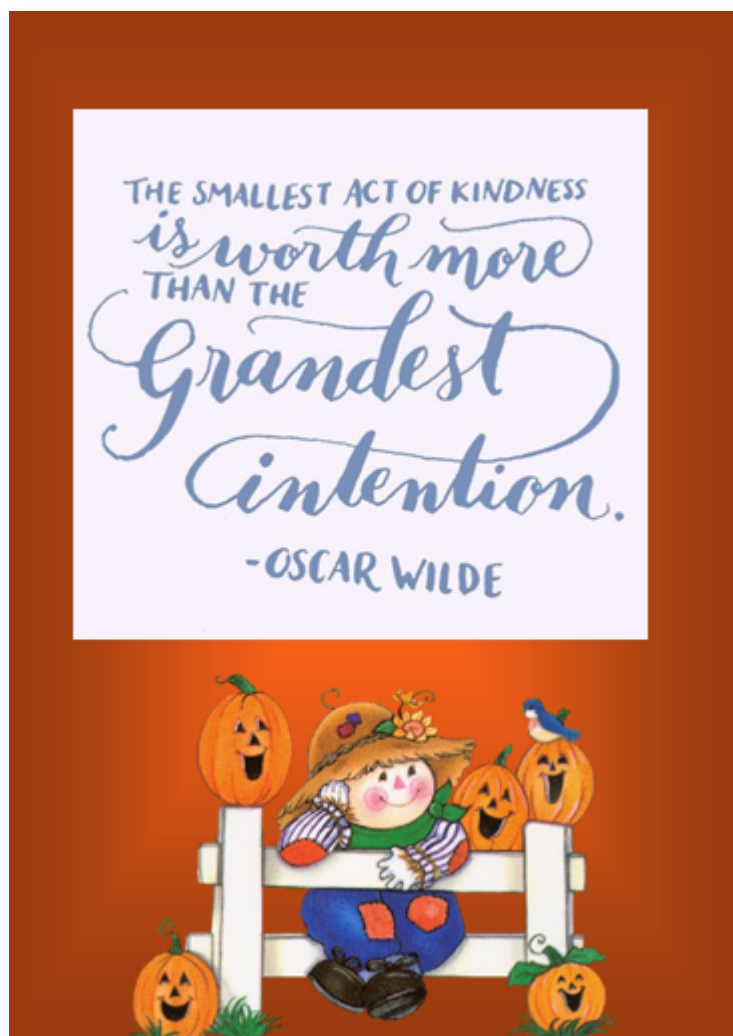
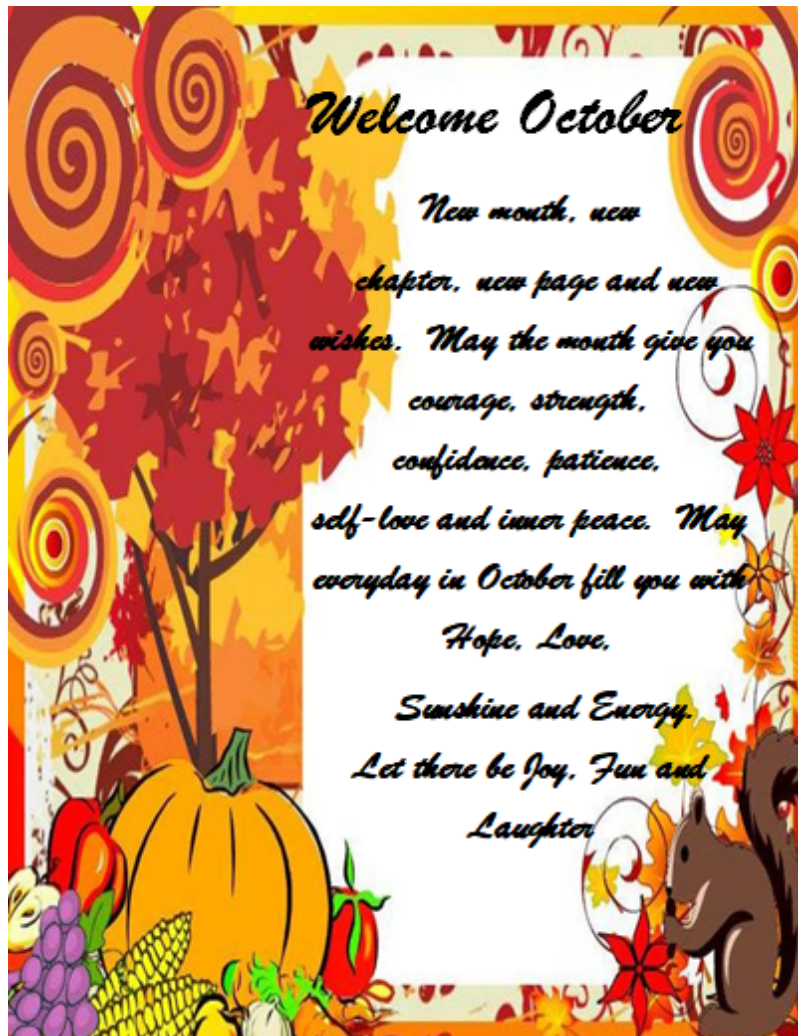


No images? [Click here](#)





[Visit Us on the Web](#)[Board of Directors](#)[Committee Chairpersons](#)[Provider Resources](#)

Click on the button above to get information on our Board & Committee Members.

**From Rhonda (President)**

Great October,

I would like to take this time to say "Thank You" for all that you do for your childcare children and your family. I know it hasn't been easy. Remember to take those five minutes for yourself every day. I would like to thank Joan for stepping in to help us with the Credential workshop. We will have this type of workshop once a month as long as there is an interest. I would like to thank Lisa McCourry for offering a SHAKLEE basket every month and Therese Mason for offering a Halloween Basket for our October members giveaway. All drawings will be held at our members meeting (October 8th @6:30pm) and you must be present to win.

As I advised in our last members meeting we need help with the association more than ever. Melissa needs someone to proof read the newsletter prior to sending it out. This should only take a few minutes. If you are interested in helping please contact Melissa at newsletterhcfcca@gmail.com. Since the state had to come up with more creative ways for you to get a PAU (see Anita's Article), this is one you can do from the comfort of your home. Helping any board member or chair person can help earn a PAU. If you would like to share a craft or a Child Care related topic you find interesting at our general members meeting, please contact me at hcfccabusiness@gmail.com so I can allot time for you to present it to the members.

April 2021 HCFCCA will be celebrating its 40th anniversary. This is exciting and we would like to have a celebration. If we start working on this now it will reduce the stress of planning such an monumental event. So let's start off with a Theme. Everyone

who sends in a theme will be entered into a drawing for a prize. If your theme is selected, you will also receive a prize.

If you have not received your check for the HoCo Grant or have any questions of your status, please contact Joan Johnson at jmjohnson@howardcountymd.gov.

If you have any questions about classes or training certificate please contact Angela Lamberti atlamberti@aol.com. You should start receiving notifications from Better Futures a few days prior to our meeting. If you do not please contact Angela. Please don't wait until the day of the class. Make sure your membership payments are here by the last day of the month (not mailed the last day). Our October class is on October 1st, that means if you're not current you will not be able to attend the class. Listed below is the contact information for our Board Members and Chair Persons. Please use this information to contact them directly if you would like to help them or if you have any questions.

Position	Name	Email
VP of Education	Angela Lamberti	atlamberti@aol.com
Treasure	Aisha Miller	treasurerhcfcca@gmail.com
VP of Membership	Lisa McCourry	hcfccavpmembership@gmail.com
Secretary	Uyen Feliks	ufeliks@gmail.com
VP of Marketing /Public Relations	Deena Kinnaman	Dloveshearts@aol.com
MSFCCA Director	Rashmi Tandon	Bunny.tandon@gmail.com
Newsletter	Melissa Gaither	newsletterhcfcca@gmail.com
Hospitality	Claudia Cuestas	happychildren123md@gmail.com
Mentoring/Networking	Therese Mason	laurelbutterflychildcare@gmail.com
Volunteer Committee	Anita Marino	aswan650@gmail.com
Website Update	Claudia Cuestas	happychildren123md@gmail.com
Social Media	Vacant	Vacant
By-law/Policy and Procedures	Antoinette Murray	antoinette@ioworkshop.org
Parent Line	Nancy Cauley Antoinette Murray	nancymco@aol.com antoinette@ioworkshop.org
Nominating Committee	Nancy Cauley	nancymco@aol.com
Sunshine	Penny Merson	nancymco@aol.com
Fundraising Committee	Uyen Feliks	ufeliks@gmail.com



From Angela (VP of Education)

Hello,

October Training: "Preparing your Early Childhood Education Business for Reopening after COVID – 19"

Training Description: This training walks the participants through 5 steps to follow to be prepared for the reopening of an Early Childhood Education business, when it's appropriate. The strategies include strategically prioritize tasks now, carefully assess finances, addressing family's fears, preparing staff for changes in the operation of the program due to the impact of COVID – 19 and staying positive and focused on new opportunities.

We will have a different format for our October Training. We will be using our cameras and participation will be required. Please be advised that you can NOT share your login with anyone. If you do not receive a login prior to the class please email me and I will contact BF and get a login for you. Please do not wait until Thursday October 1st. The login should be coming the Monday or Tuesday before class.

Thank you and I will send reminder emails starting Monday September 28th.

**From Aisha (Treasurer)**

Moving forward if you're making a payment with a business check please write YOUR name in the memo section of the check so we can identify who the check belongs to.

We will be accepting money orders and check payments by mail only.

Please stay safe and if you have any questions or concerns please email me

**From Uyen (Secretary/Fundraising)**

The core of any successful non profit organization is based on its fundraising effort and the willingness of its members to contribute. We are asking members to continue buying beautiful & well-made masks as our first

effort to raise money to help support a variety of the organization's plans. Our next fundraiser will be tickets to a virtual cooking show by the best "Top Chef" runner up, Eric Adjepong. Please stay tuned for more information.



[CLICK TO PRINT HCFCCA MEMBERSHIP APPLICATION](#)

From Lisa (Vice President of Membership)



Lisa McCourry Wellness Oil Pulling

Lisa McCourry
443-285-9428
McCourry Enterprises

Dear Providers,
Oil Pulling,


This is a great way to not only get rid of your bacteria in your mouth but whitening your teeth. Your mouth is a gateway to your health.

Please do the following:


Step 1 Choose your oil I choose coconut oil
Step 2 Swish in your mouth for 10 to 20 minutes
Step 3 Spit it out in the trash or container, not in your sink
Step 4 Brush your teeth.

Try this before you out unwanted money into the dentist works great!


Sincerely,
Lisa McCourry, CHC




10045 Baltimore National Pike
A7 #67



443-285-9428

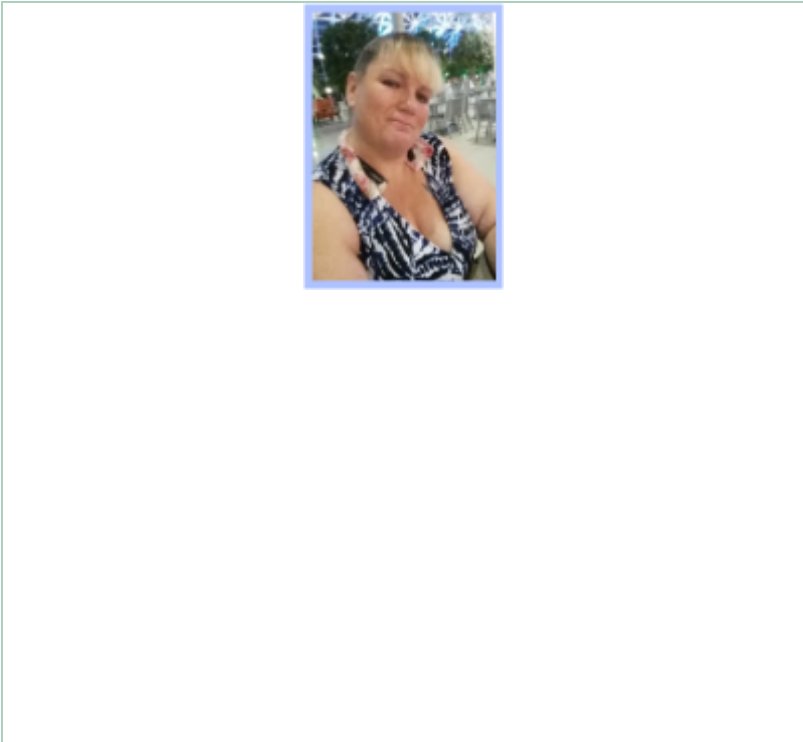


Lisamccourry@gmail.com



Lisamccourry.com
Lisamccourry.net







If you are interested in receiving a PAU send in an article you found interesting, a craft you have done with your children, or a recipe that your children enjoy. After the newsletter is published all you need to do is print out your article and keep it in a safe place. There is one other opportunity to help with the newsletter. Are you a good proofreader? If you proofread the newsletter you can receive a PAU at the end of the year. You will need to print out the volunteer form under Anita's photo to keep track and you must proofread ALL of the newsletters.

From Melissa (Newsletter Editor)

Newsletter Deadlines

Due Date	Newsletter
Month	
November 11th	December
December 13th	January
January 17th	February

February 14th	March
March 14th	April
April 11th	May
May 16th	June
July 11th	Summer Newsletter

Please send your newsletter contributions to newsletterhcfcca@gmail.com. Any contributions to the newsletter are eligible for a PAU. **YOU must print out your article AFTER it is published in the newsletter.**



From Therese(Mentoring/Networking)

National Accreditation and Credentialing

National accreditation has providers look at their program using the self-study tools and develop an improvement plan. Providers look at their interactions with their families, their environment, curriculum and business practices. There are 289 standards that weave through 4 levels. Many of these standards are also MSDE regulations. Being Nationally Accredited helps you move up the ladder in the Credentialing and EXCELS programs. It also provides validation that you are a high quality child care program.

Think you might be interested in doing this? MSDE will pay the fees if you are credentialed at a level 2 or higher. Need help with Credentialing or National Accreditation?

Contact me if you have any questions or if your
interested

laurelbutterflychildcare@gmail.com 301-725-2963

www.facebook.com/laurelbutterflychildcare



Application For Letter of Volunteerism

From Anita(Volunteer Coordinator)

Professional Activity Unit Guide

"Ways to engage in professional activities virtually"



Professional Activity Unit One (1) PAU	Documentation:
<ul style="list-style-type: none"> 10 years of working in child care 	<ul style="list-style-type: none"> Letter from past employer(s) indicating position working directly with children and start and end dates with hours worked. First and last pay stubs indicating hours worked. Copy of the family child care license.
Suggested PAUs:	Documentation:
<ul style="list-style-type: none"> Child Care Conference committee member 	<ul style="list-style-type: none"> Letter indicating that the participant performs such duties and a member of the committee.
<ul style="list-style-type: none"> Member of a local, state or national child care professional organization 	<ul style="list-style-type: none"> Membership card or receipt showing that membership fees have been paid.
<ul style="list-style-type: none"> Attend a virtual national child care conference 	<ul style="list-style-type: none"> Certificate indicating date of conference, sessions attended and clock hours of sessions.
<ul style="list-style-type: none"> Professional child care book club 	<ul style="list-style-type: none"> Letter from Director stating duties and responsibilities.
<ul style="list-style-type: none"> Informal Mentor 	<ul style="list-style-type: none"> Letter from director verifying mentorship.
Suggested Virtual Paus:	Documentation:

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<ul style="list-style-type: none"> Research a topic and present a virtual inservice training for staff members/parents during a video call. 	<ul style="list-style-type: none"> Letter from director with details of presentation
<ul style="list-style-type: none"> Create a virtual tour of your program and have two other Directors review and provide written feedback 	<ul style="list-style-type: none"> Letter from director with details of presentation
<ul style="list-style-type: none"> Host a virtual family engagement session based on specific topics related to early childhood or best practices 	<ul style="list-style-type: none"> Letter from director with details of presentation
<ul style="list-style-type: none"> Participate on a committee in planning a virtual conference 	<ul style="list-style-type: none"> Letter from director indicating that the participant performs such duties and is a member of the committee.
<ul style="list-style-type: none"> Preview and present a peer-review journal (e.g. Young Children, Child Care Information Exchange, etc.) article to full staff virtually. 	<ul style="list-style-type: none"> Letter from director with details of presentation
<ul style="list-style-type: none"> Peer support group 	<ul style="list-style-type: none"> Verification letter from the CCRC/approved trainer or facilitator.
<ul style="list-style-type: none"> Create a five-day learn-at-home plan and email out to families. The plan must include at least one developmentally appropriate activity for each day of the week. 	<ul style="list-style-type: none"> Letter from director with details of presentation
<ul style="list-style-type: none"> Publish a teaching video via Maryland Family Engagement. 	<ul style="list-style-type: none"> Letter from director with details of presentation and link to the published video.
<ul style="list-style-type: none"> Create five teaching videos (at least 5-7 minutes each) and share with children and families. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties
<ul style="list-style-type: none"> Create a children's literature book list of at least 30 books. The list must include title, author and a 10-20-word summary. Share with families. All books must be published within the last 10 years. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties Copy of book list with summary
<ul style="list-style-type: none"> Create an age-appropriate virtual social story about COVID-19, share with children and obtain feedback from two teachers. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties Copy of feedback from teachers
<ul style="list-style-type: none"> Create a comprehensive video lesson that can be shared community-wide. (For example: Read-aloud story with math manipulatives. 	<ul style="list-style-type: none"> Letter from director with details of presentation

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<ul style="list-style-type: none"> Create a bibliography of 15 free child development videos that share researched-based information. Provide, URL, and 10-20 word summary of each video. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties Copy of video list with summary
<ul style="list-style-type: none"> Research and apply for grants for your early childhood program. 	<ul style="list-style-type: none"> Must provide the results of the application
<ul style="list-style-type: none"> Engage in effective advocacy by publishing a newspaper article, appear on the local news or participate in a podcast. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties Documentation of article or podcast link
<ul style="list-style-type: none"> Establish and manage a tutoring/homework program for school-age children in an EPCC/EPSCA program. 	<ul style="list-style-type: none"> Letter from director indicating that the participant performed such duties
<ul style="list-style-type: none"> Early Childhood Advocacy—engage with a legislator 	<ul style="list-style-type: none"> Must include documentation of email correspondence
Professional Activity Units—Two (2) PAUs	Documentation:
<ul style="list-style-type: none"> 20 years of working in child care 	<ul style="list-style-type: none"> Letter from past employer(s) indicating position working directly with children and start and end dates with hours worked. First and last pay stubs indicating hours worked. Copy of the family child care license.
<ul style="list-style-type: none"> Staff working in an EPSCA and EPCC program will be awarded Two PAUs. 	<p>Must provide documentation that the site is an EPSCA/EPCC site:</p> <ul style="list-style-type: none"> Providers must submit a written letter on center letterhead from the Director. Owner/Director—Must submit email approval from MSDE
<ul style="list-style-type: none"> Attend a virtual state child care conference 	<ul style="list-style-type: none"> Certificate indicating date of conference, sessions attended and clock hours of sessions.
Suggested PAUs:	Documentation:
<ul style="list-style-type: none"> Active Association Board Member 	<ul style="list-style-type: none"> Letter from representative of the organization or printed distribution material naming the individual as an official board member.
<ul style="list-style-type: none"> Newsletter contributor 	<ul style="list-style-type: none"> Copy of the newsletter or article identifying you as the author, editor, or contributor and includes the

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	publication month and year.
<ul style="list-style-type: none"> Judy Center partner 	<ul style="list-style-type: none"> Letter or copy of agreement from Judy Center representative.
Professional Activity Units—Three (3) PAUs	Documentation:
<ul style="list-style-type: none"> 30 years working in child care 	<ul style="list-style-type: none"> Letter from past employer(s) indicating position working directly with children and start and end dates with hours worked. First and last pay stubs indicating hours worked Copy of the family child care license
Suggested Virtual Paus:	Documentation:
<ul style="list-style-type: none"> Approved trainer/college instructor of infant/toddler, early childhood, or school-age virtual training 	<ul style="list-style-type: none"> Current MSDE issued training approval number. Letter from college department head.
<ul style="list-style-type: none"> Attend a virtual national child care conference 	<ul style="list-style-type: none"> Certificate indicating date of conference, sessions attended and clock hours of sessions.
<ul style="list-style-type: none"> Formal mentor for a student 	<ul style="list-style-type: none"> Mentor/Mentee Contract identifying structure of the process; length of time; and activities/tasks completed during the time.

Note: Virtual professional activity units will only be accepted during the COVID-19 pandemic.



**From Nancy(Parent Message Board
Coordinator)**

Please remember to refer any potential clients that you cannot help to our Parent's Message Line. We have had very few calls/messages over the summer (possibly it is related to COVID). We had 5 calls in June and just 1 in July. Typically this is the time of year when we are inundated with referrals for before and after care. Obviously this is a different kind of year, but some parents may still need care for their school-aged children. The Parent's Message Line phone number is (301) 776-4841.



**From Deena(Marketing and Public
Relations)**

We are starting off the new year GREAT! We are working through the new classes that are now virtual, please do NOT forget to complete your paperwork (assessment and workshop evaluation) at the end of our class. EVERYONE needs to submit these for their Certificate. A link was sent out immediately after the class as well as the next morning and was super easy to complete! Always looking for feedback for these classes, do they meet what you are

looking for by attending? Can only have answers to that and other questions by filling out your survey?

This year will mark HCFCCA 40 year anniversary, APRIL 2021. I guess I will be in charge of looking for volunteers for ideas as to how this will happen. Will we still be virtual or social distancing? I will be looking for support. I will be looking for ideas, photos, video clips, suggestions for dinner/luncheon, etc. You could reach me by emailing me at dloveshearts@aol.com

OCTOBER is FIRE SAFETY Month. Fire prevention week starts on Sunday, October 4 and ends on Saturday, October 10. There are free materials for you on FEMA website or U.S. Fire Administration. These materials will teach you about the nature of home fires and the importance of escaping quickly. Please practice escape planning and practice it each week this month.

As always, looking forward to our next class which will be held on October 1st.



From Rashmi (MSFCCA Director)

Family child care providers have been greatly affected by the pandemic, a lot of us are struggling to pay mortgage, rent, and utilities. Most of us, have reopened and we are finding it hard to get caught up with training requirements for our business. MSFCCA is now providing FREE virtual training to our members. As a

member of HCFCCA you can take part in these trainings. Please register online at www.msfcca.org, you will need your MSFCCA member ID number to register. You can get this by contacting Lisa McCoury, HCFCCA VP, Membership.

The October classes are:

1. October 8, 2020- 6:30-8:30 PM

Topic: Addressing Social Emotional Needs of Children, Families and the Workforce During the Pandemic.

2. October 12, 2020- 6:30-9:30PM

Topic: Engaging All Families

3. October 20, 2020- 6:30-9:30 pm

Topic: Preschool Behavior Management: Positive Behavior Support

In addition, we now offer a new feature; a statewide provider search, on our website.



MSFCCA 2020

Maryland State Family Child Care Association

MEMBER BENEFITS

MSFCCA welcomes all Registered/Licensed Family Child Care providers to be part of our all-volunteer nonprofit professional organization. MSFCCA also welcomes individual, groups or organization interested in networking and supporting child care across the State of Maryland.

AS A MEMBER YOU WILL:

- Be part of a professional organization that is the collective voice of Family Child Care providers in Maryland
- Be represented in legislative meetings, work groups and organizations that advocate for the child care profession
- Be part of the annual legislative rally in Annapolis
- Receive email notifications on important issues, policies and regulations affecting your profession
- Get discounted rate at the annual MSFCCA conference
- Make connections, gather ideas, and gain exposure to other professional networking opportunities
- Have access to mentoring, technical assistance, as well as support in meeting licensing requirements, credentialing, Maryland EXCELS and accreditation through NAFCC
- Have access to FREE quality Virtual Training that can be used to meet licensing, credentialing, and accreditation requirements
- Be included in the statewide provider search on our website
- Be part of an organization where you can meet fun, innovative, and visionary providers

To become a member please visit www.msfccca.org/membership.

BECOME A PART OF MSFCCA. TOGETHER WE CAN MAKE A DIFFERENCE!

For more information, visit www.msfccca.org



From Claudia (Website Coordinator)

FALL ACTIVITY FOR PRESCHOOLERS

Drawing with nature is the perfect fall activity for preschoolers.

This simple activity is a great way to get outdoors and flex those creative muscles. This is an activity and not a craft, in other words, the creations are not permanent. Simply collect, create, and return the materials back to nature when you are finished. You can, of course, snap a photo

of your masterpiece but otherwise your drawing is as fleeting as the season that inspired it.

TO DRAW WITH FALL NATURE, YOU'LL NEED

- A white piece of foam core, poster board, or heavy weight paper
- Items collected from nature such as fall leaves, acorns, sticks, flowers
- Optional: a camera

HOW TO CREATE FALL NATURE DRAWINGS

Gather all your natural materials and place your white board on a flat surface.

Note: Be sure it is sheltered from the wind or your creations will blow away while you're drawing!

Start placing items on the white board to create an image. We found faces people/creatures easiest but let your imagination run wild!

If your child needs help finding inspiration have them look at the objects in terms of shapes. Acorn caps are round and make good eyes. Sticks can be used to draw lines or as limbs. You can also draw more abstract things such as mandalas. Or literal things, such add a tree with falling leaves. When you are finished creating something, snap a picture and then clear off your board and start all over again.

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**Maryland State Department of
Education (MSDE)**

Division of Early Childhood		
Steven R. Hicks	Assistant State Superintendent	410-767-0335
Sharon Brooks	Executive Associate	410-767-0335
Vacant	Legislative Liaison/Program Developer	410-767-6786
Kenneth Blackman	Research Statistician	410-767-0583
Donna Pennewill	Fiscal Service Officer	410-767-0814
Eunice Lee	Fiscal Service Administrator	410-767-0339
Danella Scruggs	Agency Grants Specialist	410-767-7824
Kim Stewart	Agency Grants Specialist	410-767-7802
Alberta Stokes	Early Childhood Systems Specialist	410-767-0112
Alexis Washington	Communications and Outreach Specialist	410-767-7115
James McMahan	Specialist, ECCATS	410-767-6922
Rachel Demma	Director, Early Childhood System Development	410-767-0339
Office of Child Care		
Jennifer Nizer	Director, Office of Child Care	410-767-7823
Tara Bartosz	Assistant - Director of the Office of Child Care	410-767-7823
Early Learning Branch		
Judy Walker	Branch Chief	410-767-6549
Zina Spriggs	Administrative Aide	410-767-7798
Erika Anderson	Specialist, Early Learning	410-767-0646
Roslyn Coleman	Specialist, Early Learning	410-767-4441
Donald Corbin	Specialist, Early Learning	410-767-0240
Susan Harman	Specialist, Early Learning	410-767-0428
Charlie Mitchell	Specialist, Early Learning	410-767-0586
Nykia Washington	Specialist, Early Learning	410-767-0088
Vacancy	Specialist, Early Learning	410-767-7811
Licensing Branch		
Louis Valenti	Branch Chief	410-767-7128
Jaqueline Blanding	Administrative Aide	410-767-7128
David Hanauer	Criminal Background Investigations	410-767-0721
Teresa Lewis	Licensing Systems Project and Systems	410-767-7037
Manjula Paul	Nurse Consultant	410-767-1853
Child Care Scholarship Branch		
Rene Williams	Branch Chief	410-767-0140
Stephen Lenzner	Administrative Support	410-767-0578
Olivier Bitihari	Quality Assurance Auditor	410-767-9655
Robyn Cobb-Randall	Policy Specialist	410-767-0649
Raye Dugger	Quality Assurance Specialist	410-767-7840
Lorena Guido	Quality Assurance Auditor	410-767-7811
John Lamb	Assistant Branch Chief	410-767-7831
Beverly Olivierre	Quality Assurance Manager	410-767-9654
Janelle Shorts	Monitoring Specialist	410-767-7832
Christopher Viamonte	Administrator	301-502-2999
POC HELPLINE		1-866-243-8796
Amber Green	Specialist, CCATS	410-767-8187
Erie Bundy	Specialist, CCATS	410-767-0440
Morgane Cole	Specialist, CCATS	410-767-9684
Allen Ward	Specialist, CCATS	410-767-0451
DeMoyn White	Specialist, CCATS	410-767-5964

Frederick County Office of Child Care (Region XII)		
5303 Spectrum Drive, Suite G Frederick, Maryland 21703 Janet Speak	Regional Manager	301-696-9766
Garrett County Field Office		
430 Weber Rd, Suite B Oakland, Maryland 21550 Dawna Rodeheaver	Lead Licensing Specialist	301-334-3426
Howard County Office of Child Care (Region VI)		
3300 North Ridge Road, Suite 190 Ellicott City, Maryland 21043 Sharon Afework Michelle Royal	Regional Manager Office Secretary	410-750-8770
Lower Shore Office of Child Care (Region IX)		
201 Baptist Street Suite 32, Multi-Service Bldg., 2nd Fl. Salisbury, Maryland 21801 Suzanne Ruark Angelia L. Bell	Regional Manager Office Secretary	410-713-3430
Montgomery County Office of Child Care (Region V)		
51 Monroe Street, Suite 200 Rockville, Maryland 20850 Carl Eggleston Latonya Jones	Regional Manager Office Secretary	240-314-1400
North Central Office of Child Care (Region XI)		
3105 1A/B Emmorton Road Abingdon, Maryland 21009 Beth O'Connor Alexandria Fortune	Regional Manager Office Secretary	410-569-2879
Prince George's County Office of Child Care (Region IV)		
807 Brightseat Road Landover, Maryland 20785 Danita Moore Kimberly Chambers	Regional Manager Office Secretary	301-333-6940
Southern Maryland Office of Child Care (Region X)		
41670 Courthouse Drive, P.O. Box 1709 Leonardtown, Maryland 20650 Susan Copsey Coty Clements	Regional Manager Office Secretary	301-475-3770 800-874-6797
Upper Shore Office of Child Care (Region VIII)		
301 Bay Street, Suite 305 Easton, Maryland 21601 Sandy Kepler-Klunk	Regional Manager	410-819-5801

Collaboration and Program Improvement Branch		
Cynthia LaMarca Lessner	Branch Chief	410-767-0337
Levette Woodrum	Administrative Support	410-767-0583
Amy Beal	Judy Center Partnership	410-767-0675
Vacancy	Specialist Judy Center	410-767-7802
Wendy Dantzler	Program Coordinator	410-767-8959
Tresa Hanna	Grants Specialist	410-767-3396
Malkia McCleod	Communications Specialist	410-767-0602
Credentialing Branch		
Angeline Bishop-Oshoko	Branch Chief	410-767-6916
Adele Bealefeld	Administrative Officer	410-767-7805
Nancy Cahlink-Seidler	Training Approval Coordinator	410-767-7852
Deborah Langer	Training Specialist	410-767-7813
LaTanya Taylor	Credentialing Specialist	410-767-6947
Jacqueline Woodruff	Grants Specialist	410-767-8961
Agneatha Wright	Deputy Branch Chief	410-767-6923
EXCELS		
Lindi Budd	Branch Chief	410-767-7845
Vacancy	Administrative Aide	410-767-1664
Vacancy	Quality Assurance Coordinator	410-767-8961
Michelle Young	Community Outreach Specialist	410-767-7814
Jena Smith	Quality Assurance Manager	410-767-0580
Andrea Zabel	Quality Measurement Specialist	410-767-7863
Allegany County Field Office		
3 Pershing Street Cumberland, Maryland 21502	Lead Licensing Specialist	301-777-2385
Ruth Lafferty		
Anne Arundel County Office of Child Care (Region I)		
49 Old Solomons Island Road Annapolis, Maryland 21401	Regional Manager Office Secretary	410-573-9522
Renee Woodard		
Tonya Smith		
Baltimore City Office of Child Care (Region II)		
2700 North Charles Street, Suite 203 Baltimore, Maryland 21218	Regional Manager Office Secretary	410-554-8300
Sherry Tsigounis		
Kay Abrams		
Baltimore County Office of Child Care (Region III)		
409 Washington Avenue, Suite LL8 Towson, Maryland 21204	Regional Manager Office Secretary	410-583-6200
Amber Riley		
Andrea Brown		
Carroll County Office of Child Care (Region XIII)		
1643 Liberty Road, Suite 205 Eldersburg, Maryland 21784	Regional Manager	410-549-6489
Sharon Afework		

Washington County Office of Child Care (Region VII)		
1075-C Sherman Avenue Hagerstown, Maryland 21740	Regional Manager Office Secretary	301-791-4585
Dolores Harmon Dee Myers		

Contacting the Division Branches

Office of Child Care –

earlychildhood.msde@maryland.gov

Early Learning Branch

early.learningbranchesmsde@maryland.gov

Collaboration and Program Improvement Branch

– collaboration.programimprovement@maryland.gov

Licensing – licensingocc.msde@maryland.gov

Credentialing –
credentialocc.msde@maryland.gov or 1-866-243-8796

Subsidy – ccscentral@conduent.com or 1-866-243-8796

Maryland EXCELS – info@marylandexcels.org

Tuesday Tidbits - September 22, 2020

Tuesday Tidbits - September 8, 2020

IMPACT from MSDE

CRAFT

Sensory activities

Submitted by Therese Mayson HCFCCA Newsletter Vol 41 Issue 3 October

You will need:

Freezer zip loc bags
Duct tape (I used grape smelling duct tape from hobby lobby)
Any small objects can be used (I used colored rocks from pet store, small foam, clear glass beads)
Hair gel
Measuring cups for putting items in bag (Most of these items can be found at the dollar store) which makes this a very affordable activity.



Discussion:

We have 5 senses that we can use today with this activity.
see with our eyes
touch with our hands
Smell if you use scented duct tape
Hear when you squish your sensory pouch together.

Direction for Activity:

Squeeze hair gel into zip loc freezer.
Add small objects to bag.
Remove air from the bag and the close.
Seal bag with Duct Tape. Then tape down to the table.
Allow children to squish and move items around in the hair gel.



RECIPES

Submitted by Therese Mason HCFCCA Newsletter Vol 41 Issue 3 October 2020.



Vegetable Toad-in-the-hole

Serves 4

INGREDIENTS

BATTER:	FILLING:	
100 g/3 1/2 oz/3/4 cup plain (all-purpose) flour	2 tbsp butter	50 g/1 3/4 oz canned sweetcorn, drained
2 eggs, beaten	2 garlic cloves, crushed	2 tomatoes, seeded and cut into chunks
200 ml/7 fl oz/3/4 cup milk	1 onion, cut into eight	1 tsp wholegrain mustard
2 tbsp wholegrain mustard	75 g/2 3/4 oz baby carrots, halved lengthwise	1 tbsp chopped mixed herbs
2 tbsp vegetable oil	50 g/1 3/4 oz French (green) beans	salt and pepper

1 To make the batter, sieve the flour and a pinch of salt into a large bowl. Make a well in the centre and beat in the eggs and milk to make a batter. Stir in the mustard and leave to stand.

frying pan (skillet) and sauté the garlic and onion for 2 minutes, stirring. Cook the carrots and beans in a saucepan of boiling water for 7 minutes or until tender. Drain well.

the batter. Spoon the vegetables into the centre, return to the oven and cook for 30–35 minutes until the batter has risen and set. Serve the vegetable toad-in-the-hole immediately.




2 Pour the oil into a shallow ovenproof dish and heat in a preheated oven, 200°C/400°F/ Gas Mark 6, for 10 minutes.

4 Add the sweetcorn and tomato to the frying pan (skillet) with the mustard and herbs. Season well and add the carrots and beans.

COOK'S TIP
It is important that the oil is hot before adding the batter so that the batter begins to cook and rise immediately.

3 To make the filling, melt the butter in a

5 Remove the dish from the oven and pour in

HCFCCA FUNDRAISERS

What Happens to Your Body When You Do a Cleanse?

Hello all, Registered Dietitian Nutritionist Sarah Scherer here. It's the perfect time of year to think about resetting and starting fresh for your health. One of my favorite ways to jump-start your "healthy habits" engine is to complete the [7-Day Healthy Cleanse](#). Here's my take on the benefits of detoxing, the gastrointestinal (GI) reset and balancing your blood sugar, and the taste buds and healthy habits reset. To start, detoxing is the action of eliminating the "toxins" built up in your body. These toxins can be absorbed by our skin; we can eat or drink them; or they can be toxins the body makes as a by-product of one of our systems. Essentially, every person's body is always processing toxins out as quickly as possible. Though the body does this naturally, often we can accumulate too many toxins and our systems have to catch up; this can make you feel tired, have poor muscle recovery, etc. This is when a detox can help your body recover by eating superclean and hydrating well. The Shaklee cleanse supplement regimen is formulated to supercharge this detoxing process, allowing your natural detoxing to catch up. The next benefit is the GI reset and balancing your blood sugar. Our GI tract does an amazing job supporting our immune system, keeping our inflammation at the correct levels, balancing our energy, and absorbing essential nutrition from our food. But our GI tract can also become stressed. There are many things that can stress our GI system. One critical stressor is being mentally or emotionally stressed. Others could be eating processed foods, not hydrating enough, not eating enough fiber, constipation, caffeine and alcohol consumption, the antibiotics in animal protein, and many others. The goal of the cleanse is to support your GI system by giving it a break (not consuming processed foods, animal protein, caffeine) and fueling it with the key nutrients (like the probiotics in Optiflora® DI and the prebiotics in fruits and vegetables) to support its healthy flora. The secondary benefit is that eating whole food sources of carbs like fruits and vegetables that contain the power nutrient of fiber will help stabilize your energy and improve your blood sugar levels. Finally, there's the benefit of a taste bud and healthy habits reset. We all know what it is like to crave something sweet, salty, crunchy, etc. These cravings are simply patterns or habits

that our body and brain have learned and gotten used to. The benefit of the cleanse is that the patterns are completely turned upside down and your body and brain have to learn new patterns. This is the perfect opportunity to reset what food your body craves. For instance, after dinner, you might normally eat something sweet. Maybe before, you would reach for a bowl of ice cream, but now you will be reaching for a piece of fruit. After you maintain these new patterns, your brain will begin to associate the sweet craving with fruit, a much healthier choice. Also, a fascinating thing happens with our taste buds when we reduce our salt and sugar. Our taste buds actually become more sensitive to salt and sugar. This means a recipe with less salt or sugar will taste just like one with more salt or sugar. This taste bud reset is such a great benefit you can gain from the Shaklee cleanse. As I come to a close today, one thing to keep in mind...though the cleanse is just 7 days, if you use it as a jump start to get your healthy eating, daily physical activity, and all other areas of your wellness on track, then the benefits will last you for a lifetime.

HCFCCA Shaklee Fundraiser

STEP 3: Kill Germs & Viruses

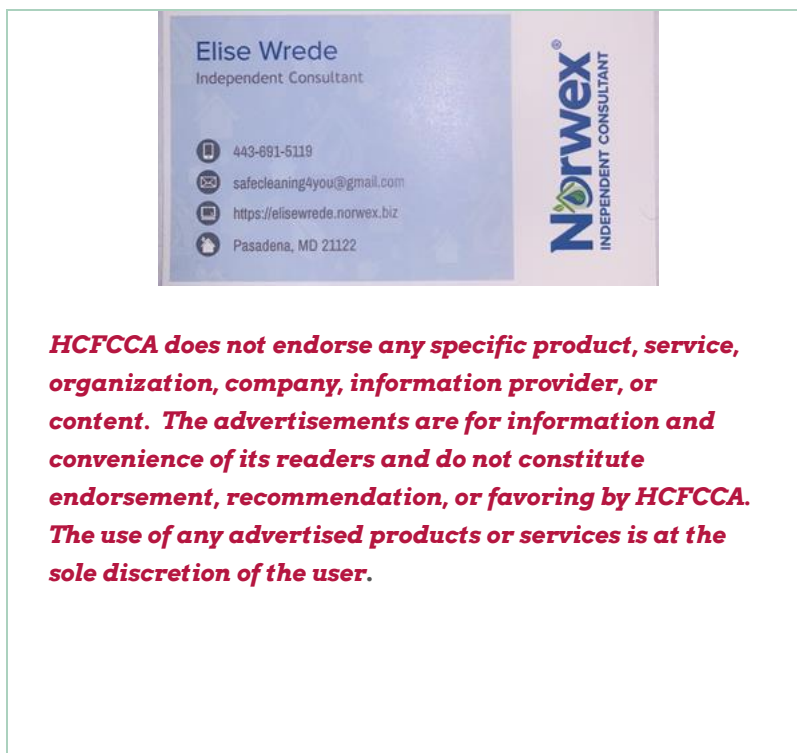
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