



NEWS & VIEWS

MARCH/APRIL, 2019

The mission of Family Enrichment Network is to provide supportive services for the optimal development of children, adults, and families.

The vision is that all children, adults and families in our service area have the opportunity to grow and develop to their full potential.

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From the Desk of the Executive Director



*Darrell Newvine
Family Enrichment Network*

Spring has sprung! It felt like a very long, cold winter and we certainly welcome the change. The Agency continues to prepare for the future even in an era of uncertainty. No matter what happens at the government level, there will be people that need assistance and we will figure out a way to make that happen. This is typically a busy time of year and 2019 is no different.

The annual employee survey is complete and will be reviewed with staff. The results were as expected: we do lots of things really well, but there are areas we need to attend to. We are looking at ways to recruit new employees while maintaining our existing staff. Our Senior staff has met and made a number of recommendations to accomplish this. We will review those and make decisions.

The economy is doing fairly well but the need for services are ever expanding. We do not see that trend changing any time in the near future. Our local community population is in a decline. As a community Agency, we need to look at doing things differently. As the community changes, we need to change also. Community needs continue to increase and resources to meet those needs continue to be more difficult to attract. Happily, I can report that the proposed state and federal budgets for human services programs look good.

We are always looking at other diverse program areas in need. We have been approved for an HHAP grant to build a 19 unit housing project for the homeless. That will be coupled with another state grant, ESSHI, to provide supportive services for those people living in this housing unit.

We are still working through the minimum wage, Workers Compensation and unemployment Insurance increases. They continue to be a challenge.

We would not be successful without the continued support of the staff, the Governing Board and the entire community. Our staff always works tirelessly to assist us in moving this Agency forward and meeting the needs of children and families. We thank you for your past support of our Agency and look forward to future partnership opportunities.

From our CCR&R Director

Family Child Care Providers Needed

There is a shortage of child care programs in our area! Family child care providers, providing care in your own home, who are registered/licensed with the state, are needed throughout Broome, Chenango, and Tioga Counties.

In New York State, if you provide care in your own home for more than 2 children who are unrelated to you, you **MUST** be registered/licensed with the state or you are providing **ILLEGAL** care.

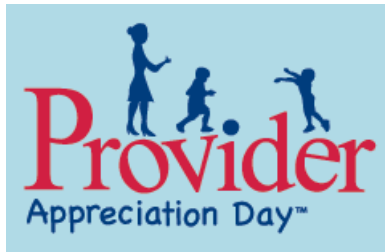
Family Enrichment Network can help you with starting your child care business! We currently have grants available to cover the costs of the training and some supplies.

Call today to get information and assistance for opening your own family child care program!

In Broome County: Call Cathy at 723-8313 ext. 894

In Tioga County: Call Ann at 687-6721 ext. 1186

In Chenango County: Call Julie at 373-3555 ext. 1523



Provider Appreciation Day is Friday, May 10, 2019!

Provider Appreciation Day is a special day to recognize and thank the child care work force, which includes family child care providers, child care center teachers, and other educators of young children everywhere.

Child care professionals are truly among the ranks of the unsung heroes in today's society. Child care providers are notoriously underpaid, yet have one of the most important jobs. Early childhood is one of the most critical periods of development in a person's life. With little recognition, early childhood providers make a difference in the lives of children every day. Provider Appreciation Day offers an opportunity to let your child care provider know how much you appreciate their tireless and dedicated commitment to your child!

Here are some ideas for parents from Child Care Aware of America:

- Get together with other parents to create a surprise
- Send flowers, cards or a handwritten note of appreciation
- Prepare and deliver a healthy meal or snack.
- Work with your child to create a special remembrance
- Buy something for your provider's play area
- Give your provider a paid day off, a raise, or a bonus
- Key in on your provider's hobby and buy an appropriate gift
- Check to see if your employer provides scholarships for toys, equipment or training that you can sponsor as a parent

It doesn't really matter what you do, the point is to recognize and say thank you! Do not let this day go by without a special thank you to this person who is so important to you and your child! And don't forget to let your child care provider know how much you appreciate all they do on social media. Use #ProviderAppreciationDay when you post. You can also nominate your provider for "Provider of the Month" through Child Care Aware of America. Visit / www.providerappreciationday.org/provider-of-the-month/ to nominate your provider any day of the year!



This moment brought
to you by dad.



"What time did the man go to the dentist? Tooth-hurty." #DadJokesRule

Dad jokes are just one way to connect with your kids. Take time to be a dad today.

Come to a 24/7 Dad workshop to find out more.

Workshops are FREE (meal, transportation, childcare included).

All participants are eligible for gift cards.

Call Dan Lesch for more information or to register, 607-723-8313 ext. 838



fatherhood.gov

Employee Spotlight

Tamara Ivan has been a Teacher Mentor at Family Enrichment Network since November 2018 after recently retiring from 35 years in public education working in the Chenango Forks, Johnson City and Chenango Valley School Districts. Her role at FEN is to provide vision and leadership to Special Education UPK teachers and assist staff in developing the classroom environment and planning educational experiences. She is a firm believer that all children can learn and she likes to help create the best possible learning environment to promote growth for each student.



Tammy taught mainly at the High School and college level for 14 years and was a public school administrator for grades Pre K -12 as an Assistant Principal, Principal and a Director of Curriculum for the past 21 years. She has a CSE in School Administration, a Master's Degree in Health Education and a Bachelor's Degree in Community Health/Health Education all from SUNY Cortland.

Tammy grew up in Conklin, NY and currently lives in Binghamton with her husband Ray. She has two daughters; her oldest graduated from Philadelphia College of Osteopathic Medicine and lives and works in Philadelphia while her youngest recently graduated from the University of Notre Dame and is working in Washington DC. In her free time she likes to read, exercise, watch sports (especially Notre Dame), and travel (especially to the beach). She is very much enjoying her time at FEN and appreciates the strong community connection.



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Contact your WIC Help Specialist today:

Family Enrichment Network

(607) 723-8313, Ext 1651

www.familyenrichment.org

Serving Broome and Delaware counties

Prepared by a project of Hunger Solutions New York; funded by NYSDOH and USDA/FNS. This institution is an equal opportunity provider.

From our Director of Community Services

**Did you know that FEN has a Traumatic Brain Injury program?? We do...
TBI Program Contact Information: 607-723-8313**

Although March is over this information is too important not to share. Awareness and education are critical to understanding those who suffer from a brain injury. Please take a moment to read through the following information.

This could affect anyone of us or someone we love!

March is Brain Injury Awareness Month

An acquired brain injury is damage to the brain caused by events after birth, including Traumatic Brain Injury (TBI), brain tumor, anoxia, infection and poisoning.

Every 23 seconds a person sustains an injury to the brain in the United States

The Brain Injury Alliance of Colorado recognizes every individual living with an acquired injury to the brain. **We ask that you help us raise awareness for the over 500,000 survivors living in Colorado by sharing at least 10 ribbons of knowledge with someone new.**

Falls are the leading cause of TBI, accounting for over 47% of all TBI-related ER visits, hospitalizations, and deaths in the U.S.

On average, 1 American dies from stroke every 4 minutes

Brains do not finish developing until the mid-20's
The frontal lobe, one of the last parts of your brain to develop, is where "adult thinking skills" reside.

An anoxic brain injury is when the brain is deprived of oxygen for long enough that brain cells begin to die.

Encephalitis is inflammation of the brain, often due to viral infections. It can cause flu-like symptoms (fever or severe headache), as well as confusion, seizures, or problems with senses/movement.

Effects of brain injury can include impaired thinking, memory, movement, sensation (e.g., vision or hearing), or emotional functioning (e.g., personality changes or depression).

Approximately **90% of concussions are not associated with a loss of consciousness**

Males are almost 2x as likely as women to sustain a TBI

Fatigue and cognitive challenges are the two most commonly reported outcomes of Coloradans with brain injury.

Together, We Can Shine a Light on this Invisible Disease

From our Family Support Services Director

Walk Like An Animal

Here is a fun activity from the Family Enrichment Network staff at the Broome County Courthouse Children's Center.

The Broome County Family Courthouse Children's Center is run by Family Enrichment Network and provides FREE drop-in child care for any adult who has business in Family or Drug Court. For more information please call the staff at **607-240-5818**

There are endless possibilities for preschoolers to imitate different animals and how they move around. The gross motor movements help children build strength, body awareness, core stability, bilateral coordination, and motor planning.



Doing this activity also encourages visual attention and concentration. While the children think of animals to mimic, there is a moment when they must recall the actions of that animal. It also inspires their creativity as they can even make up their own movements!

If you don't have pictures of animals then you can ask them what noise this animal makes then show them how the animal walks.

Example:

- What sound does a cow make?
- What sound does a donkey make?
- What sound does a rooster make?

This is a great family fun activity. Have fun and enjoy.

<https://parentsblog.childcarenetwork.com/blog/walk-like-an-animal>

From our Program Development Coordinator

Spring has sprung and soon everything will be in bloom. We are gearing up for our second garden season at our Sherman Street Community Garden. We still have several garden beds available for rent. Each bed is just \$20 for the season. If you would like to rent a bed please visit this link to fill out your application. <https://goo.gl/C4SyRS>

If you have additional questions please contact April Ramsay, Director of Program Development at aramsay@familyenrichment.org or Dan Lesch, Fatherhood Coordinator at dlesch@familyenrichment.org.



FamilySM



Enrichment Network



We are a proud sponsor of Family Enrichment Network, and the positive changes they make in our community.

*Thank you
for all you do!*

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“Blocks” approximately 2 1/2” x 3 1/2” are now available, become an advertising partner of Family Enrichment Network for \$15 per year, and receive 3 issues of “free” advertising.

For more information on available space or to set up your ad,

please call Laura at (607) 723-8313 Ext. 815.