

Clark County Family Childcare Association Newsletter

Printed January 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 18 th	Board Meeting/Patterson
February 1 st	CCFCA Regular Meeting
STARS training	Tax Advice from Lisa
February 19 th	First Aid/CPR
March 5 th	Self Defense Training
March 19 th	Tapestry Conference

HAPPY NEW YEAR

Letter from the President:

Happy New Year! It's exciting to think about all the possibilities that a new year brings. 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 trainings 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.

Visit http://www.sw-medicalgroup.com/body_medicalgroup.cfm?id=5191&fr=true for more details. Call 360-750-7080 if you have questions or would like enrollment forms.

"No man knows his true character until he has run out of gas, purchased something on the installment plan, and raised an adolescent."



January Meeting Report



On Tuesday, January 4th, CCFCCA kicked off the year 2011 with a fabulous meeting and STARS training. The 25 members and guests were greeted by a lovely meeting room decorated with silver and blue snowflakes, silver candy kisses, twinkling snowflake

lights and white linen covered tables. The pretty winter décor set the mood for a great meeting. Before the meeting began, providers enjoyed reconnecting with one another. What a joy it was to be a part of the happy reunions as friends got caught up on how everyone got through the holiday season. **Tina VanBuskirk** was happy to report that earlier in the day, her father came through his cancer surgery successfully. What a relief for Tina and her family. It was good to see many of our members that have not been able to attend for a while like **Cindy Cooper**, **Shahna Arrebollo** and **Jessica Aguilar**. Jessica will miss the next few meetings because she is in the third trimester of her pregnancy and will be staying close to home until her baby is born. President **Melba Halgren** brought the meeting to order at 6:30pm and she and fellow board members, **Wendy Patterson**, **Sue Pederson** and **Nancy Lycklama** brought everyone up to date with past meeting minutes, a treasurer's report, a union report, Discover kit update and much more.

Sue reminded us that Paolo Productions has been a



huge success with the Providers that have brought him into their homes to take photos of their daycare children. **Terri Lehman** reported on the sale of SCRIP reminding Providers that buying SCRIP gift cards is a great idea.

Members were reminded of the February CPR/First Aid class and the Self Defense class that is scheduled

for the first Saturday in March. See more on both of these classes later in this newsletter.

The group celebrated December and January birthdays. The birthday ladies were, **Barbara Dixon**, **Nancy Dickinson**, **Helene Padget**, **Judy Peters**, **Terri Lehman** and **Terri Bruhn**. The group sang Happy Birthday and each lady was presented with a nice gift.



The 50/50 raffle is always a fun part of our meetings and this one was no exception. The first happy winner of the evening was **Peggy Corcoran**. Peggy won the cash drawing that came to \$34.50 this time. Four Providers won very cute winter comfort bags that contained a warm scarf, popcorn, a thermo hot beverage mug, chocolate and more. Even the pretty winter bag was coveted by everyone. The four winners of these great gift bags were; **Barbara Dixon**, **Denise Hertz**, **Tina VanBuskirk** and **Sheri Wiley**. **Judy Peters** announced that she has resumed her Mary Kay sales and she

donated two Satin Hands gift bags for the 50/50 raffle. The winners of these gift bags were **Wendy Patterson** and **Terri Lehman**.



The bonus gift for the evening was won by **Lari Piel**.

Congratulations to all of our winners. This was a very interesting and fun meeting from start to end. The only thing missing was the Providers that were not able to attend.

The board and committees are already at work planning for the February 1st meeting so mark your calendars and plan to attend if you can. Read about our February STARS training on page #4 of this newsletter. The January STARS training was fantastic. Read all about it on page # 8 of this newsletter.

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.

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!

OUR NEXT MEETING:

Member Meeting! 1.5 STARS hours.
Marketing Your Child Care;
Surviving in these Economic Times.
Please bring your marketing ideas, pictures, etc., to share.

Thursday, January 20th 6:30 to 8:30pm
Clark Regional Waste Water Facility
8000 NE 52nd Court
Vancouver, WA 98665

Melba Halgren,
SW Washington Lead Activist
26-year Provider



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

Catch-up Immunization Scheduler

for children six years of age and younger



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>

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

Newsletter Staff

Editor/Writer

Judy Peters

Proofreader

Kathy Viers

Writer

Kesha Fisher

Writer

Terri Lehman

Union news

Melba Halgren

Health News

Anne Johnston

APRE

Deborah Rosser

February STARS Training.....

Our STARS training for February will be "Tax Advice" with trainer Lisa Christie. Lisa owns her own tax consulting business and has sent along a few tax tips that are listed below. Plan to attend our February STARS training and bring along your questions and paper to take notes on the tax advice that Lisa will share with us.

A few quick tips:

1. One deduction that is often missed by people who own their home but are unable to itemize their deductions because they write off so much as business use of home is an alternate deduction for property taxes. They can deduct \$500 per person without itemizing.

2. One of the deductions on the new tax bill is an extension of the sales tax deduction. People who live in states with sales tax can either deduct their sales tax or their income tax, whichever is greater. There is a computation for the sales tax paid for the year based on income but they can also deduct any tax paid on vehicle purchases.

3. The filing deadline this year has been extended from Friday April 15th to Monday April 18th due to a holiday in the District of Columbia. Although I could never recommend waiting until the last minute to prepare your taxes!

Lisa

Special Waste Collections

Block Foam and Electronic Waste Collection:

Saturday, January 8, 9am - 1pm, Clark College Yellow 1 Parking Lot, Fort Vancouver Way. FREE. Recycle clean, dry block foam at this event. No packing peanuts (but you can check with your local shipping store to see if they can use them) or polyurethane foam will be accepted. E-Waste will be collected by Empower Up. Please no televisions, monitors or microwave ovens. For more information call 360-397-2121 ext. 4352. To learn more about Empower Up, go to www.empowerupnow.org. For more information call 360-397-2121 ext. 4352. Future block foam events are scheduled for February 12 at Fisher's Landing Transit Center and March 12 at Clark College Yellow #1 Parking Lot. Have items you want to recycle but aren't sure where to take them? Check out www.RecyclingA-Z.com for a comprehensive resource guide.

A Closer Look.....



When the world brings us their children, we open our homes and hearts to them and give all we have to offer, often without the kind of appreciation we deserve yet we wake up each day ready to do it all over again.

In the eight to twelve hour days of running a daycare business, some of us wear a few different hats and carry a handful of tricks up our sleeves. Our days

start before the sun and ends well after darkness settles in for the night. We are mothers, wives, teachers, nurses, therapists, and world class chefs. Sue Pederson is one of those women who does all of that and owns a fully functioning restaurant.

When I heard that Sue Pederson runs a home daycare/preschool with all its accompanying chaos, I wanted to know more about this woman and hear how she does it all. Many of us are mothers like Sue and we all want to provide for our families but often times, our dreams take a back seat to our priorities.

Sue started her daycare over seventeen years ago when her children were younger. Sue's children are; Kyle 26, who lives in Portland and owns a window and gutter cleaning business, Caitlin, 23, manages the restaurant and Scott 18 is in his senior year of high school. Scott attends the Running Start program at Clark College, earning high school and college credit. He hopes to go to Western University or Washington State here in town, and is considering a degree in industrial engineering.

Running a home daycare has all its benefits and drawbacks abound so when I asked her what she liked best about doing daycare, she honestly stated, "Staying home." Something that any number of us would respond with. She went on to say, "Especially when my own children were little, I cherished that I was able to be home every day when they came home from school. I grew up with a stay-at-home mom, very idyllic, with cookies waiting for us when we came home. I wanted to do the same for my own kids. Of course, they had to put up with sharing their space, their mom, and their time with daycare kids. On the other hand, there was always someone to play with!" Her dedication to her family is not hidden, but bursts to the surface as soon as she shares any news of their varying achievements over our provider line and in person.

Surprisingly, she claims that staying home was also her least favorite part of the business, "...the long hours are tiresome for this old girl," she says. "Working 5 AM to

nearly 6 PM these days, plus with the restaurant; good news is, I am losing weight!"

Her only regret is that she didn't collect all the funny things that children have said to her over the years and shyly, she shares a story of how one of her clients refused to admit to his poopie diaper and innocently claimed it was chocolate. "Maybe if chocolate smelled that bad, we would all be skinnier!" says Sue.

She is humorous, hardworking, and generous with her life. Beneath her fiery red mane is an equally bold smile that she shares generously with anyone in her presence. It is no surprise that she has managed a successful seventeen year old career and now is lending one of her many hands to the restaurant. It doesn't seem that much can stop this woman.

When anyone asks a woman about her life, she often begins with her children. For a bit of insight to Sue, however, I wanted to hear her own history. I learned that she comes from a small town called Hoquiam in the Grays Harbor area. She describes it as a "rainforest," and has lived in Vancouver since she was four years old. She watched her mom whom she touts as a "fantastic cook," and learned to cook from her. Discussions of opening a restaurant were sparked after she opened a small catering company with a friend. After her husband's accident in 2005, she dragged him into the cooking arena by buying him cookbooks and magazines and he learned to do it well, "better than me," she coyly admits.

Watching Vancouver grow from downtown offering the only shopping options to a growing metropolis with mini boutiques and fun restaurants, it would be no surprise that being able to become a part of the history of our little city by having her own restaurant right in downtown feels prideful.

To move the conversation from work to dreams, Sue spoke of traveling as one of the few things she would like to do more of when her schedule provides the room. She has been to London and Paris, to enjoy the architecture, sites and food, but Hawaii is one of her favorites.

I finally got to ask her how she does it all and this mystery of a woman left my jaw ajar when she told me that she also prepares taxes, does payroll, daycare, catering and now the restaurant. Her advice to all of us is this: "Childcare is our career, but it certainly is not the only thing that defines us. As far as ones considering other careers, I say go for it!"

From Mrs. Susan Pederson, we learn that she starts the first hour of her day knowing it will be long, busy, and unpredictable, but she takes each as a blessing knowing she is doing exactly what she wants to do. How incredible it must be when a dream is realized.

If you wish to visit Sue's new restraint, it is called:

Rosemary Café
1001 Main Street
Vancouver, WA 98660



"The Closer Look" column is written by Kesha Fisher

Reducing Choking Risks

From Anne Johnston of the CC Health Dept.

Choking is one of the top causes of injury and death among children under 5 years of age. It is especially high risk for children 3 year of age or younger. The most common items that children choke on are food, coins, balloons, and other toys. This is because children put objects in their mouths as they explore new environments.

About 60% of non-fatal choking incidents result from food. Foods that are commonly associated with choking include the following:

- *Hard candy
- *Seeds
- *Raw carrots
- *Popcorn or chips
- *Chunks of peanut butter
- *Chewing gum
- *Foods that are round and could conform to a child's airway
- *Peanuts/nuts
- *Whole grapes
- *Apples
- *Hotdogs
- *Marshmallows
- *Sausages

Here are some tips to help reduce food choking risks:

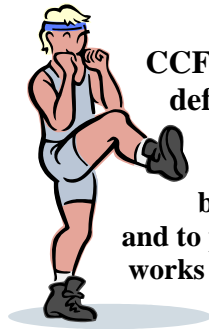
- 1.) Children should be seated when eating. (No eating should be allowed when children are standing, walking, running, playing, lying down, or riding in vehicles.)
- 2.) Because young children put everything in their mouths, small non-food items are also responsible for many choking incidents. Coins and toys account for most non-food related choking events in children. Of all children's products, latex balloons are the leading cause of choking death. Other products such as safety pins, coins, marbles, small balls, pen, or marker caps, small button type batteries; items from the trash such as eggshells, and pop-tops from beverage cans have been associated with choking.
- 3.) It is important to inspect all toys for choking hazards and small pieces that could come off and cause choking. Manufacturers often indicate the appropriate age range of a toy on the box to convey safety hazards. Keep in mind that these are just general guidelines and that it is important for you to use your own judgment concerning the children in your care. Just because a toy is sold on the market doesn't mean that it safe as

demonstrated by the many toy recalls that we see each year.

It is nearly impossible to prevent all choking episodes among children. All child care providers should be taught CPR and First Aid. It is very important for you to know what to do if a child does choke while you are watching them. Remember to call 9-1-1 if someone is choking and if you do have to perform the Heimlich maneuver, it is important for that person is evaluated by EMS or a medical provider because sometimes there can be internal injury that you cannot see.



Self Defense Workshop



CCFCCA has scheduled a 2 1/2 hour self-defense training 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 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 check out to CCFCCA and mail to Judy Peters @ 7210 Tennessee Lane
Vanc. WA 98664. If you have questions call 693-5245

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

CCFCCA Board and Committees:

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wpatterson320@hotmail.com

Secretary: Sue Pederson
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Treasurer: Nancy Lycklama
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STARS Training Coordinators:
Leasa Ripplinger & Sue Pederson

Welcome Committee:

Sandi Brinley & Carol Chandler

Historian/Scrapbook Committee:
Tina VanBuskirk & Peggy Corcoran

CCFCCA Consultant: Deborah Rosser

Newsletter Editor: Judy Peters

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.

New Years Resolution

By Judy Peters

Many of us put a lot of thought into what changes or improvements we can make when we mark the New Year. Some of our resolutions are kept and some are not. The act of giving some thought to what we might do to make our lives better is a good thing.

I personally try to begin each New Year with a very clean house, plenty of food in the pantry and my bills paid. I thank my dear mother, grandmother and great grandmother for passing on this ritual to me. The idea is that if the New Year begins with everything clean and in good order, the year ahead will be a good one.

My resolution this year is to find a way to generate a new source of income for myself.

I asked Providers about their New Year's resolutions but I only heard back from one. The following is the New Year's Resolutions sent to me from our own Karen Wulf. Thank you Karen for sharing this with us.

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

Several Providers shared their resolutions with us at the January meeting. They are listed below.

- ✚ Attend more CCFCCA meeting
- ✚ Clean out clutter from my home
- ✚ Be a good mom
- ✚ Down size my home
- ✚ Get my divorce
- ✚ Exercise more
- ✚ Pay off my bills
- ✚ Put my paper work in order
- ✚ Learn to say NO
- ✚ Reduce my clutter
- ✚ Finish my quilt
- ✚ No more procrastination
- ✚ Show support to my dad
- ✚ Organize my desk
- ✚ Make it through my next relicensing
- ✚ Take a walk every day of the year

I hope that you are all able to keep these great New Year resolutions. **Happy New Year.** Judy

“Using Music to Teach Children”

Following the January 4th meeting our members were



treated to an excellent STARS training. “Using Music to Teach Children” was presented by **Lydia Rich**. The reviews from this excellent training were all positive. Lydia recently retired after teaching Kindergarten for 25 years. She really knows her business and sparked the enthusiasm of all

the Providers that attended this STARS class. Lydia gave out a host of teaching ideas along with books, CD’s and more.

[Read some of the comments made the day after our STARS training. We will have Lydia back again.](#)

"Lydia Rich was AWESOME! She gave us some great ideas, provided the music CD for us to explore, and gave away books, pictures and other ideas for working with music & kids."

Sue

"We did those songs for almost 2 hours. We made up different hand/body motions. We got really wild with the rock'n roll freeze. We stand in a row for the captain/ship song and with the waves hold hands and make the waves. I even liked the ABC rap, fun dancing. I had the school kids staring at me with smiles on their faces as if, what is she going to do next. This was during breakfast.

One of my past clients gave me a copy of Elizabeth Mitchell songs. This one had one of them. Her songs are perfect for babies and calming down.

I am so glad I came last night. We already do music and dancing every day and at church I teach the little primary age from 3 to 11 years every Sunday, so sometimes I think that I don't need anything. Everyone can benefit from each other and from our trainers, that is for sure."

Hannele

"Lydia was so great. The music, handouts, ideas, free

books, and manipulatives to make are all wonderful. It is so funny to act like a nut with the kids. My new timid, assistant tried to hide for fear I'd make her sing. She was right. The music and dancing totally broke the ice for a new child this morning. This was the second day with an almost 2 year old that's never been in daycare. She's very unsure what to do with all the other kids, but boy does she let loose with the new music CD. Great timing! Thanks for setting that up, Judy."

Wendy

"I loved the class last night also! She was a lot of fun and I LOVE the CD! We danced to it today also and sang."

Leasa

"We just spent the last hour singing, dancing, reading and acting like a nut. The kids LOVED it! My 18 year old came home and just shook his head at us."

Sue

Media Aware Child Care

What do we do about TV, DVDs and video games?

Free STARS-approved online training course
www.waabam.org/media_aware_childcare.htm

Developed and maintained by the University of Washington Center for Public Health Nutrition - Washington Active Bodies Active Minds, this course provides information for early childhood professionals on ways to reduce the amount of time children spend in front of screens. One (1) STARS continuing education hour in Health, Safety & Nutrition can be earned.

Course Objectives:

By the end of this training, participants will be able to:

1. Explain to others why it is important to limit screen time for children.
2. Tell others about the guidelines for screen time for children.
3. Take home ideas on how to reduce screen time for children.
4. Talk to parents about limiting the screen time for children at home.

This online training is made freely available to early childhood professionals thanks to support from the Centers for Disease Control (CDC) and the Washington State Department of Health.