and funding our key priorities of education and healthcare.

We’re facing a \$4.5 billion deficit in the next legislative session and it will get worse as a result of this election. We are still ranked 46th out of the 50 states in education funding and the situation continues to deteriorate. More deep cuts are looming. The responsibility to find a solution is upon all of us. It’s time for the state, the politicians and the corporations to invest in working families. We’ll keep working to move our legislators, big banks and businesses in Washington forward so we can fund education, health care and make our tax system fairer.

We can still be proud of the work we did together in this election. Working families are hurting all over this country and I think we saw the result of that discontent. But right now, what really matters is that every candidate elected to office understands that they work for the American people and have a responsibility to deliver for working families when they take office.”

Signed by: Kim Cook, President; Tricia Schroeder, Political Director; and Anne Lawson, Member Political Organizer Chair.

NEXT LOCAL UNION MEETING: Our next local meeting will be on Thursday, January 20th from 6:30 to 8:30 p.m. at our union hall, 505 E. 22nd Street. A

1.5 STARS training will be available. Sherry Schleufer will be sending out a group e-mail to let us all know what the topic of the training will be. I hope to see all of you there.

LOBBY DAY IS FEBRUARY 21st: Save this date! We will be organizing members to go to Olympia for Lobby Day. This legislative session is a fiscal one. We must show up in full force to lobby our legislators to spare any more cuts to the Working Connections Program. In December an emergency special session of congress was held the weekend before Christmas. Shawn Harris, from SEIU, spoke at a committee hearing and a press conference to make sure that both legislators and the broader public know the devastating impacts that cutting WCCC has on parents and children. Because of this advocacy, WCCC did not receive additional cuts. This was an important victory. We convinced the Governor to shelve plans to cut eligibility levels for Working Connections to 150% of the poverty level. However, the bad news was that new enrollment after February 1st will be limited to TANF-eligible families, and co-pays for non-TANF families would raise \$10 per month. More cuts to WCCC will be devastating to childcare providers. We need everyone’s help on Lobby Day to stop more cuts!

Melba Halgren,
SW Washington Lead Activist
26-year Provider



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Welcome Committee:
Sandi Brinley & Carol Chandler

Historian/Scrapbook Committee:
Tina VanBuskirk & Peggy Corcoran

CCFCCA Consultant: Deborah Rosser
Newsletter Editor: Judy Peters

Catch-up Immunization Scheduler

for children six years of age and younger

Health News
APRE

Anne Johnston
Deborah Rosser

CDC has a free software program that can be used to let you know what immunizations a child needs based on the routine schedule or the catch-up schedule. All you have to do is download it and enter the child's birth date and vaccine history. This would be a great tool for parents, providers and schools who are trying to see what vaccines a child should receive. It also has a new feature of being able to save the information to your personal computer.

<http://www.cdc.gov/vaccines/recs/scheduler/catchup.htm>



Hi Judy-

This year, I am going to take up the challenge of not purchasing any new clothing-at all. I will shop for used clothes as both a sort of adventure in resourcefulness and to do a small part in reducing my reliance on convenience. So many people in the world have so little, maybe I can appreciate more of what I have through providing myself with less of the best, investing the money I save to help others with needs we don't really experience in our wealthy lives.

Karen

Happy Birthday to You....

January Birthdays:

Linda Eubanks	1/4
Barbara Dixon	1/8
Mindy Owens	1/8
Judy Peters	1/23
Helene Padget	1/24
Nancy Dickinson	1/26
Judy Kusler	1/31

February Birthdays:

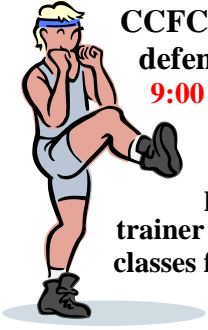
Kathy Johnson	2/16
Jennifer Goodale	2/10
Kathy Viers	2/23
Karen Wulf	2/27

Disclaimer: Any views or opinions presented in articles are solely those of the author of that article and do not necessarily represent those of CCFCCA.

Newsletter Staff

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Union news	Melba Halgren

Self Defense Workshop



CCFCCA has scheduled a 2 ½ hour self-defense class **for Saturday, March 5th from 9:00 to 11:30am.** This hands-on training will teach the skills needed to be more aware of dangerous situations and to protect yourself if/when needed. The trainer works at Clark College and also gives classes for the City of Vancouver and WSU.

The cost of the class is **\$25.00** per person. Attendees must be CCFCCA members or family or assistant of a member. Class attendees must be 13 years or older to attend.

The class will be limited to 20 students. This is a “first come, first serve” class with advance registration and non-refundable payment now being taken.

[Self Defense Workshop Registration Form](#)

Name _____

Address _____

Phone # _____

Email address _____

Are you over 13 years old? _____

Relationship to CCFCCA current member?

Make payment to CCFCCA and send it to:

Judy Peters, at 7210 Tennessee Lane, Vanc. WA 98664.
If you have questions about this class, call 693-5245

