



Child Care Connect Resource and Referral



# The Provider's Professional Post

A Program of Appalachian Community Action & Development Agency

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formerly known as Rural Areas Development Association, Inc. (RADA)

November 2009

## Guess Who is Coming to Southwest Virginia?

It is Santa Claus!

If you would like for Santa to visit your child care center or home, please call our office and make an appointment.

Limited service area applies.



Ho Ho Ho! See You Soon!

### For More Information Contact:

Karen Boglarsky, Coordinator

Carol Honeycutt, Creative  
Research Technician

Shana Day, Screening Technician

276-386-9881

Toll Free in Virginia,

1-877-CCC-KIDS

Visit our office:

1378 West Jackson Street  
Gate City, Virginia 24251

Mailing Address:

190 Beech Street, Suite 103  
Gate City,

Virginia 24251

Website: [www.appcaa.org](http://www.appcaa.org)

## Autumn Chats

Fall and winter will soon be here as summer quickly scats.

And Mother Nature speaks to us in her daily chats.

You can read it in the trees and feel it in the air,

as Mother Nature chats with us, you can see it everywhere.

Can you hear what it is she whispers

it really sounds so nice,

Give thanks for all your blessings and for some give thanks twice.

## Happy Thanksgiving!

Many thanks to all our friends who support us during the year!

## Attention Directors and Owners!

Our training classes will be coming to a close in the next few weeks for the winter. We have classes scheduled for November and December.

Please check your files and make sure that teachers are current with their training hours.

We will resume classes in the spring.

Over the winter months, we will be preparing for another exciting year of classes!

## 40 Developmental Asset

# 36

### Peaceful Conflict Resolution

The child begins to compromise and resolves conflicts without using physical aggression or hurtful language.

## Military Family Appreciation Week

Here is the text of Navy Admiral, Michael G. Mullen's message:

"This month, as we celebrate our blessings and give thanks for our freedom to enjoy them, we take great pride in honoring Nov. 21 through 28 as Military Family Appreciation Week. Families serve just as their uniformed service members do. And the military family has rarely faced as many challenges as our families do today. After seven years of war, hundreds of thousands of families have

served through multiple deployments in support of operations Iraqi Freedom and Enduring Freedom, as well as many other locations throughout the globe. But the love and support of our military families do more than allow us to serve abroad. Our families serve at the very center of American society.

They are the bedrock of a free republic which provides for a common defense and their commitment to the values of hard work, self-sacrifice, and moral virtue is a source of great pride and inspiration for us all. And, in this service, some families have suffered great loss, the kind of heart-wrenching loss that echoes for generations. We as a nation owe the families of the wounded, and the fallen, a lifetime of gratitude and respect for a debt which we can never fully repay.

"On behalf of my family and those of the Joint Chiefs, to all our military families, past and present, we thank you for your service, your sacrifice, and your love. You truly are a wellspring of our nation's honor, courage, and strength. With you by our side, we accomplish far more than we ever could alone." (Source: [www.af.mil/news/story](http://www.af.mil/news/story))

## Observing Adoption Awareness Month

For over 20 years, adoptive families organizations have observed November as Adoption Awareness Month. Originally and historically, the purpose of AAM was to dispel myths about and focus on the normalcy of adoptive family life, as well as to call attention to the need for homes for hundreds of thousands of waiting North American children. AAM is about celebration and gratitude and hope, not about anger and disillusionment. It has become a popular time to hold adoption fairs and conferences, plan political action events, and more. But such large events take significant budget and energy, not to mention many months of pre-planning, done most often by well organized, multi-staff or volunteer agencies or groups.

Public activities that can make a genuine difference:

Contact your house of worship and arrange to donate altar flowers. "In Honor of Children Waiting for Forever Families" or "In Celebration of this Congregation's Adoption-Expanded Families" or "In Gratitude to birth parents who have chosen adoption." (Suggest that each member of your support group do this same thing reaching many congregations of differing faiths during the month.)

Local adoption groups might plant a tree at a park or the zoo with a small plaque acknowledging adoptive families or waiting children or birth families. Adoptive parents groups might invite the birth parents from a local birth parent support group to join them in this project. "Open adoption families" might get together and plant a tree. Show the media and the world at large by simply being together that you love, not fear, one another.

Contact your local public library, local school library, a favorite bookstore, about helping them do an adoption book display. Ask for permission to add to it brochures on triad support groups, local resources, and upcoming adoption conferences. (Some library systems plan these displays many months in advance, but some local branches are more flexible. If you're too late for this year, reserve now for next year!)

Send a donation to your favorite grassroots adoption activist organization.

Source: For more ideas on thing you can do to show your support go to [Adoption.com](http://Adoption.com)

## Turkey Talk

Turkeys are domestic (farm) birds that were originally bred from wild turkeys (*Meleagris gallop*). The adult female turkey is called a hen, the adult male is called a tom, and the young are called poults. A group of turkeys is called a rafter. Over 300,000,000 turkeys are raised in the USA each year.

**Anatomy:** The tom turkey is larger and more brightly colored than the hen. Toms grow to be up to about 30 pounds (13.5 kg). Turkey eggs are tan with brown spots; they are a little bigger than chicken eggs. Poults are brown.

**Diet:** Turkeys have a varied diet. They eat insects, worms, fruit, seeds, acorns, grains, slugs, snails, and many other foods. They have a well-developed gizzard (a part of the stomach that contains tiny stones) that grinds up their food.

**Predators:** Many animals prey upon turkeys, including skunks, owls, raccoons, hawks, bobcats, and snakes.

Source: Enchanted Learning

Turkeys originated in North and Central America, and evidence indicates that they have been around for over 10 million years. In Mexico, the turkey was considered a sacrificial bird.

Domesticated turkeys (farm raised) cannot fly. Wild turkeys can fly for short distances at up to 55 miles per hour. Wild turkeys are also fast on the ground, running at speeds of up to 25 miles per hour. Only male turkeys gobble. Females make a clicking noise. The gobble is a seasonal call during the spring and fall. Hens are attracted for mating when a tom gobbles. Wild toms love to gobble when they hear loud sounds or settle in for the night.

The heaviest turkey ever raised weighed in at 86 pounds about the size of a large German Shepherd and was grown in England, according to Dr. Sarah Birkhold, poultry specialist with the Texas Agricultural Extension Service.

Mature turkeys have 3,500 or so feathers. The Apache Indians considered the turkey timid and wouldn't eat it or use its feathers on their arrows.

More than 45 million turkeys are cooked and 525 million pounds of turkey are eaten during Thanksgiving.

Benjamin Franklin, the great American statesman, thought the turkey was so American it should have been chosen as our national symbol rather than the eagle.

The fleshy growth from the base of the beak, which is very long on male turkeys and hangs down over the beak, is called the snood.

Source: [ri.net/schools/Glocester/FMS/LAB/thanksgiving/turkey.html](http://ri.net/schools/Glocester/FMS/LAB/thanksgiving/turkey.html)

# Safe School Campaign

Some schools in our country are doing a fabulous job in meeting the needs of students with diabetes. Unfortunately, in many other schools, students are not able to effectively manage their disease at school or in school-sponsored activities.

The American Diabetes Association has long been involved in working to end discrimination against students with diabetes and help educate school personnel about how they can help meet the needs of students with diabetes.

To further these efforts, the Association launched the Safe at School campaign last summer to ensure that all students with diabetes are educated in a medically safe environment and have the same access to educational opportunities as their peers. The care of a student with diabetes requires management 24 hours a day, 7 days a week. For students with type 1 diabetes, and for some with type 2 diabetes, that means careful monitoring of their blood glucose (sugar) levels throughout the day and administering multiple doses of insulin therapy. Blood glucose levels that are well managed help young people avoid the dangerous short-term complications of blood glucose levels that are too high or too low, stave off the long-term complications of diabetes, and feel better and be more productive at school and at play. Accordingly, students with diabetes need a supportive environment to help them take care of their diabetes throughout the school day and at school-sponsored activities. In an effort to accomplish this goal, the Association is advocating for a team approach to school-based diabetes management. School principals, administrators, nurses, teachers, coaches, bus drivers, health care, and lunch-room staff along with parents, personal health care providers, and students with diabetes, all play an important role in making the school experience safe and productive for students with diabetes.

## **Diabetes Management at School**

At its core, effective school-based diabetes management requires three things:

All school staff members who have responsibility for a student with diabetes should receive training that provides a basic understanding of the disease and know who to contact in an emergency.

A small group of school staff members should receive training from a qualified health care professional, such as a physician or a nurse, in student-specific routine and emergency care. This is done so that a staff member is always available for younger or less-experienced students who require assistance with their diabetes management (e.g., administering insulin, checking their blood glucose, or choosing an appropriate snack) and for all students with diabetes in case of an emergency (including administration of glucagon) when a school nurse is absent or otherwise unavailable.

Those students who are capable of doing so should be permitted to self-manage their diabetes in the classroom and during all school activities.

## **Role of the School Nurse and Other School Personnel**

The school nurse is the most appropriate person in the school setting to provide care for a student with diabetes. Many schools, however, do not have a full-time nurse, and sometimes a single nurse must cover a large number of schools.

Moreover, even when a nurse is assigned to a school full time, he or she will not always be available during the school day, during extracurricular activities, or on field trips. Yet, because diabetes management is needed 24 hours a day, 7 days a week, and diabetes emergencies can happen at any time, school personnel should be prepared to provide diabetes care at school and at all school-sponsored activities in which a student with diabetes participates.

The Association and pediatric diabetes health care professionals around the country strongly endorse training non-medical school personnel to provide this care (in the absence of a school nurse) as the best and safest solution.

The school nurse or another qualified health professional should be involved with training of appropriate staff and providing professional supervision and consultation regarding routine and emergency care of students with diabetes.

## **The Safe at School campaign will include efforts to:**

Educate the public and the media about issues facing children with diabetes at school.

Improve the situation for students who do not have any school personnel trained to provide diabetes care.

Counter efforts by those who are jeopardizing the health and safety of students with diabetes by taking measures to prevent the training of non-medical school personnel to provide needed care for students with diabetes.

(Continued)

## Music and Movement

(Have the children do these action as they sing the song.)

### Scarecrow Scarecrow

(tune of "Twinkle Twinkle Little Star")

Scarecrow, scarecrow turn around

scarecrow, scarecrow touch the ground.

Stand up tall and blink your eyes,

raise your arms up to the sky.

Clap your hands and tap your knees

turn around and stomp your feet.

Scarecrow, scarecrow touch your toes,

scarecrow, scarecrow tap your nose.

Swing your arms so very slow,

now real fast to scare the crows!

Touch your head, jump up and down,

now sit down without a sound!

### Turkey Dance

(tune: Turkey in the Straw)

Oh, you turkey to the left (two steps to the left)

And you turkey to the right (two steps to the right)

Then you heel and toe (do motions with foot)

And you scratch with all your might. (scratch floor with foot)

Now you flap your turkey wings (put thumbs in armpit and flap)

While your head goes bobble, bobble. (wobble head)

Turn around and then you say, (turn around)

"Gobble, gobble, gobble!"

### I'm a Little Turkey

(Sung to "I'm A Little Teapot")

I'm a little turkey,

My name is Ted.

Here are my feathers

Here is my head

Gobble, gobble, gobble,

Is what I say,

Quick! Run! It's Thanksgiving Day!

### Little Indians

Five little Indians, on a nice fall day (dance around)

Jumped on their ponies and rode far away (hands on next child, pretend to be ponies)

They galloped in the meadow, and they galloped up a hill, (pretend to gallop)

They galloped so fast, they all took a spill. (pretend to fall off the ponies)

### Sing this song about the Teepee.

(tune of The Farmer in the Dell)

A teepee is my home.

Of deer skins it is made.

A place on top where smoke can go,

It stands in forest shade.

The river runs nearby

and there is my canoe.

I paddle up and down the stream,

beneath a sky of blue.

**Division of WIC & Community Nutrition Services**

*Subject:* **WIC Program Income Chart**

*Policy:* **CRT 05.2.6**

*Reference:* **N / A**

*Effective:* **April 1, 2009**

*Supersedes:* **April 15, 2008**

**I. Policy:**

The State WIC Office shall provide local agencies with the Federal Income Guidelines each year. The guidelines are effective April 1st. The maximum income for Virginia WIC participants is 185% of poverty as established by the United States Department of Health & Human Services.

**II. Procedure(s):**

A. Effective Dates: **April 1, 2009 to June 30, 2010**

ECONOMIC UNIT	INCOME				
	Annual	Monthly	Twice-Monthly	Bi-Weekly	Weekly
1	\$20,036	\$1,670	\$835	\$771	\$386
2	26,955	2,247	1,124	1,037	519
3	33,874	2,823	1,412	1,303	652
4	40,793	3,400	1,700	1,569	785
5	47,712	3,976	1,988	1,836	918
6	54,631	4,553	2,277	2,102	1,051
7	61,550	5,130	2,565	2,368	1,184
8	68,469	5,706	2,853	2,634	1,317
Each Additional Member Add	+ \$6,919	+ \$577	+ \$289	+ \$267	+ \$134



**SCOTT CO. HEALTH DEPT.  
190 BEECH ST. SUITE 102  
GATE CITY, VA 24251  
276-386-1312**

# VIRGINIA WIC PROGRAM FOOD LIST

## MILK

Store Designated Brand\*\*  
 Gallons only unless another size is stated on the food instrument  
 ♥ Fat Free, Skim or Non-fat Milk  
 ♥ Low Fat: 1%  
 - Reduced Fat: 2%  
 - Whole Milk only if stated on the food instrument  
**You cannot buy 4 quarts instead of 1 gallon**  
 • Other Milk Products as stated on the food instrument  
 • Lactose Free or Lactose Reduced (Any brand) (♥ fat free, ♥ 1%, 2%, whole)  
 • Soy milk only as stated on the food instrument  
 • UHT (Any brand)  
 ♥ **Be good to your heart. Adults and children 2 and over should drink fat free or low fat milk.**



## CHEESE

**Regular Cheese**  
 Store Designated Brand\*\*  
 16 oz (1 lb) package only  
 prepackaged, block or sliced:  
 American  
 Cheddar  
 Monterey Jack  
 Mozzarella (whole or part skim)  
 Swiss  
**Reduced Fat Cheese**  
 16 oz Kraft Deli Deluxe 2% Milk American or  
 16 oz store designated brand 2% milk cheese:  
 American  
 Cheddar  
 Monterey Jack  
 Mozzarella (whole or part skim)  
 Swiss



## FORMULA FOR INFANTS

**You must buy the brand, size, type and quantity specified on the food instrument.**  
 Food instruments for Alimentum, Pediasure and Nutramigen may be used at the grocery store.  
 Individual food instruments for these products can not exceed \$125.00



### NOT ALLOWED:

Substitutions or the purchase of more than one size and/or amount stated on the food instrument

## CEREAL FOR INFANTS

Brand as specified on food instrument  
 8 oz box only  
 Rice or Oatmeal



### NOT ALLOWED:

Substitutions or the purchase of more than one size and/or amount stated on the food instrument

## BABY FOOD

Brand and size as specified on food instrument  
 Meat only if stated on the food instrument



### NOT ALLOWED:

Substitutions or the purchase of more than one size and/or amount stated on the food instrument

## EGGS

Any brand  
 One dozen carton only  
 large, grade A, white only



### NOT ALLOWED:

Substitutions or the purchase of more than one size and/or amount stated on the food instrument

## BEANS, PEAS OR LENTILS

Any brand  
 1 lb bag only dry beans, peas or lentils



## FROZEN FRUIT JUICE

100% Single Fruit Flavored:  
 12 oz can only

If frozen juice is stated on food instrument, choose from the following:

Store Designated Brand\*\*



calcium fortified, country style, regular, pulp free, pulp reduced

Store Designated Brand\*\*



Selective Brands Only

Always Save  
 Best Choice  
 Bloom  
 Clover Belle  
 Food Lion  
 Harris Teeter  
 Hy-Top  
 Great Value  
 Kroger

Store Designated Brand\*\*



## LIQUID JUICE

100% Single Fruit Flavored

If 64 oz can or plastic bottle is stated on food instrument, choose from the following:

Store Designated Brand\*\*



Selective Brands Only

Always Save  
 Apple & Eve  
 Best Choice  
 Bloom  
 Clover Valley  
 Food Club  
 Food Lion  
 Giant  
 Harris Teeter  
 Hy-Top  
 K&A  
 Kroger  
 Laura Lynn  
 Our Family  
 Richfood  
 Safeway  
 Save A Lot  
 Shurfine  
 Sunrise Valley  
 Tree Top  
 Value Time  
 Wegmans

### NOT ALLOWED:

Substitutions or the purchase of more than one size and/or amount stated on the food instrument

## BREAST FED IS BEST FED!



A breastfeeding mom gets extra fruits and vegetables, cheese and eggs, plus tuna or salmon if her infant receives no formula from WIC.

Use your store customer discount card & coupons to reduce the cost of WIC foods.

WIC \*\*Look for this shelf label or the words "WIC Designated" when shopping.

## VIRGINIA WIC PROGRAM

# Approved Food List

Effective October 1, 2009  
 Only the foods listed are approved.



This institution is an approved opportunity provider.  
 If you are a WIC serve, you should call 1-877-218-WIC  
 www.vahhs.virginia.gov



# Child Care Connect



# November 2009



Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 Daylight Saving Time Ends National Author's Day	2 Cookie Monster Day All Souls Day	3 Election Day Sandwich Day	4	5 National Men Make Dinner Day	6	7 International Tongue Twister Day
8 National Parents as Teachers Day	9	10 National Young Reader's Day Marine Corp Birthday	11 Veterans Day	12	13	14 National American Teddy Bear Day
15 America Recycles Day	16	17 Home Made Bread Day	18 Mickey Mouse Day	19	20 Children's Day	21 National Adoption Day
22	23	24 Celebrate Your Unique Talent Day	25	26 Thanksgiving Day	27 National Day of Listening Eoselin Day	28
29	30					



## Monthly Observances...

- American Indian Heritage Month
- Aviation History Month
- Family Stories Month
- International Drum (Percussion) Month
- Military Family Appreciation Month
- National Adoption Month
- National Georgia Pecan Month
- National Inspiration Role Models Month
- National Roasting Month
- Sweet Potato Month
- American Diabetes Month

## Weekly Observances ...

- National Animal Shelter Appreciation Week 1-7
- Pursuit of Happiness Week 8-14
- National Young Reader's Week 9-15
- World Kindness Week 9-16
- American Education Week 15-21
- National Farm- City Week 20-26
- National Family Week 22-28
- National Game and Puzzle Week 22-28

### Roast Turkey With Pan Gravy

Serves: 14

One 14-pound fresh or frozen (thawed) turkey

1 1/2 teaspoons salt,

1/2 teaspoon coarsely ground black pepper,

Pan Gravy, fresh herbs and grapes for garnish

1. Preheat oven to 325 degrees F.

Remove giblets and neck from turkey; reserve for making Pan Gravy. Rinse turkey with cold running water and drain well.

2. Fasten neck skin to back with 1 or 2 skewers. With turkey breast side up, fold wings under back of turkey so they stay in place. Depending on brand of turkey, with string, tie legs and tail together, or push drumsticks under band of skin, or use stuffing clamp.

3. Place turkey, breast side up, on rack in large roasting pan. Rub turkey all over with salt and pepper. Cover turkey with a loose tent of foil. Insert meat thermometer through foil into thickest part of thigh next to body, being careful that pointed end of thermometer does not touch bone. Roast turkey about 3 3/4 hours; start checking for doneness during last hour of roasting.

4. While turkey is roasting, prepare giblets and neck to use in Pan Gravy.

5. To brown turkey, remove foil during last 1 hour of roasting time and baste occasionally with pan drippings. Turkey is done when high temperature on meat thermometer reaches 180 degrees to 185 degrees F and drumstick feels soft when pressed with fingers protected by paper towels. (Breast temperature should be 170 degrees to 175 degrees F.)

6. When turkey is done, place on warm large platter; keep warm. Prepare Pan Gravy.

7. To serve, garnish platter with fresh herbs and grapes. Serve with gravy. Remove skin from turkey before eating, if you like.

Source:Child fun.com

### Mushroom Stuffing

(For 12-Pound Turkey)

5 1/2 cups Fresh Mushrooms; Sliced

6 cups Green Onions or Scallions; Thinly Sliced

1 cup Butter

12 cups Coarse White Bread Crumbs

1 tsp. Salt

In a large saucepan saute mushrooms and onions in butter for 10-minutes until wilted. In a large mixing bowl, pour sauteed ingredients over bread crumbs and toss lightly until moisture is consistent throughout the mixture. Stuff turkey and bake.

### Stuffed Grilled Turkey Tenderloin

2 small turkey tenderloins, about 1/2 pound each

Nonstick vegetable spray

1 cup chopped onion

2 cloves garlic, minced

1 (4 oz) can chopped green chilies or jalapeno pepper, as desired

1/2 cup coarsely chopped cilantro

1 tsp olive oil

Cut deep pocket horizontally in side of each tenderloin, making sure not to cut all the way through. Spray non-stick skillet with vegetable spray. Sauté onion and garlic until softened, about 3 minutes. Stir in green chilies and cilantro. Stuff onion mixture into pockets in tenderloins; secure with metal skewer or wooden picks.

Brush tenderloins lightly with oil. Grill, covered, over medium coals or broil 6 inches from heat source 15 minutes per side or until tenderloins are cooked through. Cut into 1/2-inch slices.

Source:Childfun.com

### Carrot Bread

Makes: 12 servings Total Time: 1 hr 30 min

1 cup sugar

2 eggs

1/2 cup plus 1 tsp. salad oil

1 cup grated carrots

1 1/2 cups flour

1 tsp. cinnamon

1 tsp. baking powder

1 tsp. baking soda

Pinch salt

Mix together sugar, eggs, and salad oil. Last, add carrots and mix.

Sift together flour, cinnamon, baking powder, baking soda, salt and add to above. Mix well.

Bake in greased bread pan for 55 minutes at 350°F.

### Bayside Biscuit Loaf

2 cans (12 oz. each) refrigerated flaky buttermilk biscuits

1/3 cup butter or margarine, melted

2/3 cup KRAFT Grated Parmesan Cheese

1/2 tsp. dill weed

Preheat oven to 350°F. Separate each can of dough into 10 biscuits. Dip each biscuit in butter, then into combined cheese and dill weed, turning to evenly coat both sides.

Place 10 of the biscuits in bottom of greased 9x5-inch loaf pan, overlapping biscuits as necessary to cover bottom of pan. Top with layer of remaining biscuits.

Bake 40 to 45 min. or until golden brown. Cool 5 min.; remove from pan.

Source:Krafftfoods.com

# November 2009

Sun	Mon	Tue	Wed	Thu	Fri	Sat	
1	2	Beyond Centers and Circle Time Part 4 Full of Life 6:30PM-9:00PM	3 PCAN 2 Gate City Training Facility	4 Beyond Centers and Circle Time Part 2 Child Care Network 6:30PM-9:00PM	5 Beyond Centers and Circle Time Part 3 Child Care Network 6:30PM-9:00PM	6 13 Discovering the World of Children MECC, Goodloe Center 1:30 PM-4:00PM	7
8	9	Beyond Centers and Circle Time Part 5 Full of Life 6:30PM-9:00PM	10 PCAN 3 Gate City Training Facility	11 Beyond Centers and Circle Time Part 4 Child Care Network 6:30PM-9:00PM	12 Beyond Centers and Circle Time Part 4 Child Care Network 6:30PM-9:00PM	13 20 Christmas Make n'Take 9:00 AM - 11:30 PM	14
15	16	Beyond Centers and Circle Time Part 6 Full of Life 6:30PM-9:00PM	17 CPR and First Aid 6:30PM - 9:30PM Gate City Training Facility	18 Beyond Centers and Circle Time Part 4 Child Care Network 6:30PM-9:00PM	19 Thanksgiving	20	21
22	23		24	25	26	27	28
29	30						

Gate City Training Facility 276-386-9881  
 Child Care Network, Bristol, 276-669-3223  
 Full of Life Child Care Center, 276-395-2730  
 Goodloe Center Contact Information,  
 276-328-6194 or 276-679-0518