



Adirondack Community Action Programs, Inc.

7572 Court Street, Suite 2  
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Elizabethtown, N.Y. 12932



Oct, Nov, Dec 2015

# Adirondack Community Action Programs, Inc. Childcare Resource and Referral News

From the desk of Marjorie Zmijewski, Program Director

North Country Child Care Conferenced

October 24, 2015

High Peaks Resort, Lake Placid, NY

We are very pleased to offer a day of training for all providers. We have exciting presenters scheduled for the day.

\$50 registration fee includes: 6 hours of training, light breakfast, lunch and snack. **Registration form enclosed.**



ACAP, Inc. connects people, values and resources to promote personal, economic and community growth.

## 2015

# NORTH COUNTRY CHILD CARE CONFERENCE

## SATURDAY, October 24, 2015

### High Peaks Resort

### Lake Placid

## Registration form enclosed!!

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### ACAP Child Care Resource Directory

**Main Office:** 873-3207  
**Fax:** 518-873-6845  
**Toll Free:** 1-877-873-2979  
**Web Site:** [acapinc.org](http://acapinc.org)  
**CCR&R Child Care Manager:**  
 Marge Zmijewski ext. 249  
 Email: [margez@acapinc.org](mailto:margez@acapinc.org)  
**CCR&R Program Assistant**  
 Kathy Bogdziewicz ext. 236  
 Email: [kathyb@acapinc.org](mailto:kathyb@acapinc.org)  
**CCR&R/CACFP Program Assistant:**  
 Christine Ciancetta ext. 237  
 Email: [chrisc@acapinc.org](mailto:chrisc@acapinc.org)

8:30-9:00

Light Breakfast/networking



Scott Noyes

9:15-10:30

"The Blue Brain—being male, young and energetic" OCFS 1,3



Lynn Siebert

10:45-12:00

"School Age Programming for All!" OCFS 3



12:00-12:30

Lunch—provided



Bill Empsall

12:45-2:00

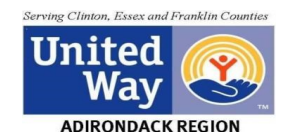
"Record Keeping and Preparing Taxes" OCFS 5



Fritz Henry

2:15-3:30

"Music with Children" OCFS 3



# CACFP News



**Annual CACFP training will be held in the Spring! This is the mandatory training that all CACFP providers must attend!**

Please remember to check for your children's re-enrollment dates. Call the ACAP office if you need more forms. (518) 873-3207.

## Protein-packed Breakfast Burrito



Makes 1 serving.

- |  |  |
|--|--|
| 1 egg and 2 egg whites (or 2 whole eggs) | 1/4 cup canned black beans, drained and rinsed |
| 1/4 cup green bell pepper                | non stick cooking spray                        |
| 1 (6 inch whole wheat tortilla           | 2 Tbsp. shredded cheese (optional)             |
| 2 Tbsp. salsa (optional)                 |  |

- Mix the eggs with a fork or beater.
- Add beans and peppers.
- Spray a non stick pan with cooking spray or use a small amount of butter.
- Cook egg mixture until set.
- Fill tortilla with egg mixture and top with salsa and cheese if desired.

**Cooking tip:** If you prefer, you can saute the peppers for a minute or two prior to adding the eggs and beans. If you roll/fold your burrito, microwaving the tortilla for 10 seconds makes it fold more easily.

**Time-saving tip:** Pre-make burritos and freeze them. When needed, microwave and enjoy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6 Training Safety, Security & Parent Communication. OCFS 4	7	8	9	10
11	12 ACAP Closed	13	14	15	16	17
18	19	20	21	22 Video Conference	23	24 Conference High Peaks Resort
25	26	27	28	29	30	31

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4 Training Sarah Gould Infant Play OCFS 1,3	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19 Video Conference	20	21
22	23	24	25	26 Thanksgiving ACAP Closed	27 ACAP Closed	28
29	30					

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5
6	7	8	9	10 Health and Safety for new providers	11 Health and Safety for new providers	12
13	14	15 Parent Awareness	16	17	18	19
20	21	22	23	24	25 Christmas ACAP closed	26
27	28	29	30	31		

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## Provider Trainings



\* **OCTOBER:**

October 6th, Safety, Security, Communication-Kathy presenting, 6:30-8:30 OCFS 4  
 October 22nd, 6:45pm to 9pm—Video Conference—Child Abuse and Maltreatment with a Focus on Understanding Brain Injury and Prevention. OCFS 6,8,9  
 October 24th—Conference—High Peaks Resort, Lake Placid

\* **NOVEMBER:**

November 4th, —Infant Play-Sarah Gould-6:30-8:30pm. OCFS 1,3  
 November 10th, Safety, Security, Communication-Kathy presenting, 6:30-8:30 OCFS 4  
 November 19th, 6:45pm to 9pm—Video Conference—Town Hall Meeting: Managing Challenging Behavior. OCFS 1,3

\* **DECEMBER:**

December 3rd, 8am-4pm and December 4th, 8am-3pm—Health and Safety training for new providers.

### IMPORTANT REGULATIONS TO REMEMBER!

417.8(d)(1) - Only approved caregivers may be left unsupervised with day care children.

417.8(k) - A provider must be approved by the Office or its representative prior to assuming the role in any family (or group) day care program.

417.8(l) - Whenever a person pending approval as a caregiver is being counted in ratio for the program, the provider must be at the program and supervising this person.

417.8(m) - The use of any type of device for social or entertainment purposes, listening to music on headphones, playing screen games, using the internet, or making personal calls by caregivers while supervising children is prohibited. Use of any devices for brief and necessary communications or purposes directly related to the child care program such as communication with parents or the Office and its representatives is allowable.



## After School News

### WESTPORT



Westport Afterschool Program started the first day of the 2015-2016 school year on September 8, 2015.

Our program provides activities for the children from 3-6pm, Monday through Friday. We provide opportunities for the children to complete their homework, go outside and play on the playground, do arts and crafts, experiment with science activities and have fun in small group activities. A nutritious snack is also provided for the children.

Some of the children have been learning to knit and remembering how to crochet. It can be challenging, but they are sticking with it and completing some nice pieces of yarn work.

We had our first 4-H activity. We learned about wind power and made paper windmills.

We also have done some science activities. Ask your child about "milk fireworks."

Our annual display of the children's artwork will be October 23, 2015. This is our way of highlighting the national "Keep the Lights on Afterschool" programs. We want to make sure everyone knows how important afterschool programs are to our children and their families. "Light" refreshments be served.

Our fundraiser has started!!! Please make sure you look through the Uncle Jerry's brochure. There are many items to choose from. Remember, it is not too early to start your holiday shopping. The children would love to earn enough money from the fundraiser to purchase latch-hook rug materials, maybe tie-dye kits or possibly take a field trip on one of our half days.



We are off to a good start and looking forward to having a great school year! We do have open spots in the afterschool program and would love to have new friends come join in the fun.

### MORIAH

Welcome back and welcome to our new friends who have joined us at the Moriah After-school Program! I hope everyone had a wonderful summer. We are excited to have our Afterschool Program here at Moriah, up and running for the 2015 - 2016 school year.

The weather has been cooperating and we have been enjoying our time outside on the playground. Some of the children like to take the football out and toss it back and forth. Inside, we are busy building with legos, playing cards, coloring and drawing and making some great creatures with play dough. Some of the children also enjoy playing with the cars on the rug. They build roads, jumps and of course love to have "crashes" between cars.

We are looking forward to an exciting and fun filled year!!

## Strategies to help prevent getting and spreading the flu:



Parents and child care providers can help prevent and slow the spread of the flu. The flu (*influenza*) is a respiratory illness caused by a virus. Flu infections are highly contagious. They spread easily when children are in a group with other children such as in a child care center or family child care home.

Flu is more dangerous than the common cold for children and can lead to serious health conditions like pneumonia or bacterial infections.

The American Academy of Pediatrics recommends that any child with respiratory symptoms (cough, runny nose, or sore throat) **and** fever be excluded from their child care program. The child can return after the fever has resolved without the use of fever reducing medication, the child is able to participate in normal activities and caregivers can care for the child without compromising their ability to care for the other children in their program.

Children should be immunized with the flu vaccine. The vaccine is recommended for everyone 6 months of age and older, including the child care provider.

### **Wash your hands.**

Frequent hand washing keeps lots of germs out of our bodies, including the influenza virus. Soap and running water is the best way to wash hands and remove germs.

If you or your child are not feeling well, the best thing to do is stay home. Infected people can stop the spread of germs by staying home and taking care of themselves.

Cough into elbows, not hands where it's more likely to spread bacteria and viruses through touch.

Avoid touching your eyes, nose, or mouth. Germs spread this way.

## REGISTRATION is **REQUIRED** for TRAININGS

- \* Anyone planning on attending a training **MUST** email or call to register.
- \* You can email, [kathyb@acapinc.org](mailto:kathyb@acapinc.org) or call 873-3207 ext. 236.
- \* All trainings are listed in the newsletter.
- \* Emails are sent out at least a week in advance, reminding providers of an upcoming training.
- \* If no one calls or emails to register for the training, it will be cancelled.
- \* You must register for a training the Friday before the training.
- \* All video conferences are 7pm-9pm. Please come about 6:45 because the conference will start at 7. Please use the front door for videoconferences.
- \* All trainings are 6:30pm-8:30pm. Please enter using the side door directly into conference room.
- \* All trainings are held at the ACAP office, 7572 Court St. Elizabethtown.

