



## PFCEEA Quarterly



May 2011 Spring Edition

[www.pfceeaa.com](http://www.pfceeaa.com)

### A Message From Your President

The hotter weather is now upon us. Please remember when you take the children outside, take drinks with you so all of you can stay hydrated. Have your children think of games they can play to stay cool. One of my children's favorites is to toss a water ball back and forth; as each one catches the ball they get a little wet. They quickly learn to toss gently so their teammate can catch the ball. Send us your ideas so we can share with the rest of the association.

July 1 marks the one year anniversary of the newest regulations for state licensed homes. Go through the children's records and update where needed. Don't forget to ask the parent for an updated immunization record.

The CPSC has new standards for cribs. Check inside for more info.

Finally, I'd like to stress upon all of you the importance of our individual health. We all need to make our health a big priority by making annual appointments with the family practitioner, and for us of age, an annual mammogram and pap smear.

Enjoy the warmer weather,

*Marie McFadden*



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Welcome to our new PFCEEA members

We are happy you have joined.

Sonitha Blizzard

Kimberlynn Dixon

Pamela Cassagnol

Sayla Figueroa

Letitia Paige

Sandra Cortado

Doreen Oliver

LaDawn Griffin

Anita Scott

Jacqueline Russell

Joy Phelps

## Upcoming Conferences in 2011

October 1, VAFCCA Richmond, VA  
For more information, [www.vafcca.org](http://www.vafcca.org)

## Membership Report

Our association will mark its 10<sup>th</sup> anniversary on September 10, 2011. Let us know how you think we should celebrate this occasion.

We are currently 108 members strong!  
Our breakdown by cities is:  
Chesapeake 25, Hampton 3,  
Newport News 2, Norfolk 27,  
Portsmouth 7, Suffolk 3,  
and Virginia Beach 41.  
Submitted by Randee Holmes



## Social Secretary

Cards for birthdays, anniversaries, illness, hospitalization, and sympathy are being sent to our members. Please let us know when one of our members needs a card.

Our Social Secretary is also in charge of putting door prizes together for our training meetings. If you have any items we could use in our monthly door prizes, please bring them to any meeting. This includes gift bags of any kind or baskets. A new idea for inclusion in our gift bags is to include a completed craft item you have made along with the directions so the recipient can make the craft with their children.

Submitted by Diane McEwen



## How to Contact PFCEEA

Email: [pfceea@yahoo.com](mailto:pfceea@yahoo.com)

Website: [www.pfceea.com](http://www.pfceea.com)

Email Loop: <http://groups.yahoo.com>

under "Join a group" type in PFCEEA

Facebook: Professional Family Child Care &  
Early Educational Association

### PFCEEA Executive Board

#### President

Marie McFadden 482-9470

#### Vice-President

Randee Holmes 479-9579

#### Treasurer

Wanda DiNardo 486-4582

#### Corresponding Secretary

Azure (Kesha) Howell 623-7514



### Standing Committees

#### Advertising

Jan Coffman 499-6474

#### Historian

Jan Coffman 499-6474

#### Marketing

Fern Rohrer 857-7948

Jan Coffman 499-6474

#### Membership

Randee Holmes 479-9579

#### Newsletter

Marie McFadden, Editor 482-9470

#### Phone Tree

Cindy Sisson 421-7901

#### Resource & Referral

Laurie Womack 486-1840

#### Social Secretary

Diane McEwen 490-2371

### Candii House

PFCEEA accepts donations of baby food, formula, diapers, and wipes along with very gently used clothing of all sizes and genders to give to Candii House. The formula can no longer be from opened containers. All donations can be brought to any meeting.

Submitted by Beth Kaminski



### Resource & Referral

The phone line has been a bit busier now that Spring is here as parents are thinking about summer care. The majority of callers don't leave messages; they are directed to go to the website to get providers numbers.

[www.pfceeaa.com](http://www.pfceeaa.com)

Submitted by Laurie Womack



### Phone Tree Report

The Phone Tree was activated each month for training. I email everyone making the calls & follow up with a phone call. I have 10 wonderful ladies making calls. One calls all the centers, one calls all the members who do not have email, and the other 8 are calling an average of 16 non-member providers each. I am very thankful for all the help as it would take a week for one person to make all the calls. Thank you to all 10 wonderful ladies. If anyone is interested in helping out with the phone tree please call Cindy Sisson at 421-7901. The more people helping, the fewer calls each person needs to make.

Cindy Sisson,  
Phone Tree Chairwoman



### PFCEEA Meeting Schedule

To register for all training meetings, please email [pfceeaa@yahoo.com](mailto:pfceeaa@yahoo.com) or call Marie at 482-9470. PFCEEA members receive the training certificate for free, **non-members pay \$10 cash at the door.**

Our meetings will be held in the Virginia Beach Central Library Auditorium from 7-9 pm. Please let us know if you have a topic or speaker we haven't presented.

Mark your calendars:

### 2011 training dates:

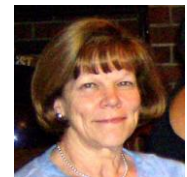
August 29    September 26    October 10

### Marketing Report

Our business cards and flyers are placed in doctor's offices and other training classes to promote both new members and childcare. We place an ad in the Virginian Pilot every other month. Our website is listed on as many websites as we can find.

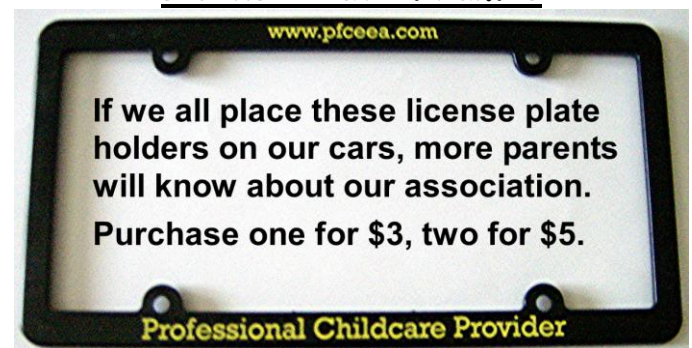
If you have any ideas for marketing, please call

Fern 857-7948/ Jan Coffman 499-6474.



Submitted by Fern Rohrer & Jan Coffman

### License Plate Frames



## Interesting Websites

[www.crimemapping.com](http://www.crimemapping.com)

[www.searchingforchildcare.com](http://www.searchingforchildcare.com)

### Save money at Farm Fresh

Farm Fresh is trying to help us save money on our grocery bills. If you are 55 & up, you can receive 5% off your total bill on Tuesdays & Thursdays. All coupons up to \$1.00 are doubled on Wednesday and coupons up to 99 cents are doubled every day. Now, if you have a military ID card, you can receive 10% off their store brands any day of the week. Be sure to ask for the discount when checking out.

### Restaurant Depot

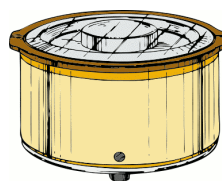
We are all looking for ways to save money. Randee checked out Restaurant Depot for us and we think you might want to visit this store to see for yourself if you can save more than where you currently shop for food.

If you have a city business license or a state license to provide child care, you qualify to shop in Restaurant Depot located at the intersection of Virginia Beach Blvd. and Witchduck Rd. Bring your license, fill out the membership paperwork, and you can shop the same day. This store is set up much like Sam's or BJ's, except there is no membership fee and while everything is sold in bulk, most items can also be purchased individually.

Most of the meat is sold in 40 lb boxes; divided into 4 bags each containing 10 lb. This makes sharing with a friend or family easy. They have a very large refrigerated area, so bring a coat. Look at their website:

[www.restaurantdepot.com](http://www.restaurantdepot.com)

## Recipe Corner



Hot weather will be upon us very soon. What will you be serving your children for snacks and lunches? Please share with us by sending to [pfceea@yahoo.com](mailto:pfceea@yahoo.com) I'll make sure your ideas will be included in upcoming newsletters.

Be sure you and the children stay hydrated. Eat fresh fruit and vegetables, foods high in potassium, and protein. Serve cooler summer foods and eat smaller portions. You might want to make smoothies, or ice pops made from fruit juice. Have your children help make fresh fruit salad or a raw vegetable tray.

Did you plant a garden this year? If so I'm sure your children will be more likely to taste your items since they have seen it grow. If you have a surplus, the Norfolk Foodbank (627-6599) would be happy to receive fresh produce.

### No Bake Pretzel M & M Cookies

1 C sugar                      1 C white corn syrup  
 $\frac{1}{2}$  C peanut butter    5 C Rice Crispy cereal  
2 C pretzel sticks    1 C plain M & M's  
In a large microwavable bowl, heat sugar and syrup on high for 2-3 minutes, stirring until sugar is dissolved. Add peanut butter and blend. Mix in remaining ingredients, breaking the pretzel sticks. Press into a well greased 15X10" pan.



## Remembering Phyllis Hamm

On May 3, 2011, Phyllis Hamm, PFCEEA member #3 passed away from a heart attack. Phyllis held several positions with us: Social Secretary, Treasurer, Newsletter Proofreader, and allowed us to hold our business meetings at her home for the last few years. Those of us who knew Phyllis will always remember her smile and dedication to the association. In lieu of flowers, her family asked that donations be made to Thalia Lynn Baptist Church, in her name. Thalia Lynn is located at 4392 Virginia Beach Blvd, Virginia Beach, VA 23462-3105.



March 2010



October  
2010



December  
2010



## Nationally Accredited Child Care Providers



According to the National Association For Family Child Care, there are 19 Accredited providers living in Virginia. Three of these providers are in our association. Congratulations to Michelle Dawson, Michelle Freeman, and Stephanie Weekes for attaining this high level of quality child care!

## Forms for State Licensed Child Care Providers

To make sure you have all of the forms DSS requires us to have in each child's record, you can go to: [http://www.dss.virginia.gov/facility/child\\_care/licensed/fdh/index.cgi](http://www.dss.virginia.gov/facility/child_care/licensed/fdh/index.cgi) Click on "Current FDH providers (includes forms)" this should show you all the forms you need to be using.

## New Crib/Porta Crib Standards

Beginning **December 28, 2012**, any crib provided by child care facilities and family child care homes must meet new regulations and improved safety standards. The new standard takes effect for manufacturers, retailers, importers and distributors on **June 28, 2011**, addressing deadly hazards previously seen with traditional drop-sided rails, requiring more durable hardware and parts and mandating more rigorous testing.

<http://www.cpsc.gov/onsafety/2011/06/the-new-crib-standard-questions-and-answers/>

You may want to ask the retail store or the manufacturer whether the crib complies with [16 CFR 1219](#), the new federal standard for full-size cribs or with [16 CFR 1220](#), the new federal standard for non-full-size cribs. You can ask the manufacturer or retailer for a copy of the [certificate of compliance](#) that should indicate the crib is certified to meet [16 CFR 1219](#) or [16 CFR 1220](#). After June 28, 2011, all cribs manufactured or offered for sale, lease, or resale are required to meet the new crib standards.

A consumer should not resell, donate or give away a crib that does not meet the new crib standards, such as trying to resell the product through an online auction site or donating to a local thrift store. CPSC recommends disassembling the crib before discarding it.



### Women's Health - Thoughts by Marie McFadden

It has been 5 years since my heart attack. The doctors told me I was very lucky I lived because one of my arteries had a blockage of 99%. I now have 2 stents in that artery, and the bottom third of my heart is dead. I am very thankful for every day I wake up and I'd like to impress upon all of you the importance of having your cholesterol checked regularly, make time in your day to exercise, and of course eat a proper diet. Some of these things are easier said than done, but when things are put into perspective and you think about your loved ones, you will try to make time for "you". My husband tells everyone I'm like a 6 cylinder car running on only 4 cylinders! Heart disease is the #1 killer of women. If something doesn't feel quite right, don't delay - get an appointment with your doctor, or go straight to the Emergency Room. If you feel embarrassed to have something checked out, think of what the alternative could be.

While I'm on my soap box, make an appointment with your GYN for annual exams and a mammogram - cancer is the #2 killer of women. Early detection is the key to success, don't put it off - Your friends and family will thank you!



### Tips for New Regulations

First Aid Kit - make sure your kit only contains the items listed in the new regulations. If your inspector finds any additional items, they assume you are using them and it may result in a violation. Check expiration dates on all items.

Hot Water temperature - make sure your hot water is at least 105 and no more than 120 degrees. Anything below 105 and above 120 may result in a violation.

Sign in/out sheets - (record of daily attendance) make sure you sign in each child each day, and draw a line through their name when they leave.

[http://www.dss.virginia.gov/files/division/licensing/fdh/intro\\_page/current\\_providers/forms/032-05-0612-00-eng.pdf](http://www.dss.virginia.gov/files/division/licensing/fdh/intro_page/current_providers/forms/032-05-0612-00-eng.pdf)

Paperwork - Make sure the parent fills in every line on every piece of the child's record. Also make sure to receive a copy of immunization records and physicals.

Emergency Evacuation bag - I am using an old suitcase on rollers and a few child size backpacks to hold our emergency supplies. The backpacks can either be carried by the children or piggybacked to the suitcase making it easy to grab and go if needed. Make sure to make a list of food items and their expiration dates and put on the outside of the suitcase so you can make sure to rotate your items before they expire.



## Fun Facts About Our PFCEEA Members

Did you know one of our very own special members has recently been awarded the 2011 Safe Harbor Award? That member is our President, Marie McFadden. Congratulations Marie! I am sure we can all agree that Marie deserves a variety of many different awards. Thank you for your dedication to make PFCEEA an association I am proud to be a member of.

Submitted by Beth Kaminski

May 19, 2011

Marie receiving the Safe Harbor Award  
in the Crowne Plaza Hotel, Norfolk, VA



Celebrating with Marie L to R:

Beth, Jo-Ann, LaVerne, Jan, Fern, Wanda, Alice, & Randee



## Things to Remember

 <p>Jo-Ann Teacher Rewards 2010-2011</p>	<p>Ask for your 15% Teacher Rewards discount now at Jo-Ann Fabrics available to regulated child care providers. When obtaining the discount, you will have to show your current license and a photo ID.</p>
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**If you** need training hours:

PFCEEA's next training meeting will be held on Monday, August 29. Check our website for additional training dates. [www.pfceeaa.com](http://www.pfceeaa.com)

**Grocery** shopping opportunities with:

Angelfood Ministries, Valley Foods (RFS Tidewater), and Restaurant Depot

**If you are** cleaning closets, please donate your unwanted items for our door prizes, this includes gift bags or baskets. Contact Diane McEwen at 490-2371

**If you** have baby food, formula (no open containers),diapers or gently used baby, child, or adult clothing, PFCEEA makes donations to Candii House. Contact Beth Kaminski 853-4505 or bring your items to our meetings.

**Help** advertise PFCEEA and all of our individual businesses by purchasing a license plate frame for your car. They are available at our training meetings - \$3 for 1, or \$5 for 2.

**If you** have any comments, suggestions, or concerns, please email us at: [pfceeaa@yahoo.com](mailto:pfceeaa@yahoo.com) Or call Marie at 482-9470.

**PFCEEA** has a Facebook account - join us - go to Facebook.com and search for Pfceeaa

**Our website** is: [www.pfceeaa.com](http://www.pfceeaa.com)