



Adirondack Community Action Programs, Inc.

7572 Court Street, Suite 2  
P.O. Box 848  
Elizabethtown, N.Y. 12932



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

**Core Body of Knowledge (CBK)  
Competency Areas**

1. Child Growth and Development
2. Family and Community Relations
3. Observation and Assessment
4. Environment and Curriculum
5. Health, Safety, and Nutrition
6. Professionalism and Leadership
7. Administration and Management

**NY OCFS Training Requirements**

1. Principles of childhood development.
2. Nutrition and Health
3. Child Day Care Program
4. Safety and Security procedures
5. Business record Maintenance and Management
6. Child Abuse and Maltreatment
7. Statutes and Regulations pertaining to child day care
8. Statutes and regulations pertaining to child abuse and maltreatment
9. Shaken Baby Syndrome



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

From the desk of Marjorie Zmijewski, Program Director



July, Aug, Sept. 2016

**Inside this issue:**

Director's Letter	1
CACFP	2
Recipes to keep children hydrated	3
After School News	4
Epi Pen update	5
Importance of Routines	5
Trainings	6
EIP Reimbursement	6
July, Aug, Sept Calendar of Events	7

**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)

## Wee Care Child Care

Adirondack Community Action Programs, Inc. is pleased to announce the opening of a new Child Care Center in Lewis. Wee Care Child Care will open September 6th in the old Elizabethtown-Lewis School (former Head Start Center). The center will be for children ranging in age 6wks to 5 years. The center hours are 7am to 6pm Monday through Friday. Enrollment will be on a first come first serve basis.

Tuition for Infants is \$145.00/week. Toddler tuition is \$135.00/week. Preschool tuition is \$125.00/week. There is a non-refundable registration fee of \$50.00 due with your application.

The program is play based with a focus on the children's interests and developmental needs. Through continual observations of the children, the staff will arrange the classrooms and have appropriate toys and activities that meet the needs of the children. The activities provided will also challenge the children to help their cognitive development. The children will have opportunities to make choices. This will help them with their social/emotional development. Developing the skill to self-regulate will allow the children to develop appropriate social skills which is a foundation for learning. When they have the appropriate skills, their love for learning will grow!

To receive an application, please call the ACAP office at 518-873-3207 and ask for Marge Z. or Kathy B. You can also find applications at the town of Lewis Office and on the ACAP website, [www.acapinc.org](http://www.acapinc.org).



## CACFP NEWS

**Use caution when it's hot outside, especially for active kids.**

In high temperatures, kids don't sweat as much as adults do, so it's harder for them to cool off. This makes them more at risk for dehydration and heat exhaustion. When it's hot out and kids are playing sports—or even just actively playing—head off problems by making sure they drink fluids before, during and after activity. As a guideline, encourage at least 4 ounces of fluid every 15-20 minutes, or whenever there's a break or time-out.

**Tip:** One ounce equals about one "gulp."

**Slip in watery foods.** Serve soups and juicy fruits and veggies like cherry tomatoes, cucumber slices, lettuce, watermelon, oranges, grapes, peaches and strawberries. Can also add lemon, lime or orange slices to water to flavor them naturally.

**Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.**

1. **Smoothie creations** Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!
2. **Delicious dippers** Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.
3. **Caterpillar kabobs** Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.
4. **Personalized pizzas** Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.
5. **Fruity peanut butterfly** Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.
6. **Frosty fruits** Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.
7. **Bugs on a log** Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!
8. **Homemade trail mix** Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.
9. **Potato person** Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.
10. **Put kids in charge** Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 Independence Day ACAP closed	5	6 Parenting Skills	7	8	9 CPR?FA
10	11	12	13 Parenting Skills	14	15	16
17	18	19	20	21 Parenting Skills	22	23
24	25	26	27	28	29	30
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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9 Child Abuse Training ACAP OCFS 6	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5 Labor Day ACAP closed	6 Wee Care Child Center Opens!	7	8	9	10
11	12	13	14	15	16	17 CPR/FA
18	19	20 Parent Awareness	21	22	23	24
25	26	27	28	29	30	

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**Provider Trainings**

- During the months of July, Aug, and Sept, I plan on visiting providers to offer Intensive Technical Assistance. Since it is often hard for providers to attend evening trainings at the ACAP office, I will come and visit you for training. Please let me know if there is anything specific you are interested in for training. I will call and let you know when I am coming to make sure it is convenient for you.

**Scheduled trainings**

- CPR/FA—July 9th and Sept 17th. 9am at the ACAP office. \$125 fee (current rate per OCFS). Apply for EIP reimbursement **\*SEE BELOW**
- Child Abuse—August 9th. 6:30-8:30 at the ACAP office

**EIP REIMBURSEMENT**

The Educational Incentive Program (EIP) is a scholarship program funded by the New York State Office of Children and Family Services (OCFS) which helps providers pay for training and educational activities. EIP has dedicated funding for providers to obtain CPR/FA certification.

- \* EIP for CPR and First Aid scholarship eligibility is based on your employment, level of income and the course or training you choose.
- \* Scholarship awards will be issued for up to \$125 for classroom training and up to \$95.00 for online training that includes a skills testing component.

**HOW DO YOU APPLY?**

To apply for the CPR/FA component of the EIP program, please visit the Early Childhood Education and Training Program website at: [www.ecetp.pdp.albany.edu](http://www.ecetp.pdp.albany.edu). Once on the homepage, select “Apply” to find out more information and apply online.

**Recipes to Help Keep Kids Hydrated**

Refreshing Pineapple Cooler for Kids



- 1 small to medium pineapple, cored, rind taken off, and coarsely cubed for the blender.
- 2 cups water or combo ice and water if you wish for it to be slushies
- 1tsp almond extract
- Juice of 1/2 lemon (this is optional)

For smooth drink, put everything into a high powered blender and using the juicing option blend until smooth.

For a slushie drink, put the pineapple, 1/2 cup water, almond extract, and lemon juice into a high powered blender and using a juicing setting blend until smooth. Add 1 1/2-2 cups of ice to the blender and pulse until the ice is the size you want for the drink. You can blend a lot for small ice piece or just pulse a little for more of a crushed ice.

Fresh Fruit Slushies

You can use just about any fruit and create a fun drink that not only tastes great but will keep your kids hydrated while playing out in the sun.

Ingredients:

- 1/3 cup ice cubes
- 1/2 cup fresh fruit (peeled, hulled, etc)
- optional: pinch unrefined sea salt (for hydration)
- optional: 1 Tbsp. honey (depending on the sweetness of the fruit)
- optional: 1 - 3 Tbsp. water (depending on how much liquid is in the fruit)



Directions:

Combine all of the ingredients in a high powered blender. Blend until ice is crushed but not completely pureed. Serve immediately.



Notes: This makes one slushy.

## After School News

### WESTPORT—Vera Martin, Site Supervisor

Our last month at the Westport After School Program was busy, filled with many fun activities.

The last day of our program was Friday, June 17<sup>th</sup>. The students had ordered and planned many fun activities for the last day. The day was a perfect ending to our year. It was a party day and celebration day with plenty of activities and special snacks.

Several table were set up outside with different activities. The children made sand art pens, necklaces, seashells and rockets at one table. Then they could go to another table to make sun catchers. They could choose from 3 different designs to paint. Another table was set up with canvas bags to decorate with fabric markers.

We took a break and went inside to eat cookies, chips, fruit and enjoyed juice drinks. These special snacks were all donated by the awesome Westport parents!

When we went back outside, the students played parachute games with the big parachute. They also had fun with the hula hoops and spent time on the playground.

At the end of the day, everyone left with lots of goodies and great memories.

During the year, we learned a lot of fun facts. Some of the facts we learned were, was when Donald Duck debuted in the movies and the movie cars was released in 2006. We also discussed in detail several holidays: Memorial Day, Flag Day, Mother's Day, Father's Day.

46 students came through the program this school year, benefiting over 20 families!

Can't wait to see what we have in store for next year!



### MORIAH—Meg Sheffer, Site Supervisor

It is hard to believe another year has ended at the Moriah Afterschool program. We have enjoyed getting to know one another this year and making new friendships. During the last couple of weeks we have made the most of our remaining time together.

Our last weeks at school were packed with a lot of fun! We enjoyed arts and crafts, making an All About Me display, and having a several end of the year celebrations.

One very special celebration day, we made our own sundaes. Thank you Stewarts for providing all the fixings for our sundaes. We also enjoyed some delicious cupcakes. Our special celebration was shared with some Moms, Dads and Grandmas. Thank you for coming!

Our last day of the program was spent enjoying a pizza party, with watermelon and freeze pops as a special treat. We would like to thank all our afterschool families for such a great year and we hope to see everyone in September.

Have a great summer!

Thank You!

### Westport (continued)



### Changes for administering EprPens:

Any child in your program with a severe allergy that requires administration of an EpiPen, should have a detailed Health Care Plan. The plan would also cover information such as mild & severe symptoms of an allergic reaction. The direct link to the Food Allergy Research & Education Website is <https://www.foodallergy.org/>

**Here is a summary of the changes:** The FDA has announced a change to the labeling for EpiPen and Other Epinephrine Auto-Injectors, please read below.

**For all epinephrine auto-injectors:**

**Hold the patient's leg and keep the leg steady while you inject the epinephrine**

This will help prevent the needles from cutting the thigh or becoming stuck in the skin. A study published last year found that in most cases involving cuts or stuck needles, a child kicked their leg while getting epinephrine. The risk of injury is minimized when the leg is held steady.

**See a doctor for infection signs or symptoms at the injection site, such as:** persistent redness, warmth, swelling, tenderness

The FDA notes the rare possibility of getting serious infections at the injection site. These infections are linked to getting epinephrine in the buttock rather than the outer thigh.

**For EpiPen® and EpiPen Jr® auto-injectors only:**

**When you inject, hold the the EpiPen firmly in place for 3 seconds.**

The labeling change that says three seconds is enough time to keep the auto-injector in the outer thigh. Previous instructions said to hold the EpiPen in place for ten seconds.

### Seven Benefits of Using Routines with Your Children

Source: [ahaparenting.com](http://ahaparenting.com)

1. Routines eliminate power struggles

Routines eliminate power struggles because you aren't bossing the child around. This activity (brushing teeth, napping, turning off the TV to come to dinner) is just what we do at this time of day. The parent stops being the bad guy, and nagging is greatly reduced.

2. Routines help kids cooperate

Routines help kids cooperate by reducing stress and anxiety for everyone. We all know what comes next, we get fair warning for transitions, and no one feels pushed around, or like parents are being arbitrary.

3. Routines help kids learn to take charge of their own activities.

Over time, kids learn to brush their teeth, pack their backpacks, etc., without constant reminders. Kids love being in charge of themselves. This feeling increases their sense of mastery and competence. Kids who feel more independent and in charge of themselves have less need to rebel and be oppositional.

4. Kids learn the concept of "looking forward" to things they enjoy...

Which is an important part of making a happy accommodation with the demands of a schedule. He may want to go to the playground now, but he can learn that we always go to the playground in the afternoon, and he can look forward to it then.

5. Regular routines help kids get on a schedule

Regular routines help kids get on a schedule, so that they fall asleep more easily at night.

6. Routines help parents build in those precious connection moments.

We all know that we need to connect with our children every day, but when our focus is on moving kids through the schedule to get them to bed, we miss out on opportunities to connect. If we build little connection rituals into our routine, they become habit. Try a snuggle with each child when you see them in the morning.