

See page 5
for the
President's
Message!!

A.C.A.F.C.C.

Home Grown
With LOTS of
LOVE!



HELPING TO
GROW THE
FUTURE
LEADERS OF
THE WORLD!

Adams County Association of Family Child Care

Meeting Information

Meetings are currently held at the Thornton Civic Center, 9500 Civic Center Drive. Directions: I-25 to Thornton Parkway then East on Thornton Pkwy to the Civic Center. (The Civic Center is on the North side of Thornton Pkwy.)

The ACAFCC business/

workshop meetings are held on Mondays monthly from 6:30-9pm. There will be snacks & refreshments before the meeting & the workshop.

Note that the association currently provides three hour training sessions *every other month* from 6:30 to 9:30 in place of the normal meeting and training session. Please note that you will need to stay the whole 3 hours to receive the certificate.

Board meetings are held the first Monday of every month beginning at 7 pm at a board member's home. Board meetings are open to all members. Feel free to come join us! Listed below are the upcoming board meetings and the locations. Please call the member if you are planning on attending.

June 3 rd	Annie Miller Home (720) 872-3272
Aug. 5 th	Vicki Maestas Home (303) 284-6038
Sept. 14 th	Nancy Richardson Home (303) 404-2223
Oct. 5 th	Deborah Pollack Home (303) 227-0156
Nov. 2 nd	Melinda Kurgan home (303) 280-4607

***Mark your calendars for these up-coming meetings!**

Aug. 17th— Bright Beginnings and Qualistar Ratings 101 Laura Colburn

Sept. 21st—3 Hour training

Oct. 19th— Rocky Mountain PBS - Preventing Obesity

Nov. 16th - A Child's Choice Food Program-
topic to be announced

Dec. 21st —Holiday Party!

What you may have missed....

July 13th was the third annual Family Fundraiser Picnic, held at the Adams County fairground park. Thanks to all of the members that helped make the picnic possible by either helping with bringing food or bringing guests! The association brought in \$162 for this fundraising event to go towards paying our expenses throughout the rest of 2009/2010.

Attention Members!!

- ♥ Attention ACAFCC members: We need 5 members (only two can be board members) to serve on the by laws committee to look over the by laws this fall. If interest please contact Vicki at 303-284-6038 or nanascc@comcast.net
- ♥ The association still needs someone willing to step forward and join the Executive Board to fill two spots. State Representative and Secretary.

The State Representative job

duties are to attend the monthly state meetings and report back to the board.

The Secretary job duties include taking the minutes of the board and general meetings, keeping all the sign in sheets from the general meetings and scheduling the meeting reservations with the Thornton Civic Center.

If you are interested in either of these positions please send Annie Miller your letter of intent (this can be a short email note saying that you would like the position).

AUGUST / SEPTEMBER 2009

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First Aid & CPR Training Classes

CPR, FIRST AID, MEDICATIONS & UNIVERSAL PRECAUTIONS

Susan Bobka

Meds, CPR, FA
303-693-2762

**Childcare Educational
Opportunities**

FA, CPR, UP, Meds,
Correspondence Courses
www.childcareeducationalopportunities.com
Contact Judy 303-469-5596

HeartSmart > CPR & FA www.coheartsmart.com

Colorado Cardiopulmonary Resuscitation

Assoc 303-980-1015 www.cocprassn.com

American Red Cross–Mile High Chapter

303-722-7474 www.denver-redcross.org

Red Rocks Community College

www.qualistar.org

Caregiver Network www.caregivernetwork.org

Meds – Maria 303-690-5836

UP – Dawn 303-690-7684

CPR & First Aid – Jay 303-690-8267

Advanced Care – CPR & FA 303-384-3696

Kids Alert Line > Lee Neals 303-438-8069

Tender Care Consulting

Debbie Bradley – Meds & UP 303-359-9553
email @ tendercareconsulting@yahoo.com

City of Thornton > CPR

303-538-7602

CPR Colorado > Dave Moschner

303-818-3737

cprcolorado.com



CLASSROOM TRAINING

Child Care Innovations

Red Rocks Community College for
class information please call
Micheala 303 914-6307, or
www.qualistar.org

CareGiver Network – Preschool Planning

Dawn Rhods 303-690-7684

West Metro Fire Rescue

Susan 303-989-4307 x537
www.westmetrofire.org



CORRESPONDENCE COURSES

ACE – Alternative Continuing Education

720-436-9367

Wildwood 800-223-0557

www.wildwoodkidstuff.com

CARE Course 800-685-7610

www.carecourse.com

Creative Courses

Betty Dalton 303-758-1289

Advanced Care 303-384-3696

The Learning Bug

Sue Cometto 303-460-1954

Childcare Educational Opportunities

Judy Eggleston 303-469-5596

Basic Immunization for Childcare Providers in
Colorado– FREE 2 hour course that can be
taken every three years

www.cdphe.state.co.us/dc/Immunization/COURSETEST.pdf

Information & Workshops in other Associations

Arapahoe County Assoc of Family Child Care Meets the 2nd & 3rd Tues of the month. 2nd Tuesdays meeting place is the Koelbel Library in Centennial. The 3rd Tues meeting place is the Arkansas Elementary in Aurora. For more information, please contact Patty 303-745-6558.

A Caregiver Network is offering workshops at the Life Center Aurora, 14101 East Eans, Aurora, CO 80014 the 3rd Thursday of the month at 7pm. Use West door to enter building. No children please. For more information on trainings contact Dawn Rhodes 303-690-7684.

A Caregiver Network Pre-school Planning Club Join us for fun and minimum 1 hour credit in Early Childhood Education at Dawn's home, 5543 S Himalaya Way, Centennial, from approx. 7-8:30pm. Cost is \$3.00 for copy fees and you must R.S.V.P to receive a copy of the preschool curriculum. 303-690-7684.

Douglas County Child Care Assoc Meeting dates & locations vary per month, please call Paula 720-344-2931 or Shelley 303-

346-9779 if interested in attending.

Boulder County Association

Meets the 2nd Tuesdays of the month from 6:30-8:45pm at 1950 Mountain View, Longmont (Matisse Rm.). Contact info Sue Stevens 303-666-8774

Broomfield Child Care Assoc

meets monthly on the 2nd Tuesday of every month from 6:30-8:30pm at First Baptist Church, 90 Emerald St., Broomfield. For more information on trainings call Cathy Moyer at 303-451-7453.

Colorado Assoc of Family Child Care

meets at Bear Valley Church, 10001 West Jewell Ave. in Lakewood every fourth Saturday. Training is at 9am and the general meeting is at 10:30. For more information please contact Tricia Kelly-Lynch at 303-914-8687

Jefferson County Child Care Assoc

holds their monthly trainings from 6:45

-9pm on the 4th Wed of the month at the Clements Community Center, 1580 Yarrow, Lakewood. For more information on the trainings, contact Sheryl Ortiz 303-932-2750.

Denver County Association of Family Child Care

meets monthly on the 2nd Thursday of each month at the Salem United Church of Christ, 5300 East Florida, Denver from 7-9pm. Price for workshop/meeting w/out a membership card is \$5. For more information contact Betty Dalton 303-758-1289.

Training Contact Information

Adams: Vicki 303-284-6038

Arapahoe: Patty 303-745-6558

Boulder: Sue 303-666-8774

Broomfield: Cathy 303-451-7453

Caregiver Network: Dawn R 303-690-7684

Denver: Betty 303-758-1289

Douglas: Shelley 303-346-9779

Jefferson Co: Sheryl 303-932-2750

State: See your Associations Rep



ATTENTION NEW PROVIDERS~ Child Care Innovation & Referral Partners

STARTUP ASSISTANCE FOR FAMILY CHILD CARE.

FOR INFORMATION PLEASE CALL

Micheala Sanders

(303) 914-6307

Email: Micheala.Sanders@errcc.edu

Funding provided by Colorado Division of Child Care Quality Expansion Grant

Newsletter Information

Newsletter Editor:

Nancy Richardson

Email: jnrichardson32@aol.com

Home: 303-404-2223

Cell: 720-341-4326

If there are any articles, recipes or crafts you would like to included in the newsletter, it would be wonderful! Please let us know by the 10th of January, March, May, July, Sept & November, that way we can include it in the next months newsletter! Mail pmts &/or articles to P.O. Box 1325, East-lake, CO 80614.

CAFCC

Colorado Assoc of Family Child Care State Assoc
www.coloradochildcare.com

Providers' Birthdays



As a **membership benefit** you can post your add on our website for free! Please send to the newsletter editor for posting!

Helpful website
<http://www.cdhs.state.co.us> (This site is the main page of the Dept of human Services)

Employer ID Numbers (EIN) -
How to Apply
APPLY BY EIN Toll-Free
Telephone Service

Taxpayers can obtain an EIN immediately by calling the Business & Specialty Tax Line (800-829-4933). The hours of operation are 7:00 a.m. - 10:00 p.m. local time, Monday through Friday. An assistor takes the information, assigns the EIN, and provides the number to an authorized individual over the telephone.

August
 8- Aug Karen Gallegos
 13-Aug Kathy Davidson
 13-Aug Pat Sherwood
 27-Aug Angela Butler

September
 5- Sep Linda Gamet
 19-Sep Judy Smith
 21-Sep Jenny Hillyard
 23-Sep Brianna Freitas
 25-Sep Barbara Richardson
 26-Sep RoseMarie Regan
 27-Sep Tamara McCormick



Save on appliance repair

If a major appliance is on the blink, don't panic. You might be able to fix it yourself with these tips from Mike Staats, appliance repair expert and service management consultant. First, though, check to make sure it's plugged in. Totally obvious, but he says you'd be surprised how many people don't look, then call in a pricey expert!

Refrigerator won't cool...

What to do...

- * Use a coil brush or a vacuum's crevice tool to clean the condenser coils (usually located underneath, behind a snap-off grill).
- * Make sure the problem isn't with the cold-control setting.

Dishwasher isn't cleaning

What to do...

- * Check that there's rinse agent.
- * Wipe up any food particles if there's a screen or filter on the bottom, inside the machine. Otherwise, they can get deposited on your dishes.
- * Try a different detergent

Dryer isn't drying clothes

What to do...

- * Clean the lint screen after every load.
- * Ensure that the vent outside isn't blocked.
- * See if you accidentally had the controls set on "fluff" or "no heat"-

Arricca SanSone

From August 2009 *Parenting*



President's Message

Ladies,

I hope that you are all managing to run your childcare business in this tough economic time with some measure of success. Referral calls are way down right now due to parents losing their jobs and unable to find new ones. This leaves them not needing childcare. I have seen this kind of thing before in my 14 years as a childcare provider, when we have very few calls and too many providers because we have the "stay at home moms" trying to supplement their income after being laid off. The children that they are taking are children that normally would come to us. There will come a time again where we will not have enough providers to fill parents demands.

Until that day comes we need to look at what it is going to take to keep your business open. First, take what you can; it will help pay the bills till things get better, in other words if you do not normally take CCAP or infants take them for now. Reduce your rates to match the "stay at home moms" rate. Some money is better than no money; you can always raise your rates later. You have at least one thing over them and that is you are licensed. Remember that you must sell yourself in your interviews, offer things others might not, like a preschool program. Secondly and I am sorry for the tough talk, but you need to support your Association in order to receive those referral calls.

Ladies I am not exaggerating when it comes to this, your Association is going to lack the funds in a very short time and will be unable to sustain itself without your help. The Association is a give and take entity comprised of members from the President down to the party coordinator that gives up her time voluntarily to see to its success. The board went over the budget in July and might I say if we keep on this path there will be no money to operate next year. Last year we brought in with membership fees \$1985.00 and with fundraisers \$1527.00 totaling \$3512.00. We had expenses of \$2383.25 leaving us with \$1128.90 in the bank. That might seem like a lot, however as of day 7/28/09 we have had only 63 members renewed their membership for next year. That brings in only \$1890.00. We will have training expenses next year and right now we do not know if ECPAC will continue to cover half the cost of trainings for next year. Each three hour training costs roughly \$300.00 times that by 5 and now we are spending \$1500.00 a year on training, which was never in the budget before. The board is looking at different options in supporting the cost of training but we as the board can not do it alone.

We need a tremendous amount of support. If you have not renewed your membership please do so today! When we have fundraising opportunities please give your support and help your Association out, and we need more of you willing to give the Association some of your time. The problem the Association faces with its budget is a two faced one. First we are down right now by approximately 34 members totaling \$1020.00 in revenue. Secondly the cost of training due to the new Rules and Regulations that state we must offer quality training and all trainers that we provide must be certified by the state of Colorado in order for those hours to be counted by the state. This means training is expensive, but we offer it to you as a membership benefit. Where else can you go and get *all of your training for the YEAR* for just \$30.00.

I understand that some members do not want to rejoin the Association because they feel they are not receiving any or enough referral calls in their opinion. However referral calls are not coming in and the association *is* doing everything they can to help with that. We did the Thornton Fest and will be doing the Westminster Fair on August 15th to get our number out to parents. Providers if you get a private call and you can not fill it, please pass it on to your referral rep. maybe someone else can take those children and keep all providers in the loop. Take a look at the referral calls that have come in the past, they are located in this newsletter. That will tell you exactly what kinds of calls the referral reps. have been taking. The Association should not be your only sources of receiving calls for children. If you plan on not rejoining the Association you will be losing those calls.

Sorry about the tough talk ladies, but I think we all need to be realistic about the future of the Association. This is your Association; do you wish to see that it is not there to help support you in future?

Your President,
Melinda Kurgan

ACAFCC Mission Statement

Adams County Association of Family Child Care is a non-profit organization which strives to promote high standards and further awareness of family child care providers as a positive professional group. We provide the following services to child care providers and others concerning in home child care:

- Referral services to all members within Adams County
- Monthly workshops to educate providers and fulfill state required training hours
- Bi-monthly newsletters
- Updates on licensing rules and regulations
- Representation on the state and national level through our affiliation with CAFCC & NAFCC
- Support and statewide networking

We believe that both a strong support foundation and continuing education lead to the development of quality child care professionals and are committed to our members' success.

Treasury Report

Balance Beginning May 22, 2009	\$5,331
Income	
Memberships	\$1,380
Fundraising	\$ 387
Misc.	\$ 60
Expenses	
Education	\$ 235
Newsletter & Membership Mailings	\$ 430
Website / Advertising	\$ 0
Referral Line & Phone Book Ads	\$ 345
Fundraising	\$ 145
Misc.	\$ 239
Balance Ending July 28, 2009	\$5,285

Meet your 2008—2009 Board

Executive Board

President > Melinda Kurgan
 First Vice President > Vicki Maestas
 Second Vice President > Annie Miller
 Secretary > ~OPEN~
 Treasurer > Nancy Richardson

Elected Committee Board

Newsletter Editor > Nancy Richardson
 Membership Coordinator > Midari Medina-Grady
 Fundraising/Publicity Coordinator > Deborah Pollack
 Referral Coordinator > Tomi Wright
 Training & Education Coordinator > Vickie Maestas
 CAFCC State Rep. > ~OPEN~

Volunteer Committee Members

Grievance - Janice Robinson
 Mentoring - Janice Robinson
 Sunshine - Pauline Rivera and Angie Butler
 Snack - Summer Griffin
 Newsletter—~OPEN~

Any member wanting to join the Board and/or a committee please contact Melinda at 303-280-4607

ACAFCC Calendar Events for Summer & Fall 2009

- August 5th* *ACAFCC Board mtg Vicki Maestas Home*
- August 15th** **Westminster Faire 10- 5 (Need Volunteers)**
- August 17th** **(1.5 Hours) Qualistar Ratings 101 Laura Colburn & Bright Beginnings**
- August 22nd CAFCC 2Hour "Officer Training" presented by CAFCC Board.
- Sept. 12th BCCA Full Day Conference (Watch for information)
- Sept. 14th* *ACAFCC Board mtg Nancy Richardson Home*
- Sept. 21st** **(2.5 Hours) Health Issues in Your Family Child Care Linda Satkowiak**
- Sept. 26th CAFCC 1.5 Hours "Child Health Liaison Program for Family Child Care Providers" Presented by Linda Satkowiak Fee: \$10.00
- Oct. 5th* *ACAFCC Board mtg Deborah Pollack Home*
- Oct. 10th CAEYC Fall Conference Denver Merchandise Mart
- Oct. 19th** **(1.5 hours) Preventing Obesity Rocky Mountain PBS**
- Oct. 24th CAFCC 1.5 Hours "Revised State Rules & Regulations" presented by CAFCC Board
- Nov. 2nd* *ACAFCC Board mtg Melinda Kurgan home*
- Nov. 16th** **(1.5 hours) Low Cost Shopping Child's Choice**
- Nov. 28th CAFCC Christmas party
- Dec. 21st** **ACFCC Christmas Party**

Special-needs picks all kids love

From *Parenting Early Years*, August 2009

And now, our creature presentation

Kids with **Down syndrome** can have difficulty with fine motor skills, so games and puzzles with just a few large pieces to work with are often a hit. Especially good are games like this Monster Toss- its level of difficulty can be adjusted to custom-fit the close, and then slowly moving farther back! (\$34.99; alextoys.com)

Speak to me

For kids with **autism**, focus on cause-and-effect toys (push a button, get a response), especially those that promote interaction by encouraging a verbal reply. Vtech's Tote and Go Laptop Plus does just that, teaching letters, words, and more through fun games and friendly characters. (\$21.99; amazon.com)

Bigger is better

Children with **cerebral palsy** often have involuntary, spastic movements, so toys with big parts are better. Leg's chunky Duplo Basic Bricks fit the bill. (\$19.00; amazon.com)

Trunk show

Juvenile arthritis can limit movement in certain parts of the body, so choose a toy that gently works the area that's compromised. Because slow and easy gestures are used to catch the cascading butterflies, Elefun is ideal for kids who have trouble with their upper joints. (\$19.99; hasbrotoyshop.com)

Tunnel they'll love

There are two sides to **sensory integration** impairment: It makes some kids feel over stimulated by the work and causes others to seek out more interaction. For those who like to escape, a tent-and tunnel combo is ideal. (\$69.95; pacificplay-tents.com)

Area referral calls received during May 2009

	Members	Total Calls	Under 2	Over 2	Before/ After	Out of Area	CCAP Calls
Aurora	8	1	1	0	0	0	0
Brighton	21	4	2	3	2	0	2
Commerce City	8	8	6	3	0	0	8
Unincorporated Adams Co. / Federal Heights	9	2	2	1	0	0	0
Northglenn/ North Thornton West of Colorado Blvd.	15	15	12	3	9	0	8
East of Colorado Blvd.	17	4	3	1	0	0	0
Thornton	12	7	4	5	3	0	4
Westminster	9	3	2	4	2	0	0
Henderson	3	0	0	0	0	0	0

Area referral calls received during June 2009

	Members	Total Calls	Under 2	Over 2	Before/ After	Out of Area	CCAP Calls
Aurora	8	2	1	0	2	0	0
Brighton	21	6	3	4	2	0	3
Commerce City	8	7	2	4	0	0	7
Unincorporated Adams Co. / Federal Heights	9	7	5	2	1	0	1
Northglenn/ North Thornton West of Colorado Blvd.	15	11	8	4	3	0	3
East of Colorado Blvd.	17	5	4	1	0	0	1
Thornton	12	11	7	9	0	0	6
Westminster	9	2	2	0	0	0	0
Henderson	3	1	1	0	0	0	0

**Please call your referral Rep
during the month if your opening
status changes -**



**- don't wait until the
end of the month!!!**

Calls recorded above reflect evening care, social service paid children, part-time children and sibling situations. It is possible you may have declined to receive these types of calls, or that you have chosen to refuse children when calls do arrive on the basis of hours needed or special situations required by parents. If you have questions regarding the names given out by your referral rep, you may contact your referral rep.

Yes, Peas!

Got a kid who turns up his nose at just about any food that comes out of the ground? Here's a trick for getting him to open wide: Name that vegetable! Researchers at Cornell University found that when preschoolers were told that ordinary carrot sticks were called "x-ray vision carrots", they ate almost twice as many of them. Not only that, but the kids continued to eat more carrots, even when they didn't carry the catchy name. The strategy worked because "framing healthy food in ways that children can relate to helps encourage tasting and eating," says a study coauthor Collin Payne, Ph.D.

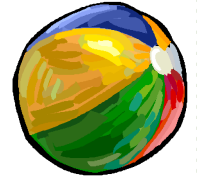
To come up with fun names that will make vegetables more appealing to your child, start by thinking about what his favorite interests are. If he's into superheroes, say, he might be more likely to down Brussels sprouts if you sell them as "muscle sprouts." Fairy fans might be more excited about sliced zucchini rounds if they're labeled "pixie rings". Some more ideas, just to get you started:

- broccoli: dinosaur trees
- salad greens: bunny food
- Cherry tomatoes: ketchup berries
- peas: power peas
- beans: magic beans
- asparagus: super spears

From August 2009
Parenting early years

6 ways to have a ball:

- * Play footsie- Grab a big plastic ball, and have everyone lie down on the floor with their feet up. Hold the ball with your feet, and try to work together to throw and catch it.
- * Clean it up- To keep your older toddler or preschooler busy while you're doing stuff nearby, give her a beach ball and washable markers. Let her decorate it and then "give it a bath" and wash the marker off.
- * Kickerama- Try this twist on classic kickball: After the pitcher rolls the ball, he yells either "Hop!" "Skip!" or "Jump!" The kicker then has to follow his direction as she makes her way to first base. But before the pitcher can run after the ball, he has to quack like a duck three times.
- * Toss it- Pair up, with each pair holding a bath towel between them. Try to toss and catch a lightweight ball from towel to towel. (If you're indoors, use a beach ball to avoid breaking lamps!) Count how many times you can toss it before it hits the ground.
- * Virtual orbs- You can find lots of cool ball-related games on Minielip.com, a free site. Click on the "Kid Games" section. Three faves: Monkey Kick Off (very simple-an older toddler can play), Table Tennis, and Bunch (you might just get addicted to that one!).
- * It's supernatural- Teach your child this trick to impress her friends and family: Tell everyone you've got magical powers in your fingertips. Put a Ping-Pong ball in front of you on a table or counter, and make a big show of wiggling your fingers over it. Without touching it, it will magically start rolling away from you. The secret? While everyone's distracted by your wildly wiggling fingers, quietly and gently blow on the ball, without moving your lips.



June 2009 *Parenting Early Years*

Secrets to a happy kid

Here's a bug you'll want your kid to catch: happiness! New research suggests that if a child's parents are happy (or in our case providers), if her classmates are cheery, if her neighborhood pals are smiley-well, she's more likely to be sunny, too. Some ways to keep her in the happy-go lucky loop:

-Stay will connected. Happiness is like the flu, says James Fowler, Ph.D., an associate professor at the University of California, San Diego, and the study's coauthor. The more peppy people you come in contact with, the more likely you are to pick up on their good humor. So to make sure your child is fully exposed, join a playgroup, schedule playdates, try to hit the playground when you know there'll be plenty of other kids there.

-Stress laughter (not achievement) The fundamental point of human existence has more

to do with experiencing happiness than success, says Fowler. Of course, when your kid is older, you'll want to make sure she's getting the best education possible, but for now, opt for fun activities and toys over "brain-boosting" ones. *And if you're in the market for daycare or you're ready to check out preschools, consider ones that emphasize social skills and play over drilling the ABC's.*

-Go to your own happy place. This doesn't mean forcing a smile through gritted teeth while you rifle through that stack of bills on the kitchen table. It means doing something that you know will push your bliss buttons- crank up some music you really love, try to giggle-inducing yoga move, or take your tot pout for ice cream. There's nothing like a chocolate-smearing grin on a little kid's face to instantly perk you up.

May 2009 *Parenting early years*

Classifieds

Sub care Available:

Dee Walworth- C.N.A w/ 20 yrs of experience in childcare -call 303-654-7931 for reasonable rates and quality care

Creative Corners Childcare- Contact Cherish Cordova @ 303-288-9042

Bust a Medical Myth

Just like your mom didn't need a thermometer to know if you had a fever, we bet your grandmother or other homegrown expert didn't let the lack of a medical degree stop her from issuing health directives. But which of them are worth following?

Grandma's wisdom: Swimming after eating can lead to cramps and drowning.

Science says: Not exactly, but not completely wrong either. After you eat, blood gets shunted to your digestive tract and away from exercising muscles, so swimming a few laps too soon after lunch could cause a sudden (though not fatal) cramp.

Grandma's wisdom: Put butter on a burn.

Science says: No. There's no evidence of a benefit from butter.

Grandma's wisdom: Sleeping in air-conditioning can give you a chill.

Science says: She may be onto something. Air conditioners dry out the protective layer of mucus along nasal passages, which likely allows viruses to infect you more easily. Viruses reproduce faster inside a cold nose too.

Grandma's wisdom: If you go out with wet hair, you'll catch a cold.

Science says: Maybe. Some research indicates (but doesn't prove) that a wet head helps cold viruses take hold, by tightening blood vessels in the nose and making it harder for white blood cells to reach the viruses and fighting them off.

Grandma's wisdom: An apple a day keeps the doctor away.

Science says: Granny's overstating this fruit's potency. Still, the peel is a good source of quercetin, an important antioxidant that, studies suggest, helps lower blood pressure, fight asthma and allergies, and prevent heart attacks.

Grandma's wisdom: Ginger is good for upset stomachs.

Science says: Yes, Good evidence shows ginger reduces nausea.

Grandma's wisdom: Chocolate gives you pimples.

Science says: Not quite. Chocolate bars might trigger an acne flare-up, but if so, the culprit is probably the sugar, milk, and gooey fillings, not the cocoa.

Pricing					
Non Member Prices			Member Prices		
	Per Issue	Annual		Per Issue	Annual
Business Card	\$25.00	\$100	2 line Add	\$3.00	\$12.00
1/4 page	\$35.00	\$140	Business Card	\$12.50	\$50.00
1/2 page	\$50.00	\$200	1/4 page	\$17.50	\$70.00
Full Page	\$75.00	\$300	1/2 page	\$25.00	\$100

ACAFCC Telephone List

<u>Office</u>	<u>Name</u>	<u>Hm Phone</u>	<u>Email</u>
President	Melinda Kurgan	(303) 280-4607	kurgy1@msn.com
1st Vice President	Vicki Maestas	(303) 284-6038	nanascc@comcast.net
2nd Vice President	Annie Miller	(720) 872-3272	arcmil@comcast.net
Secretary	~ OPEN ~		
Treasurer	Nancy Richardson	(303) 404-2223	jnrichardson32@aol.com
Membership Coor.	Midari Medina-Grady	(303) 895-4895	britler729@comcast.net
Referral Coor.	Tomi Wright	(303) 254-4668	tomiki7285@hotmail.com
Training & Education Coor.	Vicki Maestas	(303) 284-6038	nanascc@comcast.net
CAFCC State Rep.	~ OPEN ~		
Newsletter Editor	Nancy Richardson	(303) 404-2223	jnrichardson32@aol.com
Publicity Coor.	Deborah Pollack	(303) 227-0156	rkymtnpol@comcast.net
Grievance Committee	Janice Robison	(303) 433-0692	
Mentoring Committee	Janice Robinson	(303) 433-0692	
Sunshine Committee	Pauline Rivera	(303) 427-5351	davidrivera@msn.com
	Angie Butler	(303) 940-9452	butler_angela@msn.com
Fundraising Committee	~ OPEN ~		
Snack Committee	Summer Griffin	(303) 450-0403	

Referral List

Aurora 80010, 80011, 80012

Head	Betty Lewis	(303) 364-3233
Back-up	~ OPEN ~	

Brighton 80601, 80603

Head	Ellen Gerke	(303) 659-2527
Back-up	Gaylene Else	(303) 659-7830

Commerce City 80022

Head	Genevieve Gurule	(303) 289-6164
Back-up		

Federal Heights/Unincorp. Adams 80221, 80260, 80003

Head	Janice Robinson	(303) 433-0692
Back-up	Tammy Saunders	(303) 466-6659

Westminster 80030, 80031

Head	Linda Gamet	(303) 429-0125
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Northglenn / No. Thornton 80233, 80234, 80241, 80602, 80640, 80642

Head - West of Colo. Blvd	Melinda Kurgan	(303) 280-4607
Head - East of Colo. Blvd	Annie Miller	(720) 872-3272
	Midari Medina-Grady	(303) 325-3610

Thornton 80229

Head	Charlotte Phelps	(303) 287-8181
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Henderson 80640

Head	Angie Butler	(303) 940-9452
Back-up	Pauline Rivera	(303) 427-5351

Colorado Dept of Human Services

Dana Andrews	(303) 866-5946
dana.andrews@state.co.us	
Childcare Services	(303) 866-5958
Immunization Line	(303) 230-7178
Medication Admin Hotline	(303) 379-1125
Colo. Dept of Health	(303) 692-2035
Poison Control	(303) 739-1123
Tri-County Health	(303) 280-0042

Metro Area Referral Listings

Arapahoe County	(303) 246-5146
Adams County	(303) 451-1061
A Caregiver Network	(720) 870-1161
Boulder County	(303) 682-5122
Broomfield County	(303) 464-8307
Denver County	(303) 756-8901
NE Denver	(303) 371-6750
Douglas County	(303) 841-7718
Jefferson County	(303) 969-8772
Summit County	(970) 302-5998
Weld County	(970) 302-0703

Colorado Assoc of Family Child Care (CAFCC)
 President -Tricia Kelly-Lynch 303-914-8687

Red Rocks Community Collage Child Care Innovations Licensing

13300 W. 6th Ave. Box 22B Lakewood, CO 80228	
Main Number	(303) 914-6304
Pat Bolton, Director	(303) 914-6527
pat.bolton@rrcc.edu	
Carin Rosa	x3054
Nicko Bettis	x3055
Tanya Estrada	x3056
Kristy Matthias	x3060
Keesha Minor	x3063

FOOD PROGRAMS

A Childs Choice	(303) 627-9207
Kid's Nutrition Co.	(303) 987-4852
Wildwood	(303) 730-0460

Adams County Association
of Family Child Care
P.O. Box 1325
Eastlake, CO 80614-1325

Check us out on the web!
www.childcareinadamsco.org



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Upcoming Training Events:

- August 15th: Westminster Faire 10- 5 (Need Volunteers)**
- August 17th-(1.5 Hours) Qualistar Ratings 101 Laura Colburn & Bright Beginnings
- Sept. 21st-(2.5 Hours) Health Issues in Your Family Child Care Linda Satkowiak
- Oct. 19th-(1.5 hours) Preventing Obesity Rocky Mountain PBS
- Nov. 16th-(1.5 hours) Low Cost Shopping Child's Choice
- Dec. 21st-ACFCC Christmas Party