

MountainHeart Resource & Referral

"News From The Heart"

LOOK INSIDE:

- News, articles and events for child care providers
- New Staff updates
- WV Birth to Three
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- Training Advisory Council Opportunities for providers



MountainHeart 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.

Summer 2005

Moovin' & Groovin'

The 2005 Annual MountainHeart Child Care provider conference was an absolute success. Over 100 child care providers from throughout the region made way to Blackwater Falls Resort in Tucker County to attend the conference. Little did they know upon arrival that everyone who attended would receive



free materials to use in their child care centers and homes. And as a surprise even to the MountainHeart staff, every participant who attended all day Saturday would receive some type of door prize.

Next year, due to the large territory

that we cover as a Resource & Referral Agency, we will be holding two separate conferences. This Fall we plan to have a one day conference in the Martinsburg or Shepherdstown area and next Spring we plan to have another one day event in the Elkins or Buckhannon area.

MountainHeart would like to thank our vendors. These include Debbie Burget with Usborne Books. If you're looking to purchase children's books for your child care center or home, please feel free to check out her website at www.UsborneCorner.com. Other vendors who donated catalogs and/or door prizes include Lakeshore, Child Craft, ABC School Supply, and Environments Inc.

MountainHeart would like to thank everybody who pre-



sented at the conference as well as all who attended. Your support and continual growth in quality child care is deeply encour-

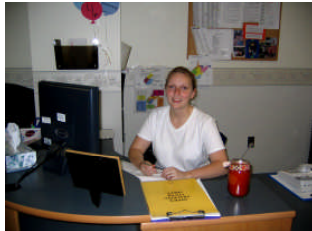


aging. Hope to see you again soon!

By: Justin Wright,
Provider Training Specialists



New Faces at MountainHeart



Elizabeth Doerr

This is Elizabeth Doerr and she holds a clerical position in the Elkins office. She lives in the Elkins area with husband Dustin and 16 month old son Kolbi. She has enjoyed the two months that she has worked at MountainHeart and enjoys the people she works with as well.



Amelia Rossi

Amelia Rossi is MountainHeart's new Regional Secretary in our Elkins office. Amelia graduated from Davis & Elkins College with a Bachelor's degree in Business Management. She lives in Elkins with her husband Jamie and three children Ben, Monica and Brandon. She enjoys working at MountainHeart and feels that it is an agency which benefits the community and cares about the health and safety of our children.

"...Mountain-Heart...is an agency which benefits the community and cares about the health and safety of our children..."

*Amelia Rossi,
Elkins office*



Celeste Crockett

Celeste Crockett is the Site Supervisor at our Martinsburg office. She graduated from West Virginia State College. Her work experience includes 15 years working for a global telecommunications company and 3 years working for a social service agency. She lives in Harpers Ferry with her son, Marcus.



Diane Murphy

I am the Parent Partner for Region 5, a full-time college student at Fairmont State, and the mother of two children. Alyssa is a very bright five year old. Stephen had multiple disabilities and passed away three years ago. My experiences with Stephen are a blessing. He helped me discover inner strengths, knowledge, resources, and the distinctive love that few others have the opportunity to experience. In 2004 I decided I wanted to work for Birth to Three. Thanks to Stephen I have the skills required to understand the importance of my position to parents, children and co-workers. I am very excited to be a part of the Mountain Heart / Birth to Three team.

Implementation of New Training Plan

MountainHeart, with input from the Training Advisory Council, has developed the Region V training plan for the 2005-06 year. The plan has been submitted to the Early Care and Education office for approval.

Several strategies from last year's training plan proved to be successful in raising the attendance at training sessions. The Training Advisory Council decided to continue these strategies, as well as implementing a few new ones. Strategies that proved to be successful included having child care providers and educators call the MountainHeart office to register for training sessions and providing training in centrally located sites. A new recommendation that will be implemented as of July 1, 2005 will be that a minimum of five participants must be registered before a training session will be held. It was also decided that participants must complete the entire training session in order to receive a certificate of attendance. Certificates will not be issued for a portion of the training session (example: 1 hour of a 2 hour training).

The 2005-06 training plan calls for a new strategy in providing the annual Child Care Providers' Conference. Due to the large geographic area of Region V, it was decided that a one day conference will be held in the eastern portion of the region and a one day conference will be held in the western portion of the region.

A new set of training modules has been developed by a work group consisting of professionals in the early childhood field. The *Components of Quality Care and Education* modules will be implemented by all Child Care Resource and Referral agencies in West Virginia during the 2005-06 year.

More information regarding the 2005-06 training plan will be distributed to child care providers and educators in Region V in the near future.

New Mentor Training for ACDS Program offered at Eastern WV College

A course designed to train those who will be mentors to an in-home child care provider ACDS Apprentice will be offered on Wednesday, July 13, 2005 from 9:30 am—3:30 pm. Contact Dreama Taylor at Eastern WV Community & Technical College (located in Moorefield, WV) at 304-434-8000 or 1-877-982-2322 for more information. Cost is \$15.00. 0.5 CEU's to be awarded.

MountainHeart Training Calendar

July ♥ August ♥ September ♥ 2005

Topic 1: Outdoor Learning Fun Core Competency: Curriculum

Topic 2: Discipline Is Not A Dirty Word Core Competency: Positive Interactions & Relationships

Topic 3: Fun and Healthy Kids Meals Core Competency: Health, Safety and Nutrition

Topic 4: Professional is as Professional Does Core Competency: Professionalism

Topic 5: Early Oral Health Core Competency: Health, Safety and Nutrition

Topic 6: Vision Screening Workshop -(Bring your lunch!!) Core Competency: Child Observation and Assessment

Topic 7: Flexible, Fearful, Feisty (2 hours Infant/Toddler Credit) Core Competency: Child Growth and Dev.

Randolph County, Days Inn, Elkins-Please bring your lunch!

July 9, 2005	Saturday	10:00am-2:00pm	Vision Screening Workshop
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Mineral County, Grand Central Station

July 9, 2005	Saturday	9:30am-12:30pm	Early Oral Health
July 9, 2005	Saturday	1:00pm-3:00pm	Fun & Healthy Kids Meals

Jefferson County, Lions Club (Providers Association)

July 11, 2005	Monday	7:00pm-9:00pm	Communicating with Parents
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Jefferson County, Health Department

July 14, 2005	Thursday	3:30pm-5:30pm	Professional Is as Professional Does
July 14, 2005	Thursday	6:00pm-8:00pm	Outdoor Learning Fun

Pendleton County Bank, Franklin

July 20, 2005	Wednesday	3:00pm-5:00pm	Outdoor Learning Fun
July 20, 2005	Wednesday	6:00pm-8:00pm	Discipline Is Not A Dirty Word

Grant County Library, Petersburg

July 23, 2005	Saturday	9:00am-12:00pm	Early Oral Health
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Tucker County, DHHR Office

July 28, 2005	Thursday	10:00am-12:00pm	Discipline is not a Dirty Word
July 28, 2005	Thursday	1:00pm-3:00pm	Outdoor Learning Fun

Berkeley County, Playroom in Bunker Hill-Please bring your lunch!

July 30, 2005	Saturday	10:00am-3:00pm	Vision Screening Workshop
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Taylor County, Public Library

August 1, 2005	Monday	3:00pm-5:00pm	Discipline is not a Dirty Word
August 1, 2005	Monday	6:00pm-8:00pm	Outdoor Learning Fun

Morgan County, Starting Points & Nikki's Child Care

August 3, 2005	Wednesday	3:30pm-5:30pm	Flexible, Fearful, Feisty (Starting Points)
August 3, 2005	Wednesday	6:30pm-8:30pm	Discipline is not a Dirty Word

Hardy County Library, Moorefield-Please bring your lunch!

August 13, 2005	Saturday	10:00am-2:00pm	Vision Screening Workshop
August 13, 2005	Saturday	3:00pm-5:00pm	Flexible, Fearful, Feisty

Lewis County, Louis Bennett Memorial Library & Weston MountainHeart Office

August 13, 2005	Saturday	10:00am-1:00pm	Early Oral Health (Library)
August 13, 2005	Saturday	2:00pm-4:00pm	Flexible, Fearful, Feisty (MountainHeart)

Upshur County Public Library, Tennerton

August 29, 2005	Monday	3:00pm-5:00pm	Outdoor Learning Fun
August 29, 2005	Monday	6:00pm-8:00pm	Discipline Is Not A Dirty Word

Hampshire County, Romney Library

September 3, 2005	Saturday	10:30am-12:30pm	Fun & Healthy Kids Meals
September 3, 2005	Saturday	1:00pm-3:00pm	Discipline is not a Dirty Word

Berkeley County, Tri-County Association Meeting

September 26, 2005	Monday	6:30pm-8:30pm	Outdoor Learning Fun
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Randolph County, Days Inn, Elkins

Sept. 28, 2005	Wednesday	11:00am-1:00pm	Fun and Healthy Kids Meals
Sept. 28, 2005	Wednesday	2:00pm-4:00pm	Professional Is As Professional Does

Barbour County, Philippi Baptist Church

September 30, 2005	Friday	3:00pm-5:00pm	Professional Is As Professional Does
September 30, 2005	Friday	6:00pm-8:00pm	Fun and Healthy Kids Meals

**In accordance with the Americans with Disabilities Act, MountainHeart Child Care Resource and Referral training will be accessible to persons with disabilities. If you require accommodations for a training, please contact MountainHeart CCR&R for assistance at 637-2840 or 1-877-862-3103 (toll free).*

** MountainHeart Community Services Inc. is funded under an agreement with the Department of Health and Human Resources, Office of Social Services, Bureau of Children and Families, Early Care and Education Division.*

***STARS Registered ***

Additional Training Information....

Special Notices

"One Step At A Time" Infant/Toddler Training

Includes: Jefferson, Berkeley, Morgan, Hampshire & Mineral Counties

The "One Step At A Time" training will be held in Berkeley County at the Dunne Building in Martinsburg on the following dates: July 12, 19, 26 AND August 2, 9 and 10 of 2005. The class time will be from 9:30am - 5:00pm. Participants who take this training must attend all 6 sessions to receive full credit. If you are interested in signing up to take this class please contact the Martinsburg office at 1-888-915-7653 no later than July 7 to register.

"One Step At A Time" Infant/Toddler Training

Includes: Taylor, Tucker, Preston, Lewis, Barbour, Upshur, Randolph, Grant, Pendleton Or Hardy Counties

If you are interested in the 40 hour "One Step At A Time" Infant/Toddler training, please call the Elkins Office at 1-877-862-3103 and give your name, phone number and county in which you live. We will use this information in planning locations for the next set of courses to be offered during the October-December quarter.

Important Information

Training Registration Change

Beginning July 1, 2005, we will require a 5 participant minimum registration in order to hold a training session. *It is essential that you call to pre-register for classes no later than Noon the day before the training is to be held.* If there are not 5 people registered by Noon the day before the training, the session will be cancelled and those that did register will be notified by phone of the cancellation.

Also beginning July 1, 2005, registration for Mineral County training will go to the Martinsburg Office rather than the Elkins Office.

Important Reminders

*You may attend training in any county.

***Please call, no later than Noon the day before the training, to register to attend training.**

****Call the Elkins office @ 637-2840 or 1-877-862-3103 to register to attend training in Barbour, Taylor, Tucker, Lewis, Preston, Upshur, Grant, Hardy, Pendleton and Randolph Counties.**

****Call the Martinsburg office @ 262-1584 or 1-888-915-7653 to register to attend training in Hampshire, Mineral, Morgan, Berkeley or Jefferson counties.**

***If you register for a training and then find you are unable to attend, please call to cancel.**

***If no one calls to sign up for training, the training will not be held. Please call to confirm.**

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Birth-To-Three

By: Rachel Skavenski,
Interim Service Coordinator & Supervisor



Greetings from the West Virginia Birth to Three team! During the past few months we have been extremely busy. During the last few months both of our interim service coordinators participated in several child find activities and children's fair screenings in our Region 5 counties. We also would like to announce our newest addition to the Regional Administrative Unit, Diane Murphy, our region 5-parent partner. Diane has been very busy the past two months attending many FRN meetings, county DHHR offices, and has several other activities planned for the months ahead.

The West Virginia Birth to Three team would like to remind parents and childcare providers that the RAU 5 Birth to Three Program serves families within Barbour, Lewis, Preston, Randolph, Taylor, Tucker, and Upshur counties. West Virginia Birth to Three is a program designed to provide assistance and support to children from birth to age three who may be at risk of having a developmental delay. West Virginia Birth to Three services are provided at no cost to families, services are provided in the child's home, and anyone can make a referral to the program.

The West Virginia Birth to Three system targets children with developmental delays and children under the age of three who are at risk for or may have substantial delays in areas of child development. The West Virginia Birth to Three system can also help enhance the functional ability of eligible children across all developmental domains and increase the capacity of families to better promote their child's development.

The eligibility requirements for a child to be in the West Virginia Birth to Three Program are 1.) The child must be under the age of three years, 2.) Have a substantial delay or atypical development in one or more areas of development, 3.) Have a physical or medical condition that has a high probability of resulting in a developmental delay, or 4.) Have the presence of four of the twenty risk factors identified in state policy.

For additional information about the West Virginia Birth to Three Program or to make a referral, call 637-2844 or toll free at 1-800-449-7790. One of our helpful staff members will be happy to assist you.



**Health Care Coverage for Kids
and Expectant Moms**
Call 1-877-982-2447
Or
Visit www.wvchip.org
For More Information

Child Care Policy Changes

By Dana Keplinger

The State of West Virginia has revised the WV Child Care Policy Manual, effective May 1, 2005. The policy has been revised in order to make parts of the policy easier to understand and to add to the policy as needed.

The Child Care Policy Manual has been extended from 14 chapters to 18 chapters. This Policy is used by the Resource and Referral Agencies as well as the Department of Health and Human Services. Parents who qualify for assistance with child care costs are meeting requirements outlined in this policy manual. Resource and Referral Case Managers use this manual to base case decisions. This policy also explains the provider involvement with the subsidy program participants.

The policy was revised to clarify issues that required more details. One part that has been clarified is the additional charges that child care providers may require of child care participants.

The policy now states "2.2.6 Explanation of the payment rates available through the program and an explanation of allowable charges by the provider (See chapter 6.3.2 Certificate Payment Rates Sectional and Appendix B: Child Care Payment Rates) Allowable charges by the provider shall be limited to: reasonable registration fees, late fees, and charges for the time not approved by the agency. The provider shall inform the parents if these fees prior to enrollment. If the parent is responsible for paying a portion of the daily fee, the daily fee shall only be charged for the days that the child is actually in care."

Another addition to the policy states "5.2.4.7 Providers shall not bill the daily fees for days that the child is not in care."

Chapter 6 explains the purchase of Child Care through certificates. This chapter explains the different types of child care providers and the use of child care providers through the certificate (subsidy) program. The payment form process is also explained in this chapter, the same as it is explained to providers at the time of enrollment. The sign in and out forms are to be accurately completed and signed by the child care providers. The provider may be charged with negative actions if the sign in and out sheets are not correct. The policy now states "6.5.2.3 . . . If there is substantial misrepresentation by the provider, the provider shall be prohibited from future participation in the Certificate Program. However, if the provider makes full restitution, a one time waiver may be considered. The provider must request the waiver in writing, and the R & R worker shall forward the request to the Division of Early Care and Education for approval/denial."

These changes were put into effect beginning May 1, 2005. Along with the policy the State also created forms for the subsidy clients to use for reporting information to their case managers. Client changes will need to be reported on these forms, which are available from all MountainHeart offices.

If you are a subsidized provider, you will notice that MountainHeart North case managers have been adding additional information on child care certificates in order to show the parents' approved hours and days. The case managers are determining the number of hours and days based on the information that has been provided by the parent. If the parent begins using child care on a different schedule than what is shown, it is possible that the parent has not reported a change. The **parent** is the person responsible for reporting changes to the case manager.

The information discussed here are the areas in which MountainHeart receives the most questions about. If you have additional questions, you may contact your local MountainHeart office for assistance. You may also view the updated policy in its entirety on the web at: www.wvdhhr.org/bcf/ece/earlycare/policy.asp

Volunteers Sought for Training Advisory Council

MountainHeart is inviting childcare providers in Region V to participate on their Training Advisory Committee. The committee will be meeting quarterly in different areas of our fifteen county region.

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

We are seeking at least one child care provider who is willing to attend a minimum of four meetings per year. If you are unable to attend all four meetings, you are still invited to participate.

The tentative schedule for meetings for 2005-06 are:

August 11, 2005 at Elkins, WV

October 27, 2005 at Martinsburg, WV

March 23, 2006 at Moorefield, WV

May 18, 2006 at Martinsburg, WV

If you are interested in participating on the committee or have questions, please call the Elkins office at 637-2840 or 1-877-862-3103 and ask for Liz or Amelia. Those signing up to participate on the committee will be notified of confirmed dates, times and locations of the meetings.

Mineral County Family Resource Network (MCFRN)

Fall 2005 Child Care Workshop Series

Hot Topics for Center Directors—Using Good Child Observations

Monday, September 12, 7-9pm, Mineral County Health Department

Recognizing Child Abuse and Neglect

Thursday, September 15, 7-9pm, Frankfort High School

Changing Spaces

Monday, October 10, 7-9pm, Mineral County Health Department

Thursday, October 13, 7-9pm, Frankfort High School

Dealing with Anger

Monday, November 14, 7-9 pm, Mineral County Health Department

Thursday, November 17, 7-9pm, Frankfort High School

Participants will receive credit with WV STARS, WVU CEU's, and DHHR.

Please register with the WVU Extension Service at **304-788-3621** today !!



MountainHeart

MountainHeart Child Care

Resource & Referral, Region V

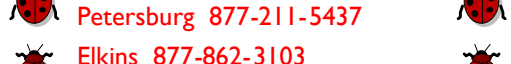
Postmaster: Please deliver to addressee or current resident.



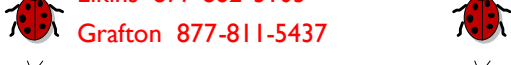
Our Five Convenient Locations:



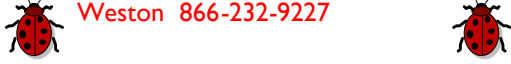
Martinsburg 888-915-7653



Petersburg 877-211-5437



Elkins 877-862-3103



Grafton 877-811-5437



Weston 866-232-9227

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

Visit us on line at
www.mountain-heart.org

10 Reasons to Keep Kids Off Soda

From Healthy Child Online <http://www.healthychild.com/>

1. Soda contains no nutrients, and is high in calories and sugar. Studies show a strong link between soda consumption and childhood obesity.
2. Soda suppresses the appetite so kids are less likely to eat nourishing foods. Soda drinkers are less likely to get the recommended levels of vitamin A, calcium, and magnesium.
3. Phosphorus, a common ingredient in soda, can deplete bones of calcium. Girls who drink more soda are more prone to broken bones. Doctors are becoming concerned about the health impact of carbonated beverage consumption on teenage girls.
4. Studies show a direct link between tooth decay and soda. Not only does the sugar cause cavities, the acids in soda etch off tooth enamel. Acid can begin to dissolve tooth enamel in only 20 minutes. Dentists are reporting complete loss of the enamel on the front teeth in teenage boys and girls who habitually drink sodas.
5. Caffeine is known to create physical dependence and upsets the normal balance of neurochemistry in the developing brains of children. Caffeine stimulates the adrenal gland without providing the nourishment it needs. In large amounts, caffeine can lead to adrenal exhaustion, especially in children. Colas contain 35 to 38 milligrams of caffeine per 12-ounce can. Diet colas often contain a lot more. A can of Pepsi One has about 56 milligrams of caffeine. Mountain Dew, Mello Yellow, Sun Drop, Jolt, Barq's Root Beer, and Sunkist Orange soda all contain caffeine. Sprite, 7-Up, ginger ale, and many brands of root beer are caffeine-free.
6. Drinking a lot of soda every day can lead to blood sugar disorders, including diabetes.
7. Aspartame, used in diet sodas, is a potent brain toxin and endocrine disrupter.
8. Citric acid, often found in soda, may contain traces of MSG. MSG is another potent brain toxin. The artificial flavors found in soda may also contain traces of MSG.
9. Drinking sodas regularly can upset the fragile, acid-alkaline balance of the stomach, creating a continuous acid environment. This prolonged acid environment can lead to inflammation of the stomach and duodenal lining, which can be quite painful.
10. Sodas act as dehydrating diuretics, much like tea, coffee and alcohol, and can inhibit proper digestive function.

