



EHS Newsletter

January 2012



Welcoming a New Year.... DREAM BIG

As we begin a New Year, we must reflect on the old one. It truly has been quite a year for all. With the current turmoil in the economy, we are all uneasy. It is important that we remain positive and hopeful for a better year.

Envisioning another year seems to be the annual pattern that we get into after a hectic holiday season. It is always important to reflect on the possibilities a new year can bring. For many among us, this has been a very trying year and being hopeful for a better year takes a lot of renewed energy that takes a bit of time to find.

Simple typical questions we ask ourselves are:

- "Is our family safe and healthy?" This is so important because without our health and the health of our children, life can get even more difficult.

- "How do I lose weight or get in shape?"

And the bombshell: "How do I make more money or increase our financial stability?" In this economy this may be tricky.

Well, as you know after these 3 questions we may begin to get gloomy. So it is extremely important that we remain mindful of our children and stay hopeful. Looking to a positive future takes real effort and here are a few steps to begin that process.

- It is important to remember that as adults we have become conditioned to seeing experiences through only a certain "lens" and we forget that we can envision and dream. So begin with making a "shift" in how you think about problems, situations, dreams and life.

- Dream BIG and ask yourself "What would you want your life to be like in the next 5 years?" Or "If you woke up tomorrow and had the life you wanted, what would it be like?"

- Write it down, something about getting it in black and white changes the way your brain processes it. This will serve as your plan of action.

- Then you begin with the end in mind and work backwards.
- List action steps and give yourself deadlines. That's how you will see some movement that you control, after all this is "YOUR PLAN".
- Brainstorm needed resources and your Home Visitor can help you know where they can be found.
- Address your challenges and possible barriers. Your Home Visitor is your partner and will help problem solve how to overcome them.

YOU decide the outcome. "How will you know when you have accomplished this goal?" "What will the result look like?"

"How did you do?" It is necessary to understand that very few of us are really good at this process and not many of us accomplish our goals in the first try.

Certain things must happen along side the above process, like:

- Understanding that continued effort and commitment are necessary.
- It takes specific actions to bring about change.
- You must think about possible actions and plan for them.
- You know action is needed, but may not be ready to begin... still thinking about it.

And you're just not ready for the change.

This is the point that I would ask you to think of your children. What do you want for them? It can be small things and IT IS that positive relationship that helps them prepare for their future which includes school. Sometimes we just want to be "happy" and don't realize that it is within our reach. Our future belongs to us and we determine how we are going to get there. So, what is your plan?

"Have you hugged your child today?"
"What did you do for yourself?"

Here's wishing you the best in a New Year.

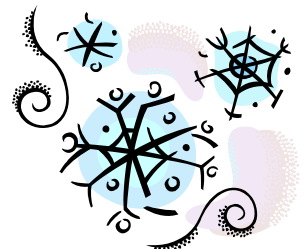
BRENDA



The Early Head Start program is brought to you by...



www.starpointco.com 719.275.1616



EHS Monthly Immunization & Well Child Check Numbers

	<u>Immunizations</u>	<u>Well Child Checks</u>
May 2011	96%	93%
June 2011	91%	94%
July 2011	91%	93%
August 2011	92%	90%
September 2011	93%	91%
October 2011	91%	90%

Our Early Head Start program goal is to always maintain at least a 90% average for Immunizations and Well Child Check-Up's for all enrolled children. If you are unsure if your child is up to date with their well child check-up's or immunizations, please ask your Home Visitor and I can let them know. Also, please let us know if you are having issues with scheduling appointments, getting a doctor or insurance, or having trouble with transportation to get to your appointments...

WE CAN HELP YOU!

Remember, your child needs their well child check-up's at: Newborn/2-4 days/1 month/2 month/4 month/6 month/9 month/12 month/15 month/18 month/2 year/3 year... and yearly after.

If your child is up to date with their Well Child Check-Up's, you are eligible for our bi-monthly drawing of a \$25 City Market gift card.

Congratulations to the following winners for keeping their children up to date with their Well Child Check-Ups:

- May/June 2011 Lori Anderson
- July/August 2011 Sarah Johnson
- Sept/Oct 2011 Amy Webster

Have a Healthy New Year!
DIANA MCPEEK



POLICY COUNCIL UPDATE

Happy New Year Everyone! Our Policy Council met on December 20, 2011 at the Fremont County Family Center. The meeting was called to order by our chair, Kara Lantzy. Meeting minutes for November and agenda were approved also December had lots of updated policies that were all approved. The Personnel committee has selected two candidates for the position of Home Visitor/ Family Engagement Manager. So soon we will have our new team member. The next Education Sub-Committee is scheduled for January 23, 2012 at 4:30 for those who signed up. The next regular Policy Council meeting will be held on January 23, 2012 from 5 p.m. to 7p.m. at the Fremont County Family Center. Hope everyone has a safe and Happy New Year.

Sherrie Walker

Welcome to the New Year!

I wanted to let you know a few things that will be happening in 2012 in your Early Head Start Program.

*We had said good-bye and sent good well wishes to one of our home visitors, Sarai Trujillo, when she moved over to be the Director of Family Crisis. Your personnel committee was busy in December running meetings and interviewing potential candidates to be a home visitor and the Family Engagement Manager. Your parent representation on the committee was wonderful and they worked hard to find the best candidate to take to the Policy Council for approval. Hopefully we will be able to announce the new Manager in the first week of January and we will share the news to you through your home visitor.

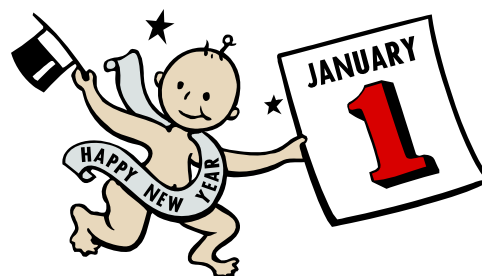
*The toy van is up and running. It had been running all along but our home visitor was unable to use the stairs on the van, she was taking items to your homes in her vehicle. She has been released to take out the van again and we know that makes all the little children happy to see that van pull up.

*We are still anxiously waiting for our Federal Review to take place. It is our program review year and parents always play an important role in showing reviewers what an excellent program they have helped us develop. The reviewers can show up anytime between now and August. There are about two weeks each month that we have blocked out that they can come see us. We might get notified 30 days in advance of their visit, or under new regulations they can do a surprise visit. No matter which way it turns out we know we are ready and appreciate all the help and support from our families.

*There will be a couple new programs offered for parent workshops that we hope you take advantage of so watch for them. There will be some new parent leadership workshops as well as some new nutrition workshops. The nutrition workshops will come with food gift certificates and the materials and supplies to help you prepare healthy, nutritious, affordable and good meals.

Please feel free to call me at 275-0550 anytime if you have any questions about what our program offers or to share ideas with me about what our program could offer!

Diane Trujillo
Starpoint ECE Manager



EARLY HEAD START JANUARY WORKSHOP:



Presents...

“Resume Writing”

When: Wednesday, January 11, 2012

Where: Family Center

**You have heard the expression...
"First impressions are lasting ones."
Your resume is the first meeting between you and a
prospective employer. So come and learn the
importance of writing good resumes.**

Presented by: Bill Strutton

Dinner & Childcare Provided.

Please call 269-1523 by Monday January 9 to RSVP.

January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>1</p>  <p>New Year's Day</p>	<p>2</p> <p>Federal Holiday</p>	<p>3</p> <p><u>Family Socialization</u> 11:00-1:00 at Family Center Chicken Noodle Casserole, Green Beans, Citrus Salad</p>	<p>4</p>	<p>5</p> <p>Car Seat Checkpoint 2:00-4:00</p>	<p>6</p>	<p>7</p>
<p>8</p>	<p>9</p> <p>RSVP DEADLINE FOR WORKSHOP CALL 269-1523</p>	<p>10</p>	<p>11</p> <p>WORKSHOP: "Resume Writing" 5:00-7:00 Dinner & Childcare provided Please RSVP!</p>	<p>12</p>	<p>13</p> <p>ECHO Screening at ACCESS Center Call 276-6174 for appointment</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>Federal Holiday Dr. Martin Luther King, Jr. Day</p>	<p>17</p> <p><u>Family Socialization</u> 4:00-6:00 p.m. at Family Center Ham Sandwiches Carrots Peaches</p>	<p>18</p>	<p>19</p> <p>Car Seat Checkpoint 2:00-4:00</p>	<p>20</p>	<p>21</p>
<p>22</p>	<p>23</p> <p>Policy Council 5:00-7:00</p>  <p>Chinese New Year Begins</p>	<p>24</p>	<p>25</p>	<p>26</p> <p>Car Seat Checkpoint 2:00-4:00</p>	<p>27</p>	<p>28</p>
<p>29</p>	<p>30</p>	<p>31</p>	<p>Canon City Public Library 515 Macon St, 269-9020</p> <p><u>Story Times</u> Tues/Thurs/Sat 10:30 a.m. Crafts following story time</p>		<p>John C. Fremont Public Library 130 Church Ave, Florence 784-4649</p> <p><u>Story & Craft Time</u> Tuesdays 10:00</p>	