



News From The Heart

Fall 2006

Provider Conference Held at Alderson-Broaddus College

By Willetta Bolinger

Philippi, WV—The *Making a Difference* MountainHeart Provider Conference was held on June 24, 2006, in Philippi, WV. The conference was held at the Alderson-Broaddus College campus.

The keynote speaker for the conference was Mr. Les Edinger. He gave a wonderful motivational presentation on making a difference in the lives of children. Mr. Edinger kept the audiences' attention by telling personal stories, humor and the use of props in speaking on the subject matter. His use of props (he states he is a "Certified Plunger Artist") was not only memorable, but kept the audience

entertained as they learned.

Melanie Clark of the WV DHHR Division of Early Care and Education presented the four hour training on "Creative Curriculum Assessment". Janie Cole of the West Virginia Early Childhood Training Connections and Resources presented the training session, "STARS—What's In It for Me?" Peggy Johnson and Kelly Rayfield of Youth Health Services, Inc. presented a training session on

"ADHD". "Growing with Me—WV Birth to 3" was the training session offered by Rachel Hamner of the West Virginia Birth to Three RAU V. Jim Weber, MountainHeart Behavior Consultant, gave a presentation on "Child Abuse & Neglect". All of the training sessions received positive comments and the speakers were very knowledgeable about their topics.

More than ninety child care professionals from the region attended the conference. In addition to free training, participants received lunch at the college, resource materials and were eligible for door prize drawings.



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ATTENTION ALL PROVIDERS

Effective **October 1, 2006**, anyone attending a MountainHeart training must have photo identification to present to the Training Specialist (if requested) in order to receive their training certificate.

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

What is Education? **By: Larry Kincaid, Director, MountainHeart North**

What is education? This may sound like a ridiculous question for anyone to ask, but think about it for a minute. Most of us would think first of going to school and getting a formal education. And by doing so, we would receive an official piece of paper that proves we have been educated.

Webster's Dictionary defines **educate** as "to develop the mind, knowledge or skill." This would mean of course that anything we do that develops the mind or teaches a skill to a child could, by definition, be called education. Thus comes the hardest part for most of us as adults; to accept the way we are educating young children. We often say and do things that the child will then repeat. Then we say, "I wonder where that came from," when they imitate what they have seen us do.

Language is the first point I would like to address. Recently, while hanging a picture I hit my finger with the

hammer. Without thinking, I said "%^\$# that hurts." Of course my three-year-old granddaughter, who was watching me, now says, "%^\$#" to just about any negative situation. Why would she pick up on that one word the first time she heard me say it? I believe it has to do with my distress over the pain in my finger that allowed her to make a mental connection with the word and displeasure. So now anytime she is unhappy she says, "%^\$#." I hope this will not be my only lasting contribution to her language development to which I can lay claim.

The second point I'd like to address is modeling appropriate behaviors. The process I'm speaking about is how we, as adults, and to a large degree other children, model behavior (GOOD or BAD) for all children. It would seem to most of us that our children often pick up the negative behavior much easier than the posi-

tive behavior that we want them to display. On this point I think it's just more fun some of the time to engage in the negative behavior than the positive. Not sharing is a good example of this thought. Why share when I can have it all? How do we change this thinking? Certainly not by saying "%^\$# you have to share with other kids. We do this by pointing out the unfairness of the behavior and not allowing it to continue and by always being consistent with our actions with all the children we care for.

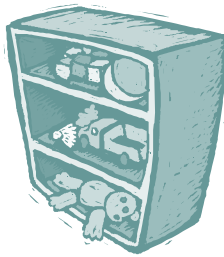
Keep in mind that every time you come into contact with a child you have an opportunity to educate that child. The challenge is giving them something that advances the development of their mind and skills without inadvertently teaching unacceptable behavior they might distribute among their peers.



TRAILS Tip **By Janet Aitchison**

Summer has slipped by and fall is right around the corner. What a wonderful time to look at your child care space with a questioning eye. What has been working and what is not? Perhaps it is time to consider a few changes. Take the toys out of the toy box! What message are we sending to children when we throw their toys in a box? Toy boxes are not a good way to

teach respect for belongings. Put those toys on the bookcases so choosing a toy is not overwhelming. Label the space of the toy so putting toys away is a matching game. Put the books in a crate, "file" style, so children can make a selection



by looking at the book cover.

Do you rotate your toys? Too many choices can be overwhelming. Put some of your toys away for a month and then when you bring them out, they will seem new. Consider rotating your toys on a regular basis.

Remember, children and adults function better in an organized environment.

Medication Administration Training By Willetta Bolinger

Medication Administration training is currently being offered throughout our 15 county region. As per center licensing requirements, staff members who work in child care centers or Head Start and who administer medication must have specific training.

In order to provide the appropriate skills and knowledge to staff members who will be administering medication, the West Virginia Department of Health and Human Services, Early Care and Education Division, has designed a specific training to meet this requirement.

Within our region, Lori Merrill, RN, and Sarah Hicks, RN, are providing the training on a monthly basis. The training consists of lecture, discussion, hands on activities and concludes with skills testing. All participants must pass the competency test with 80% accuracy to receive credit for the training and be allowed to administer medication.

A training schedule is sent out quarterly to all child care center & Head Start directors. Registration is required for the training as a limited number of slots are available. (We must also have a minimum number of participants before we can have the trainings.) Participants must be STARS registered before attending the training.

Currently, child care staff members are allowed to have "interim" medication administration training that meets certain guidelines and is taught by an approved health care professional. However, Mountain-Heart and the WV DHHR Early Care and Education office encourage Head Start and child care staff to attend the approved training that is being provided by Ms. Merrill and Ms. Hicks within our region. In the near future, all medication administration trainings will have to be obtained through Registered Nurses who have been trained and approved by the WV DHHR Early Care and Education office (as Ms Merrill and Ms. Hicks have been). Although a deadline determining when the interim training will expire has not been determined, we encourage

directors to send staff to the WV DHHR ECE approved Medication Administration training before it becomes mandated.

We have received many complimentary comments concerning the Medication Administration training that is being offered by Ms. Hicks and Ms. Merrill. Participants have commented on how much they have learned in the training, how the hands-on practice have made them feel more comfortable administering medication and how knowledgeable and helpful the Registered Nurse trainers were in their training sessions.

For more information concerning the Medication Administration trainings, please contact Willetta at 637-2840 or 1-877-862-3103 (toll free).



Sarah Hicks, RN, teaches the class how to use an Epi-pen



Members Sought for Training Advisory Council

MountainHeart is inviting all child care providers in Region V to participate on the Training Advisory Council. The Council meets quarterly in different areas of our fifteen county region. Region V consists of Barbour, Berkeley, Grant, Hampshire, Hardy, Jefferson, Lewis, Mineral, Morgan, Pendleton, Preston, Randolph, Taylor, Tucker and Upshur counties.

The Training Advisory Council assists MountainHeart in developing and revising their yearly training plan by providing input on training needs. This may include suggestions for training topics, training locations that best meet the needs of child care providers and the frequency in which the training is offered.

The tentative meeting schedule for 2006-2007 is:

November 14, 2006 in Martinsburg

February 6, 2007 in Moorefield

April 3, 2007 in the Grafton area

MountainHeart encourages all child care providers to become an active member of the Training Advisory Council. Your suggestions and comments assist us in planning and providing training sessions that meet your needs.

If you would like more information or are interested in attending any or all of the Training Advisory Council meetings, please contact Amelia or Willetta at 637-840 or 1-877-862-3103 (toll free) for more details.

Mineral County Family Resource Network (MCFRN) And West Virginia University Extension

Biting & Sharing

WV Core Competency—Positive Interactions and Relationships

Monday, October 9, 7-9pm, Health Dept., Keyser

Thursday, October 12, 7-9pm, Frankfort High School

How To Get Parents On The Team

WV Core Competency—Family and Community

Monday, November 13, 7-9pm, Health Dept., Keyser

Thursday, November 16, 7-9pm, Frankfort High School

Child Care Credits, WV STARS and WVU CEU's Available

Refreshments Provided. Child Care is Unavailable.

It is very important to register with the WVU Extension Service

Call 788-3621 today!!!

The WV Governor's Cabinet supports all MCFRN activities on Children and Families.

October—December 2006

Topic 1: Caring for Infants & Toddlers (Includes 2 Hours Infant/Toddler Credit)

Core Competency: Child Growth and Development

Topic 2: Getting Prepared for the Pandemic Flu

Core Competency: Health, Safety & Nutrition

Topic 3: A Conversation with a Tax Specialist

Core Competency: Program Management

Topic 4: It's Your Business, Take Control (A Small Business Workshop)

Core Competency: Program Management

Topic 5: Communication Conflicts with Families and Staff

Core Competency: Professionalism

Topic 6: Childhood Health Issues

Core Competency: Health, Safety & Nutrition

Topic 7: Child Abuse & Neglect

Core Competency: Health, Safety & Nutrition



Barbour County—Family Resource Network (FRN)

October 12, 2006	Thursday	10:00am—12:00pm	Childhood Health Issues
October 12, 2006	Thursday	1:00pm—3:00pm	Child Abuse & Neglect

Lewis County—Board of Education Building (MountainHeart Building) - 2nd Floor Conference Room

October 14, 2006	Saturday	10:00am—12:00pm	Childhood Health Issues
October 14, 2006	Saturday	1:00pm—3:00pm	Child Abuse & Neglect

Taylor County—Public Library

October 26, 2006	Thursday	3:00pm—5:00PM	Caring for Infants & Toddlers
October 26, 2006	Thursday	6:00pm—8:00pm	It's Your Business, Take Control

Upshur County—Public Library (Tennerton) *Please carpool to training. Parking is only available for library patrons.

October 30, 2006	Monday	3:00pm—5:00pm	Caring for Infants & Toddlers
October 30, 2006	Monday	5:30pm—7:30pm	Getting Prepared for the Pandemic Flu

Randolph County—Days Inn Conference Room (Downstairs)

November 2, 2006	Thursday	3:00pm—5:00pm	It's Your Business, Take Control
November 2, 2006	Thursday	6:00pm—8:00pm	A Conversation with a Tax Specialist

Grant County—Public Library

November 6, 2006	Monday	10:00am—12:00pm	Communication Conflicts with Families & Staff
November 6, 2006	Monday	1:00pm—3:00pm	Getting Prepared for the Pandemic Flu

Hardy County—Public Library

November 11, 2006	Saturday	10:00am—12:00	Caring for Infants & Toddlers
November 11, 2006	Saturday	1:00pm—3:00pm	Communication Conflicts with Families & Staff

Berkeley County—MountainHeart Office *Limit of 25 Participants for each training on November 14th**

November 14, 2006	Tuesday	1:00pm—3:00pm	It's Your Business, Take Control
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Tucker County—Davis Community Center

November 16, 2006 Thursday 6:00pm—8:00pm A Conversation with a Tax Specialist

Mineral County—Grand Central Station

November 16, 2006 Thursday 3:00pm—5:00pm Getting Prepared for the Pandemic Flu

November 16, 2006 Thursday 6:00pm—8:00pm Communication Conflicts with Families & Staff

Berkeley County—MountainHeart Office* Limit of 25 Participants for each training on November 18th.**

November 18, 2006 Saturday 10:00am—12:00pm Caring for Infants & Toddlers

November 18, 2006 Saturday 1:00pm—3:00pm Communication Conflicts with Families & Staff

Hampshire County—Bank of Romney

December 5, 2006 Tuesday 3:00pm—5:00pm Caring for Infants & Toddlers

December 5, 2006 Tuesday 6:00pm—8:00pm Getting Prepared for the Pandemic Flu



West Virginia Infant/Toddler Professional Development Program (WVIT)

WVIT is a 50-hour training that focuses on all elements of working with children birth through two years of age. Participants must attend all ten sessions in order to complete the program. Upon completion, participants may be eligible for free resources for use in their child care home or center. Participants and administrators must be STARS registered before attending the training

Space is Limited and is available on a first come—first serve basis. Please call the Elkins office at 1-877-862-3103 by **October 11** in order to register or if you have any questions. Child Care Center Directors **must attend** the 2-day Administrator training before their staff may attend the WVIT.

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session #:</u>
Oct. 17	Tuesday	Upshur	Administrators Session 1 of 2
Oct. 18	Wednesday	Upshur	Administrators Session 2 of 2
Oct. 23	Monday	Lewis	Session 1
Oct. 26	Thursday	Lewis	Session 2
Oct. 30	Monday	Lewis	Session 3
Nov. 2	Thursday	Randolph	Session 4
Nov. 13	Monday	Randolph	Session 5
Nov. 16	Thursday	Randolph	Session 6
Nov. 20	Monday	Upshur	Session 7
Nov. 27	Monday	Upshur	Session 8
Dec. 4	Monday	Upshur	Session 9
Dec. 11	Monday	Upshur	Session 10



Components of Quality Care & Education Modules (CQCE)

The Components of Quality Care & Education Modules is a 32 Hour training that will cover a variety of topics (see below). Each participant who completes the training will receive free resources for their home or child care center. Each session will be held in the MountainHeart Office in Berkeley County. Please contact the Elkins office at 1-877-862-3103 for additional information or to register.

Each participant must attend all 8 Modules.

Each session will be from 11:00am to 3:30pm*

*The October 26th session will be from 12:30pm - 5:00pm

<u>Date:</u>	<u>Day:</u>	<u>County:</u>	<u>Session #:</u>
Oct. 12	Thursday	Berkeley	Module 1—Extreme Makeover: Space & Furnishings
Oct. 19	Thursday	Berkeley	Module 2—Not Just Routine
Oct. 26*	Thursday	Berkeley	Module 3—For the Love of Literacy
Nov. 2	Thursday	Berkeley	Module 4—Implementing Your Curriculum
Nov. 9	Thursday	Berkeley	Module 5—Recipe for Relationships
Nov. 16	Thursday	Berkeley	Module 6—Building Blocks: A Program’s Structure
Nov. 21	Tuesday	Berkeley	Module 7—Including All Children: Provisions for Children with Special Needs
Dec. 7	Thursday	Berkeley	Module 8—Communication is the Key

Special Notes

Tentative Schedule for the West Virginia Infant/Toddler and Components of Quality Care & Education Modules for July 2006—June 2007

Throughout the fiscal year, MountainHeart will be offering the new West Virginia Infant/Toddler Professional Development Program (WVIT—50 Hours) and the Components of Quality Care & Education Modules (CQCE—32 Hours) in various areas. Below is a **tentative schedule** for when MountainHeart plans to offer these trainings. If you or your staff are interested in participating in these trainings, please contact the appropriate office and/or trainer. The county which has the most providers interested in the training will likely be the county in which the training will be held. Thank you.

January—March (2007) - The WVIT will be offered in either Berkeley, Jefferson, Hampshire, Mineral, or Morgan County or the area with the greatest need. Please contact the Elkins office at 1-877-862-3103 for additional information.

January—March (2007) - The CQCE will be offered in either Preston, Taylor, Barbour, Lewis or Tucker County. Please contact the Grafton office at 1-877-811-5437 for additional information.

April—June (2007) - The WVIT will be offered in either Randolph, Upshur, Grant, Hardy, or Pendleton County or the area with the greatest need. Please contact the Elkins office at 1-877-862-3103 for additional information.

**In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral trainings will be accessible to persons with disabilities. If you require accommodations for a training, please contact MountainHeart CCR&R for assistance at 637-2480 or 1-877-862-3103 (toll free).*



TRAINING REMINDER

If you are planning to take the West Virginia Infant Toddler Professional Development Program training, the Components of Quality Care and Education training and/or the Medication Administration training, you **MUST** be registered on the WV STARS Career pathway *before* you can attend the training. You are encouraged to submit your WV STARS Career Pathway application to the WV STARS office at least 4-6 weeks in advance of the training session. (For more information on the WV STARS program, see article below)



West Virginia State Training & Registry System (STARS)

West Virginia STARS is a comprehensive system of professional development, credentialing, and career mobility in early care and education. The Career Pathway encourages higher levels of skills, as illustrated in the three tiers of the core competency areas. Core knowledge and core competencies are the foundation for a professional development system. They provide a blueprint for individual professional growth, and also serve as guidelines for training and education programs that will meet the needs of professionals in the field.

The mission of STARS is to improve the quality of care and education for young children and their families in West Virginia by en-

hancing the skills and career opportunities for all those who care for and educate young children.

West Virginia STARS is available to all early care and education practitioners working in a variety of settings. This includes child care centers, private and public preschools, Head Start facilities, early intervention programs, school-age child care programs, parent education opportunities, regulatory agencies and trainings.

When you enroll in STARS, you can expect to receive a consistent base of training in the core competencies for early care and education

professionals. You will receive formal recognition for your level of accomplishment on the career pathway through an organized tracking system.

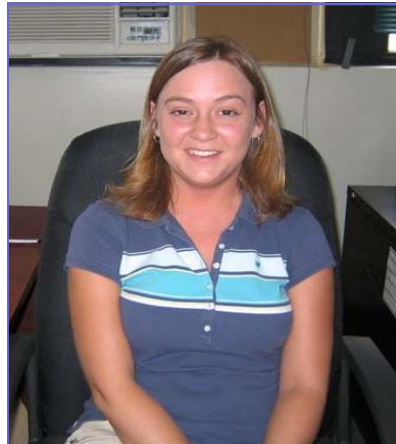
Those who benefit from the STARS program include children, communities, all early childhood professionals, program administrators and parents.

For more information on the West Virginia STARS program or to register on the career pathway, you may contact the WV STARS office at 1-888-983-2827 or visit their website at www.wvearlychildhood.org.



Jamie Riggs, Case Manager

Jamie Riggs is the new case worker in the Weston and Elkins offices. She is an Upshur County native having worked for the Department of Health and Human Resources. Jamie graduated from Glenville State College with a BS in Behavioral Science, with a Criminal Justice minor and she is working on her masters in counseling from Marshall University. She is excited to be working with the MountainHeart North staff and clients. Jamie will be in the Weston office, Monday, Wednesday and Fridays. And in the Elkins office on Tuesday, and Thursday.



Jenny Drake, Case Manager

Hello everyone! I just wanted to introduce myself. My name is Jenny Drake and I am the new Case Manager for Randolph County. I am 26 years old and recently named Elkins, WV my new home. I grew up in Buckhannon where I graduated from High School in 1998. I then pursued a degree in Elementary Education from WV Wesleyan College. I have worked as a substitute teacher and Child Protective Service Worker in the past. Since moving to Elkins, I spend time listening to bluegrass music. I anticipate working with and meeting as many of you as possible. As you can see, I have geared my professional life around making life a little better for the children in our communities. My goal, here at MountainHeart, is to continue to help serve our hard working families to the best of my ability. I am thankful to MountainHeart for this opportunity.

Mark Brady, Case Manager

Mark Brady was born June 30, 1971, in Upper Darby, PA. He is a graduate of Martinsburg High School, and obtained a Bachelor of Science degree in Sociology from Shepherd College, in 1997. Mark has worked for the past ten years in several State Social Agencies, in both Ohio and West Virginia. He has also been joyfully married to his wife Melanie for the past five years. Mark is a case worker in the Martinsburg Office.



“I have geared my professional life around making life a little better for the children of our communities”

Melodee Price, Early Childhood Specialist

Melodee Price has returned to MountainHeart as an Early Childhood Training Specialist. She will be located in the Elkins office and will be serving Jefferson, Berkeley, Mineral, Morgan, and Hampshire Counties. Melodee lives in Elkins with her husband, Tim, and two sons, Tucker 7 years old and Mitchell 3 years old. She brings with her experience from working in day care centers, facilities, and Head Start. She is also well versed with child care policy and has been involved with numerous committees and boards; Randolph Co. Pre-K collaborative team, Randolph Co. CHILD, America’s Promise, Children’s Advocacy Center. She is excited about providing training to our providers throughout the region and looks forward to meeting you out in the field.



Valerie Weimer, Case Manager

Valerie Weimer, a resident of Martinsburg, WV, is a 1998 graduate of Keyser High School. Valerie graduated from West Virginia University in 2003 with a Bachelors Degree in Social Work, and is a Licensed Social Worker. Valerie has previously worked as an Emergency Psychiatric Services Crisis Response Worker at City Hospital in Martinsburg, from 2003-2005 and at Potomac Case Management as the Senior Mental Health Supervisor in Hagerstown, MD, from 2005-2006. Valerie enjoys cooking, watching the Food Network, and attending country music concerts.





"Children Are Our Future....

....And Our Future Looks Promising"



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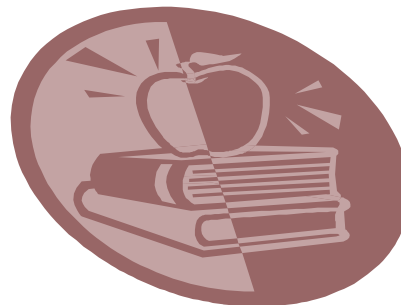
Our Five Office Locations:	
Martinsburg	1-888-915-7653
Grafton	1-877-811-5437
Elkins	1-877-862-3103
Weston	1-866-232-9227
Petersburg	1-877-211-5437



Book Review by Janet Aitchison

Good Night Moon written by Margaret Wise Brown and illustrated by Clement Hurd has remained a favorite since it was first published in 1947. It is a wonderful bedtime story. Good Night Moon's gentle lan-

guage and predictable repetition can softly lull your child to sleep. Margaret Wise Brown has written over one hundred



books that still delight generations of children. Runaway Bunny, Big Red Barn, The Little Fir Tree, The Little Fur Family are favorites. Gather a small child and several Margaret Wise Brown's books onto your lap and enjoy.

