

# NETWORK NEWS

## Enriching the Community

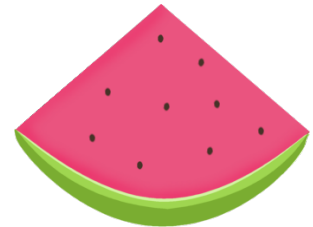
### A Message from the CCR&R Director

Child care assistance is coming! NY OCFS has a plan for the use of the federal stimulus funding for child care. Specifics on timeline and applications for any funding support are still unknown, but we know there will be grants available to child care providers and programs for business continuity. This should be a set-rate upfront funding available for programs to continue operating during these tough times.

In the fall, we should hear more about the funding dedicated to “Child Care Deserts.” There should be grants available for programs who want to expand their capacity and create more slots or start a new program in an under-served area. (Most of our three counties, if not all, are under-served area!)

Another opportunity at some point will be stabilization grants. There have been several national webinars and news articles dedicated to this funding which was passed as part of the American Rescue Plan Act of 2021 in March. The goal is to help defray business expenses associated with the pandemic and help stabilize operations so you continue to provide care. We’ve never seen this type of funding poured into the early childhood system before and it is an exciting time for the importance of early care and learning to be recognized. But I also know more needs to be done and more help is needed for the child care community. Don’t worry, we won’t forget and will continue to advocate for more investment. All child care providers need to make a living wage and that can not be done with parent payments/DSS payments alone.

*Jennifer Perney*



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The NY Early Childhood Professional Development Institute at CUNY has partnered with us to bring the Career Development Center and Leadership Initiative to the Southern Tier region. You will emails on many of these opportunities. I wanted to introduce you to Christine who is the new project coordinator. You can read more about these initiatives on page 11 of this newsletter.

“My name is Christine Duffy-Webb and I have over 20 years’ experience in the education field including teaching in many settings ranging from elementary school to college classrooms. I graduated from SUNY Cortland graduate with a BS and MA in Education and has spent many years preparing young people for teaching careers. My passion and commitment to my students and the field earned me the honor of being a recipient of the SUNY Chancellor’s Award for Excellence in Adjunct Teaching for her work at SUNY Broome Community College. As an advocate for children and the early childhood community, I participate in numerous committees focused on supporting local children, families, and educators. When I am not focusing on the Early Childhood community and teaching, I love being a mother of two children and my family loves exploring and enjoying all that the beauty of New York has to offer. Please feel free to reach out as needed and to learn more about how I can support you and your program staff.”



Christine Duffy-Webb, MS, Ed.  
Southern Tier Early Childhood Regional Coordinator, NY Professional Development Institute  
Christine.Duffy-Webb@cuny.edu

### Child Care Resource and Referral Contact List

#### Broome Office: (607) 723-8313

Jennifer Perney: Director	Ext: 872	jperney@familyenrichment.org
Leslie Vermaat: Child Care Specialist	Ext: 884	ljvermaat@familyenrichment.org
Cathy Lipski: Health and Wellness Coordinator	Ext: 824	clipski@familyenrichment.org
Crystal Rozelle: Child Care Assistant Specialist	Ext: 825	crozelle@familyenrichment.org
Tessa Stacy: IT Mental Health Specialist	Ext 1602	tstacy@familyenrichment.org Cell: (607) 201-5678
Julie Henry: Legally Exempt Coordinator		jhenry@familyenrichment.org
Elaine Johnson: Legally Exempt Specialist	Ext. 832	ejohnson@familyenrichment.org
Lisa Rosa: Legally Exempt Specialist		lrosa@familyenrichment.org

#### Tioga Office: (607) 687-6721

Ann Shear: Tioga CCR&R Coordinator	Ext: 1186	ashear@familyenrichment.org
Cortney Nornhold: Infant Toddler Specialist	Ext. 826/1187	cnornhold@familyenrichment.org

#### Chenango Office: (607) 373-3555

TBD SOON!: Chenango CCR&R Specialist	Ext: 1522
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General questions: email: jperney@familyenrichment.org  
Program updates or referrals for parents: referrals@familyenrichment.org

## Family/Group Family Providers: Would you like your class paid by VOICE?

Follow these easy short steps on how to apply for any class that you take at Family Enrichment Network.

- 1) Go to <http://voicecsea.org/>
- 2) On the right side of the screen you will see "Quick Links", under there click Professional Development Program.
- 3) On the next screen you will see under "How to use this program" there will be a link at #1. Click this for the next screen to appear.
- 4) On the next screen you will input your daycare license number and your voice number.
- 5) You will see a drop down of organizations that offer classes. You will search for Family Enrichment Network (Broome, Chenango, Tioga).
- 6) Click Get authorization.
- 7) You will be all set to have classes paid for, for the contract year.

Please if you need any assistance feel free to contact Crystal at 607-723-8313 x825

Over the past year things have changed. Regulations, recommended procedures and business practices are changing constantly. Here is a list of resources that may help answer questions you have from regulations to taxes.

OCFS (Office of Children and Family Services) - The New York State Office of Children and Family Services provides a range of resources to help parents with their child care needs, people who want to start or are currently running child care programs, and anyone with a concern about the health or safety of a child in a day care program.

OCFS site offers trainings, resources, updates & important announcements and more.

Contact information – Website: <https://ocfs.ny.gov/programs/childcare/>  
Syracuse Regional Office Phone: 315-423-1202

CSEA/VOICE - A union made up of and working for family child care providers from across New York State.

CSEA/VOICE offers a list of trainings, tuition assistance, medical, dental and visions insurance assistance, free legal advice and more.

Contact information - Website: <http://voicecsea.org/we-are-voice/>  
Toll Free Phone: 877.483.CSEA (2732)

Tom Copeland – Taking Care of Business The nation's leading expert on the business of family child care. Tom's blog offers business, tax and recordkeeping tips along with a Q&A section where you can ask specific questions.

<https://tomcopelandblog.com/>

NYS Department of Health: Get the latest state guidance regarding COVID

<https://www.health.ny.gov/>

Local Dept. of Health – Visit your local Health Department websites to find county specific updates and COVID vaccination sites.

Broome County - <https://www.gobroomecounty.com/hd>

Chenango County - <https://www.co.chenango.ny.us/public-health/>

Tioga County - <https://www.tiogacountyny.com/departments/public-health/>

## New Quality CPR Manikins Have Arrived!

Cathy Lipski, Health and Wellness Coordinator

Now CPR training will be more lifelike than even with our new Quality CPR Manikins. The babies even have cute onesies! The Laerdal QCPR Manikins include QCPR measurement and feedback delivered using Bluetooth and an app downloaded on smartphones and tablets enabling real time feedback on compressions and ventilations. The app can be downloaded on your own device or you can use the device available at your training session. You will not be required to use the app for certification, but it can help improve your skills.

During your next CPR class, you will also get to use our new AED trainers! You will have a realistic experience that is both simple and effective.

Not sure if you can really help prevent a baby from choking in real life? We now have simulated foreign objects so you can practice your back blows and abdominal thrusts to perfection.

Always remember that some one's life may be in your hands!




Contact Cathy or Crystal to sign up for a class if you need to recertify.

## Congratulations on your Retirement!

After years in the business, these local family child care providers will be closing.  
We wish them the best.

Gail Seymour—40 + years  
Ann McGuigan—30 years  
Cindy Belokur—29 years  
Elizabeth Janczak—10+ years



### Blueberry and Melon Toss

(makes 6 servings)  
From: Celebrating a Healthy Harvest 2

**INGREDIENTS:**

- 1/2 cup cantaloupe (cubes or balls)
- 1/2 honeydew melon (cubes or balls)
- 2 cups of watermelon (cubes or balls)
- 1 cup blueberries
- 2 Tbsp honey
- 2 Tbsp lemon juice
- Fresh mint leaves, optional

**PREPARATION:**

1. In a serving bowl, combine cantaloupe, honeydew, watermelon, and blueberries.
2. In a small dish, combine honey and lemon juice. Stir until mixed.
3. Pour over melons and toss to gently mix.
4. Cover and refrigerate until 1 hour before serving time.
5. Garnish with mint if desired.
6. Serve at room temperature.

## Responding to Abuse or Neglect

Responding to a child who has been abused or neglected is never easy. Children, depending on their age and developmental stage, may not be able to explain fully what has happened to them. Researchers report that children have difficulty disclosing abuse because they fear adult anger, disappointment, or disbelief. The following guidelines will help you to respond sensitively and appropriately to a child who has been abused.

1. Listen with compassion. Take a deep breath and act very calm. If you seem to be upset, the child will be less likely to tell you what the problem is and might even deny there is a problem.
2. Use whatever language the child uses to describe the disclosed act or situation. Do not avoid embarrassing subjects.
3. Let the child know that you believe him or her.
4. Provide reassurance. Say in a calm, matter-of-fact, warm voice, “Thank you for telling me. Everyone deserves to be safe, and I will figure out what to do to get help.” Reassure the child that telling you was the right thing to do — that he or she made a positive choice.
5. Be honest and don’t keep problems a secret. If the child asks you to keep a secret, explain that you can’t keep this kind of problem a secret. However, you can say that you will help in any way you can and respect their privacy as much as possible.
6. Put things in writing. Write down right away exactly what the child told you as specifically as you can with the dates and any documenting information you might have.
7. Know the reporting law and process. Make the call to the State Central Register if you have Reasonable Cause to Suspect abuse or maltreatment. The NYS Mandated Reporter # is 1-800-635-1522. If you believe the child is in immediate danger, call 9-1-1.

Do you need to take a Mandated Reporter class or have any questions about your responsibilities?  
Call or email Leslie: [ljvermaat@familyenrichment.org](mailto:ljvermaat@familyenrichment.org) or 723-8313 ext. 884.

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# NY Project Hope

## Coping with COVID



Do you need someone to talk to?

NY Project Hope is New York’s COVID-19 Emotional Support Helpline.

NY Project Hope helps New Yorkers understand their reactions and emotions during COVID-19. Through an emotional support helpline, educational materials, and trusted referrals, NY Project Hope helps people manage and cope with changes brought on by COVID-19.

NY Project Hope Crisis Counselors understand what you are going through. Talking to them is free, confidential, and anonymous. Talk to someone who is trained, knowledgeable and never judges. Sometimes it helps to talk with someone you don’t know.

Emotional Support Helpline: 1-844-863-9314



## Outdoor Fun

Before the pandemic, we tried to limit screen time for children. Now they are using devices for everything including school, staying connected to family & friends, and many community activities. We are all hopeful the pandemic is ending and we can enjoy summer outside with family and friends.

We know that outdoor play is so important for many reasons. Our bodies need the sun. Sun plays a crucial role in our body processes, from healthy bone development to boosting our immune system. Sun exposure also promotes healthy sleep and boosts our mood.

There's no better way to get the kids up and moving than going outdoors. They are learning to take risks, troubleshoot, socialize and negotiate. The great thing is, they don't even realize that they are learning and building these skills. Give them a ball, bike, insect net or bubbles and let them have fun!

So much of our world is changing. Kids need to walk in nature, dig in dirt and investigate wildlife so that they learn to appreciate it. Plant a tree, dig in a garden, take a hike, compost and just observe nature.

**\*\* Make sure to stay hydrated, limit outdoor time in the direct sun, use sunscreen and always check for ticks after coming inside.**



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## I'm Bored!

You will inevitably hear children say that this summer, so be prepared by making Bored Sticks or Fun Sticks. They can be called many things.

Start by writing activities on popsicle sticks and putting them in a jar. When children say they are bored, direct them to the jar to pull a stick with an activity. You can make 20 sticks or 100. It doesn't matter. You can let the children help you make up the activities so they find them fun. Then pulling a stick will be a surprise and stop that boredom.

You can find tons of ideas for the sticks online, but if you need some assistance, give us a call!



# The Power of Outdoor Play

Cortney Nornhold (Infant Toddler Specialist)

Playtime is a special time for children. Not only is it fun, but it is critical for children's development. Play is their way of learning about the world around them. Through play, infants and toddlers try out new skills, explore their imagination and creativity, and learn about relationships with other people. We can make the most out of children's playtime by following the child's lead, looking at the play space, reading the child's signals, and letting the child try to do it on their own.

Getting children outside has many benefits. Some benefits of outdoor play/ being in nature include:

Physically:

- Balance, coordination, active, myopia prevention (nearsightedness)
- Promotes physical health and illness recovery
- Promotes better sleep

Cognitively:

- Engaging all of the senses, creative thinking
- Better concentration can lead to better learning outcomes once children return to other activities
- Can learn about science and supports STEM skills
- Can cultivate & learn environmental values and awareness

Socially & Emotionally:

- Problem solving, interacting with peers, ability to handle stress
- Creates opportunities for social interaction and collaboration
- Gives children a chance to take appropriate risks
- It anchors children to the real world

The outdoor environment should be an extension of your indoor learning environment. Learning happens in all play spaces, indoors, outdoors, and "beyond". Connect the inside learning with outside by either bringing nature inside or by having materials/books that promote what you are learning about outside. If the children seem bored, then bring "inside materials" outside with you. Changing the environment will change the play. Having more natural materials and loose parts can encourage children's imagination.

If you have any questions about outdoor play, natural materials, and loose part ideas that are appropriate for infants and toddlers, then please call me at (607)723-8313.



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## ATTENTION CENTERS ONSITE TRAINING AVAILABLE

July is the start of our new contract year, which means you will again be eligible for a free onsite training!

Give us a call to set up something for your staff.

What can we do? Almost anything! Our staff have a variety of expertise in different areas.

Some common requests include:

- ACEs
- Behavior guidance (FLIP IT, Conscious Discipline, and other skills for your toolbox)
- Anti-sexual harassment
- Regulations
- Supervising children
- Health and safety including hand-washing, diapering, cleaning and sanitizing
- Child abuse and maltreatment, including shaken baby syndrome

Call Crystal at (607) 723-8313 ext. 825 or email [crozelle@familyenrichment.org](mailto:crozelle@familyenrichment.org) for assistance.



# FIRST AID FOR ANIMAL BITES

Compiled by Cathy Lipski with information from  
The Emergency Care Blog Team



Any animal can bite a human, regardless of whether they're a family pet or a wild animal. Therefore, it's important to know how to provide first aid for animal bites and when to seek additional medical care. The primary concern with animal bites is bleeding and infection.

However, rabies can be transmitted through the bite of a rabid animal. The majority of reported rabies cases occur in wild animals, but any mammal (including humans) can get and transmit rabies. So, keep this in mind when dealing with an animal that is behaving strangely or if it bites unprovoked.

Many animal bites can be treated at home, but some require immediate or additional medical care. If the animal bite breaks the skin, start by washing the minor wound with soap and large amounts of running water to reduce the risk of infection. Then, take steps to control any bleeding by applying direct pressure to the wound and covering the area with a sterile dressing.

Seek additional medical care for the animal bite if:

The wound is more severe and requires stitches.

The injury needs additional wound cleaning or shows signs of infection (redness, warmth, drainage, swelling, increased pain, fever).

You suspect the animal could have rabies. Your healthcare provider may recommend rabies vaccination as this viral disease can be fatal.

Always call 911 if the animal bite results in severe bleeding or if the animal remains a danger to yourself or others.

You should consider the potential for rabies if you experience a bite from a bat, skunk, raccoon, fox, dog, cat or other mammal behaving strangely. But you should NOT attempt to capture an animal that you suspect may have rabies.

Scene safety is critical in this situation, and you may place yourself or others at risk by attempting to capture the animal. Instead, contact animal control immediately or call 911.

CPR, AED and First Aid training can prepare you to respond to a variety of first aid scenarios that you might not always think about. Be sure contact Cathy or Crystal if you need to recertify!

723-8313 ext. 824 or 825

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## ACES

You took the free OCFS online training for 45 minutes, now what?

Take one of our classes to learn more!

Our ACEs 101 will be a great follow-up to the OCFS training.

In the fall, we will be releasing the ACEs 201 class to take your knowledge to the next level, so take ACEs 101 now to be eligible.





# Hunger Prevention

There are so many local resources to help families not be hungry. Please take advantage of these opportunities. They are there to help! Don't think you are taking away from someone else; there is enough to help all in the community.



## Local Food Resources for Broome, Tioga and Chenango Counties (Community Meals, Food Assistance Programs, etc.)

[www.helpme211.org](http://www.helpme211.org)

Click printable resources and choose your county. Once your county has been chosen, click food and there will be a list of local organizations narrowed by town/city. \*Please be aware list may not be current, contact organization before attending. You can also call 211.

<https://www.foodbankst.org/>

Click "Find Food" in top right hand corner of page and narrow down by county. Locations change monthly.

## Farmers' Market

Bainbridge Open Air Market: Village Park, Bainbridge. Saturdays

Broome County Regional Farmers' Market: 840 Upper Front Street, Binghamton. Saturdays

Owego Farmers' Market: 153 Main Street, Owego. Tuesday and Fridays

Russell Farm Stand: 2909 Old Vestal Rd, Vestal. Monday thru Saturdays

Vestal Farmers' Market: 320 Vestal Pkwy E, Vestal. Saturdays

Village of New Berlin Farmers Market: Genesee & St. Hwy 8, New Berlin. Tuesdays

\*This is not a complete list of food resources in the counties. Some websites have not been updated for the 2021 season.

## NOEP

NOEP Coordinators can help you apply for SNAP benefits. This is a free and confidential service. Call:

Broome County: Family Enrichment Network 607-723-8313 ext 827

Chenango County: Catholic Charities of Chenango County 607-336-7897

Tioga County: Catholic Charities of Tompkins/Tioga 607-414-1023

## CACFP

The CACFP (food program) is here to help provides pay for healthy meals and snacks. Sure there's some paperwork involved, but the CACFP staff is here to help you make it easy. Effective July 1, 2021-June 30, 2022, everyone is Tier 1 eligible, which means you get the highest reimbursement rates available!

Call Cathy and Crystal today to sign up and take advantage of this!

For more information on Child Adult Care Food Program  
contact the Family Enrichment Network at (607) 723-8313.  
Cathy at ext. 824 or Crystal at ext. 825

This CACFP institution is an equal opportunity provider.

## JULY 2021

SUN	MON	TUE	WED	THU	FRI	SAT
				1 <b>JC</b>	2	3
4	5	6 <b>JC</b>	7	8 <b>JC</b>	9 <b>JC</b>	10
11	12	13 <b>JC</b>	14	15 <b>JC</b> <b>Chen</b>	16	17
18	19	20	21	22	23	24
25	26	27 <b>Chen</b>	28	29	30	31

## AUGUST 2021

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11 <b>Chen</b>	12	13	14
15	16	17 <b>JC</b>	18 <b>JC</b>	19 <b>JC</b>	20	21
22	23	24	25	26 <b>JC</b>	27	28 <b>Chen</b>
29	30	31				

## SEPTEMBER 2021

SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4
5	6	7	8	9 <b>JC</b>	10	11
12	13	14 <b>JC</b>	15 <b>Owego</b>	16 <b>JC</b>	17	18
19	20	21 <b>JC</b>	22	23	24	25
26	27	28 <b>JC</b>	29	30		

## Upcoming Training Opportunities

### Broome County (**JC**):

July 1: 6:30-8:30pm—FLIP IT  
 July 6, 8, 9, 13 & 15: 8:30-11:30am—Director Health and Safety—Virtual  
 Aug 17: 6:00-7:30pm—Small Talk: Nourishing Healthy Eaters  
 Aug 18: 5-9pm—Pediatric CPR/First Aid Recertification  
 Aug 19: 6-9pm—: ACEs 101  
 Aug 26: 6-8pm—Regs Refresh & IT Best Practices  
 Sep 9: 6:00-8:00pm—Play Is Children's Work  
 Sept 14, 16 & 21: 8am-2pm—Provider Health and Safety  
 Sept 28: 6:30-8:30pm—Keeping Children Safe

### Chenango County (**Chen**):

July 15: 6-7pm—Provider Talk: Relax in Sherburne  
 July 27: 6-7pm—Provider Talk: Relax in Greene  
 Aug 11: 6-7pm—Provider Talk: Relax in Norwich  
 Aug 28: 8:30-11:30am—ACEs

### Tioga County (**Owego**):

Sept 15: 6:30-8:30pm—Getting Back in the Swing

Please see the July through September Professional Development and Training Calendar for full workshop descriptions or visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).



## *Southern Tier Regional* Early Childhood **Leadership Initiative**

We hope that you will join us to support the professional development and success of current and prospective leaders in the early childhood field. The Leadership Initiative provides participants with resources and opportunities to engage with their peers around the Southern Tier region, and provides professional development supports promoting access to excellence for all young children. Please visit our website to learn more about the Leadership Initiative and sign up to become a member. You can sign up here: <https://www.earlychildhoodny.org/leadershipinitiative/index.php?team=LEADERSHIP-SOUTHERNTIER> Be sure to click on “Become A Member” and complete your profile so you will be included with all the great initiatives that the Leadership Institute has to support your leadership journey.

Join us for one of our Summer **Leadership Initiative Information Sessions**:

Monday, July 12<sup>th</sup>, 6:30 – 7:30pm

Friday, August 20<sup>th</sup>, 10:30 – 11:30 am

Wednesday, September 15<sup>th</sup>, 3:00 – 4:00 pm

Registration can be found on:

<https://www.earlychildhoodny.org/leadershipinitiative/index.php?team=LEADERSHIP-SOUTHERNTIER>



## *Southern Tier Regional* Early Childhood **Career Development Center**

I also provide individualized career advisement. Our services include but are not limited to resume review, test prep services (fee-based), college planning and study plans, scholarships, employment network. Please visit our website to learn more about the services available through the Career Development Center: <https://www.earlychildhoodny.org/cdsc/index.php?team=CDSC-SOUTHERNTIER>

Currently there is a CUNY/SUNY Scholarship that provides individuals with up to \$4,000 in scholarships to pursue a credit-bearing credential or degree programs at a CUNY or SUNY campus. I would be happy to discuss this and provide an overview to you and your staff.

Upcoming B5 Enhanced CUNY/SUNY Workforce Scholarship Information Sessions:

July: Monday, July 12<sup>th</sup>, 12:30 – 1:30 pm

Saturday, July 24<sup>th</sup>, 10:00 – 11:00 am

Tuesday, July 27<sup>th</sup>, 3:00 – 4:00 pm

August: Tuesday, August 17<sup>th</sup>, 3:00 – 4:00 pm

Friday, August 20<sup>th</sup>, 12:30 – 1:30 pm

Wednesday, August 25<sup>th</sup>, 6:30 – 7:30 pm

September: Wednesday, September 8<sup>th</sup>, 3:00 – 4:00 pm

Thursday, September 16<sup>th</sup>, 7:00 – 8:00 pm

Saturday, September 18<sup>th</sup>, 10:00 – 11:00 am

Friday, September 24<sup>th</sup>, 12:30 – 1:30 pm

Registration can be found on: <https://www.earlychildhoodny.org/cdsc/index.php?team=CDSC-SOUTHERNTIER>



Through partnerships with families and community agencies, Family Enrichment Network provides supportive services and programs for the optimal development of children, adults and families.

To learn more about our mission, and share in our vision that all children and families have the opportunity to grow and develop to their full potential, please visit our website at [www.familyenrichment.org](http://www.familyenrichment.org).