



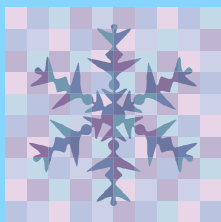
Mountain Heart Resource & Referral

"News From The Heart"

Fall 2004

Look inside:

- News , articles and events for child care providers
- New Staff updates
- Help with Taxes
- WV Birth to Three
- TRAILS News
- Community Events
- Training Calendars
- Send us your comments and ideas



Mountain Heart Child Care Resource and Referral is a program of Mountain Heart Community Services, Inc. and is funded under an agreement with the DHHR Office of Social Services. This program was established in 1992.

Changes at MountainHeart

Many changes have occurred at MountainHeart Child Care Resource and Referral since we published our last newsletter. We have several new staff members, some staff have changed positions and we have begun operating a new program (West Virginia Birth to Three Regional Administrative Unit- Region V). We have included information on these topics in this edition of our newsletter.

Another important change that will be affecting all child-care providers concerns training. Each child care resource and referral agency in the state was asked to complete a training plan on how trainings will be delivered throughout their regions. Previously, the state provided a "training formula" that determined the number of trainings provided in each county. This formula was eliminated from the grants for the 2004-05 fiscal year. Each resource and referral agency had to convene a Training Advisory Committee to assist in developing the new training plan. The members of the committee were to include family child care providers, child care center staff, monitoring staff, licensing staff, staff from the WV Division of Early Care and Education, training team members from the resource and referral agency and any other agencies that may wish to participate. Each child care provider (family, facility and center) from our region received an invitation to participate on our Training Advisory Committee. The Committee met twice and developed a plan that we felt was feasible for our region. The plan was submitted to the state office and we are awaiting word as to whether the plan will be accepted.

new training delivery system include: training will be offered in tri-county and bi-county areas instead of training being offered in each county; training will not be offered as frequently as in the past; training may be longer in length (up to

4 hours instead of only being 2 hours); and trainers will begin utilizing training modules developed by a work group from within West Virginia. Trainings will be offered at a variety of times, including evenings and Saturdays. More Detailed information will be mailed to all providers after we receive feedback from the state office. This will begin effective January 1, 2005.



It will be very important that providers plan in advance how they will obtain their trainings in a timely manner and in order to acquire the variety of core competencies for their particular needs from the trainings.

MountainHeart will also be offering in the future a mini-grant program for home providers. The mini-grant is currently being worked on by our staff. When the grant becomes available, information will be mailed to monitors and home providers.

Willetta Bolinger , RN/MA

Assistant Program Director

Major differences in the



20 Reasons To Read Aloud To A Child

1. It develops listening skills
2. It activates the imagination
3. It provides interesting conversation topics
4. It provides important language modeling
5. It develops the ability to think critically
6. It enhances the ability to think symbolically
7. It stimulates writing abilities
8. It's fun
9. It's an affordable source of entertainment
10. It increases a child's attention span
11. It provides a peaceful family activity
12. It develops a child's desire to read
13. It models a rewarding lifelong habit
14. It gives a child a sense of language rhythm
15. It helps to pattern neural pathways that are developing
16. It expands a child's vocabulary
17. It increases a child's ability to concentrate
18. It gives a child needed practice in predicting information
19. It expands a child's world view
20. It's the single most important thing a parent or provider can do to help a child succeed in school.

New Faces at Mountain Heart

"I am looking forward to working at Mountain Heart serving our community."

—Larry Kincaid, Regional Program Director



"I very much enjoy working at Mountain Heart and very happy to have such wonderful co-workers"
—Judy Henderson
Clerical



LARRY KINCAID

Larry Kincaid is the new Region V Program Director with Mountain Heart. He has been married to his wife Peggy for thirty-five years and has two children and four grandchildren. Over the years, Larry and his wife also raised eight foster children. Larry is a graduate of Alderson Broaddus collage with a degree in Social Work. Prior to coming to Mountain Heart, Larry was employed by WV DHHR.



CHERYL WOLFE

Cheryl Wolfe is Mountain Heart's new TRAILS Early Childhood Training Specialist based in our Grafton office. Cheryl graduated from Fairmont State University in May, 2004 with a Bachelor's Degree in Family and Consumer Sciences, Early Childhood Development Specialist. She also has an A.A.S. in Early Childhood and an A.A. in Sign Language. She is married to husband, Brent, with two sons, ages 22 and 24.

"I am very excited and interested in helping each one of our providers. The TRAILS program is an excellent resource for child care providers to help children discover, explore, and learn while playing. I feel that play is a very important part of a child's social, emotional, and physical development. I look forward to traveling with Lori to meet each and every one of you soon". ...Cheryl



JILL ZURBUCH

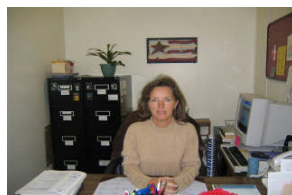
Jill Zurbuch, a native of Elkins, is Mountain Heart's new Behavior Support Specialist, based in our Elkins office. Jill has a B.S. in Speech Language and Audiology (WVU 1985). She also has a M.A. in counseling from Marshall University (2004). Jill is married to husband Jeffery and has three children, Samantha, 17, Alex 14, and Emily 12.

"As Behavior Support Specialist I look forward to using my combined knowledge and experience with early childhood education and development, my recent experience in counseling, and the best learning of all, raising my own three children, to develop a system of support to caregivers and families. My goal is to help children develop skills to make them successful in daily education, social and emotional experiences. I am pleased to be a part of Mountain Heart".Jill



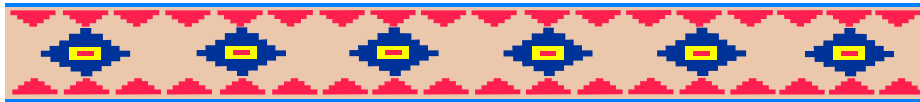
ANGELA HINCHMAN

Angela Hinchman is a part-time clerical worker in our Elkins office. Angela is married to husband, Jeff, and has two children, Hayley 7, and Jeffery 2. She likes to shop and spend time with her family in her spare time.



JUDY HENDERSON

Judy is a clerical worker in our Grafton Office. Judy lives in Grafton with husband, "Bus" and son Andrew, 16. Judy also has a daughter and son-in-law who live in Charleston and a step-daughter and husband who live in Grafton. Judy is very active at Oak Grove Baptist Church where she teaches Sunday school and helps with the youth and nursery. Judy also is very involved in her son's sporting activities—tennis, golf and basketball.



TAX Season is Coming...Mountain Heart Can Help !



Need help with taxes? Mountain Heart Community Services, Inc. is offering VITA

(Volunteer Income Tax Assistance) free to families with an annual gross income of \$35,000 or less. This service will begin January 3, 2005. We can also help with Tax Counseling for the Elderly (TCE) and Earned Income Tax Credits (EITC). Call

your local office for more information, or to schedule an appointment.

Counties served by our VITA program:

Berkeley, Jefferson, Morgan, Hardy, Grant, Hampshire, Mineral, Pendleton, Preston, Barbour, Taylor, Randolph, Tucker, Lewis and Upshur.



VITA Tax Locations

Martinsburg 1-888-915-7653 / 262-1584

Petersburg 1-877-211-5437 / 257-9375

Grafton 1-877-811-5437 / 265-0142

Elkins 1-877-862-3103 / 637-2840

Weston 1-866-232-9227 / 269-6244

Call your local office for more information today!

West Virginia Birth to Three—RAU 5

Mountain Heart is proud to help serve West Virginia families with the Birth to Three Program. The RAU 5 Birth to Three Program serves families within Barbour, Lewis, Preston, Randolph, Taylor, Tucker and Upshur counties. Birth to Three is a program designed to provide assistance and support to children from birth to age three which may be at risk of development delay. Birth To Three services are provided at NO COST to families.

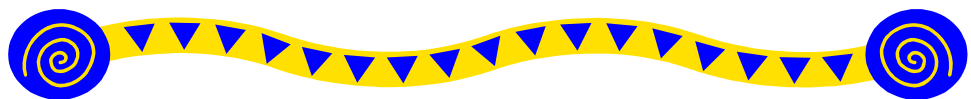
Anyone can make a referral to the program. Eligibility is determined based on 1.) an established medical condition, 2.) developmental delays in one or more of the following areas: Cognitive (thinking & learning), Physical (moving, seeing, hearing, health), Social/Emotional (feelings, coping, getting along with others), Communication (understanding and communicating with others), or 3.) being at risk of possibly having delays in the future. For additional information

or to make a referral, please call 637-2844 or toll free 800-449-7790 . One of our helpful staff members will be assist you!



Birth to Three Staff pictured (top) left to right, Kelli Post, Ruby Kelley, and seated Rachel Skavenski. Pictured on left, Amanda Roy.

TRAILS News



Cheryl Wolfe has recently joined the Mountain Heart team as our TRAILS Early Childhood Training Specialist, based in the Grafton office. Our former TRAILS Training Specialist, Justin Wright, has taken on a new role with Mountain Heart as a Provider Training Specialist. We hope you'll be attending one of his trainings very soon. Justin provides trainings in Barbour, Lewis, Preston, Taylor, Tucker, and Upshur

counties. (see enclosed training calendar for more information).

If you have any questions or request about the TRAILS program, contact Cheryl at 1-877-811-5437. Cheryl's service area includes: Barbour, Taylor, Preston, Lewis, Upshur, Randolph and Tucker counties. If you are located in the eastern portion of West Virginia, contact Janet Aitchison, based in the Martinsburg office, at 1-888-915-7653. Janet's

service area includes: Berkeley, Jefferson, Morgan, Hardy, Grant, Hampshire, Mineral, and Pendleton counties.

The TRAILS program is a service offered FREE of charge to licensed child care providers. Call for more information today!



Our TRAILS program offers a wide variety of toys, books, games and puzzles for children of all ages.

December Trainings



December 2004 Training Calendar

TOPIC: The Key to Art for Young People

County	Date	Location	Time
Barbour County	Dec. 10	Barbour Co. DHHR	2pm-4pm
Berkeley County	Dec. 9	Shepherd Community College	10am-12pm
	Dec. 16	Shepherd Community College	11am-1pm
	Dec. 21	Shepherd Community College	3pm-5pm
Grant County	Dec. 17	Grant County Public Library	11am-1pm
Hampshire County	Dec. 14	Library	11am-1pm
Hardy County	Dec. 17	Moorefield Library	2:30pm-4:30pm
Jefferson County	Dec. 8	Jefferson Co. DHHR	10am-12pm
Lewis County	Dec. 10	Lois Bennet Memorial Library	10:15am-12:15pm
Mineral County	Dec. 13	Grand Central Park	12pm-2pm
Morgan County	Dec. 15	Starting Points	10am-12pm
Pendleton County	Dec. 15	DHHR Franklin	12pm-2pm
Preston County	Dec. 16	Wesley United Methodist Church	10am-12pm
Randolph County	Dec. 14	Randolph County Public Library	2pm-4pm
	Dec. 16	Randolph County Public Library	2pm-4pm
Taylor County	Dec. 13	Taylor County Public Library	2pm-4pm
Tucker County	Dec. 14	Tucker County Public Library	10am-12pm
Upshur County	Dec. 13	Upshur County Public Library	10:15am-12:15pm



Children's Page

Cooking: Easy Pumpkin Pudding

Materials and Ingredients:

- 1 cup of vanilla pudding for each child
- 2 tsp. Libby's easy pumpkin pie mix per child
- A bowl for each child
- A spoon for each child

- Help young children measure and place one cup of vanilla pudding in their individual bowls. Next, measure out 2 teaspoon pie mix with each child. Ask children to mix the vanilla pudding and the pie mix together for a seasonal and yummy treat!



Amanda and Zoey visiting the Elkins Mountain Heart Office

Fall Wreath

Materials: Leaves, acorns, pine cones, bow, brown paint and paper plates.

Description: Cut the center out of a paper plate and have the children paint the paper plate brown. Next, go for a walk to find fall leaves, acorns and pine cones. When the plates are dry give the children glue and let them have fun. Away from the children, use a hot glue gun to glue any loose pieces and the bow.



Mr. Pumpkin Head

Preschoolers use fine motor skills during this Autumn activity by Annessa.

Materials: Pumpkin and Mr. Potato head pieces

Description: Using a medium sized pumpkin, poke some holes where the eyes, nose and mouth should be (include hat and ears). Let the children decorate "Mr. Pumpkin Head" using Mr. Potato Head pieces.

Sing to the tune of "I'm a Little Teapot"

I'm a little turkey
 My name is Ted,
 Here are my feathers
 And here is my head.
 Gobble, gobble, gobble
 Is what I say,
 Quick run,
 It's Thanksgiving Day.

*The leaves are falling down.
 The leaves are falling down.
 Red, yellow, green and brown.
 The leaves are falling down.*



Mountain Heart

Mountain Heart Child Care

Resource & Referral, Region V

Postmaster: Please deliver to addressee or current resident.



Our Five Convenient Locations...
Martinsburg 888.915.7653
Petersburg 877.211.5437
Elkins 877.862.3103
Grafton 877.811.5437
Weston 866.232.9227

"Children Are Our Future...
And The Future Looks Promising!"



Community Events

Berkeley County

◇ Tri-County Child Care Association meets the 4th Monday of every month. For more information contact Helen Levine 304.264.8758

Randolph County

◇ Randolph Co. FRN meets the 3rd Wednesday of each month, 1:30—3:00pm, at the Woldford United Methodist Church, Elkins, WV

◇ Randolph Co. Tobacco Free Prevention Coalition meets the 3rd Wednesday of each month from 3—5 at the Elkins High School, Elkins, WV

◇ The Quality Child Care Team meets the 4th Wednesday of each month from 10—1 at the Western Steer in Elkins, WV. Next meeting 12/29.

Upshur County

◇ Upshur Co. FRN meeting, December 13 at the Stockyard Youth Center, 12 noon.

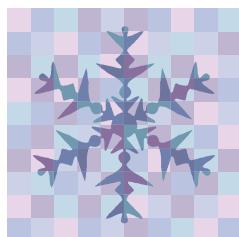
Region Wide

◇ Mountain Heart's Provider Conference will be held in the Elkins area, Spring 2005....details to be announced!

◇ Celebrating Connections

West Virginia's 8th Annual Early Childhood Conference
February 23—25, 2005
Charleston Civic Center
Charleston, WV

For more information contact:
1.888.983.2827 or visit
www.wvearlychildhood.org



Provider Corner

When inquiring about your payment status, please contact your local office. If the Petersburg location is not your local office, your call will be redirected. Also, remember...

- To avoid delays check payment forms for accuracy before submitting
- No white out...draw a line through and initial errors
- Parents are to sign attendance forms on a daily basis
- Refer to Mountain Heart certificates for a child's daily fee, and hours/days approved for care

Your Opinion Is Important To Us !

Your comments, questions and ideas are always welcome.

Contact us at:

888.915.7653

1512 Winchester Ave.
Martinsburg, WV 25401

suelandis@wvdhhr.org

