OCCCA

Orange County Child Care Association

President's Message

Happy New Year!

Happy 2016 to one and all! I hope you all had an amazing holiday and even though I laugh as I type it, I hope you all got some time to relax. Family Child Care providers spend their time caring and nurturing others and often times we leave ourselves out of the equation. We need to think of ourselves now and again and take moments to breathe, put our feet up and just clear our slate. I hope now that the hustle and bustle of the holidays are over that you all take a few minutes each day to reboot yourselves and care for the caregiver, you are most certainly worth it.

OCCCA Elections are on Monday January 11th. Please look at the open positions and consider running for one! President, Program Chair, Central Coastal Vice President and Secretary are open positions at this time.

See you all at the General Meeting!!!

Lee Allton

Training Tip:

Take a few minutes to look for the Winter Quarterly update from Licensing at: http://ccld.ca.gov/PG413.htm

ROSE LARSON: SOON-TO-BE RETIREE

"Every new beginning comes from some other beginning's end." -Seneca

As we say hello to a new year, 2016 brings some goodbyes as well. After 30 years in childcare, board member Rose Larson is retiring. Not only has she touched the lives of the families in her community, but she has served the larger community through her involvement in the Orange County Child Care Association. She has offered support, wisdom and encouragement to others involved in this important work.

In reflecting on her years of service, Rose offers insight into how she made this career choice work and hopes that others can benefit from her experience.

Your Home as a Business

Before becoming a child care provider, Rose was a loan service counselor. This financial background helped her realize the importance of investing in her business, namely her home. "My family always had to budget. We stayed home a lot and ate most of our meals in. We did everything we could to save money to put extra into our principle payment each month so we could pay off our house earlier. Even just \$100 extra each month made a difference." This strategy worked well for her and her family, enabling them to truly call their home and business their own.

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Area News

North County

Susan Austin

Greetings Providers to 2016!

We are looking forward to a prosperous New Year. Our next North County Area Meeting is Monday, March 14, 2016 from 6:45-8:15 pm at Spires Restaurant on Euclid and Ball Road in Anaheim. Topic: Organizing and Networking. We will also discuss advertising, contracts, and topics of interest. Come and learn all you can to have a thriving business. We always have an update on Public Policy, current Licensing info, and other important updates. There will be door prizes and craft ideas. And to top off the evening, we always have lots of fun getting together. Please bring non-member Providers to our Area Meeting and receive a gift! All areas are welcome. We're sorry, no children are allowed at the meetings. Please RSVP in February 2016 to your Area Chairs.

Be sure to keep in touch for positive support. Your positive attitude and hard work will help build your child care. Thanks to all of our OCCCA Members that call with their unused referrals to help other OCCCA Members. Referrals are just one of the many benefits of being in the OCCCA. Networking has been the most rewarding aspect of my membership. Sharing our daily experiences will develop long-lasting friendships and strengthened our businesses. **Join us** for all the upcoming events and receive *Building Blocks for a Successful Child Care*.

North County

Lynda Luistro

Hi All, I hope everyone had a great holiday.

With this years El Nino coming up we all have to be prepared. I am sure you are ready for an earthquake, but what about a flood?

- Are your children's file up high?
- Do you where high ground is?
- Do you have sandbags?
- Are your rain gutter's cleared?
- Do you need sump pumps?
- Do you need flood insurance? (it is not effective until 30 days after you are approved)

These are just a few thing's to think about. I hope this reminder helps.

Lake Fst/Foothill Rch

Lynn Hallas

Hope everyone had a wonderful holiday season and you have thought of new creative ways and ideas to help you ring in the new year. I'm looking forward to new challenges and opportunities to help work with all of you to enhance your outlook as well as be there for questions and provide answers in the best way I know.

I have been getting steady calls with referrals within our area. I know how important these calls are to you so I hope you are all benefiting from that service. I plan on scheduling an area meeting (possibly at Lakeshore again) this coming Spring (probably March). These meetings tend to have a good turn-out. I love seeing all the new craft ideas as well as browsing in the store for an item I can use in my daycare. I will let you know the date. I hope to see many more of you this coming year and for you to benefit from the support of all our members!

N.B., CM Santa Ana, Tustin Linda Zoelle

HAPPY NEW YEAR!

Thank you to Margarita Pagoulatos for joining me at our holiday area meeting at El Torito Restaurant.

We had a wonderful time with members from Westminster, Fountain Valley, North County members, and South County members. Thirty five people in all. All I can say is you really missed a fun and festive night.

The referrals have been coming in and the lists have been going out quite steadily. Best wishes to you for the new year.



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877-766-7518 info@myschoolinsurance.com

Area News

HB/FV Tena Madrid, Diane Palermo

Hello everyone:

I hope that you enjoyed the holidays and found some time to enjoy and relax. Now we are off and running for 2016! As you may or may not make New Year's resolutions, it is nonetheless, beneficial to take care of yourself. As caregivers, we take care of everyone around us and sometimes forget about taking care of ourselves. We are on alert all day for several hours at a time. It is important for you to take 10 minutes or more every day to destress. Find a few minutes for some quiet time or "Mindfulness". Slowing your mind calms the spirit and the body. They are all connected. After hours; take a walk, work out, try some yoga or even take a warm shower or bath. Whatever it may be, make it about you.

We will keep you notified about our first 2015 area meeting which will probably be in March. It is our pleasure to have you as members of the OCCCA-Central Coastal-HB & FV areas. We as area chairs are committed to helping you in any way that we can.



Toys, Games, Books For Children 0-12 yrs Home Parties, Catalogue Sales Phone/Fax/Web Orders

PAT NELSON (714) 524-6673 rpnelson@pacbell.net

MEMBERSHIP RENEWAL

Please enclose a self-addressed, stamped envelope (SASE) with your renewal if you would like to have a membership card mailed to you. Otherwise you may pick up your card at the next General Meeting

Questions?: Michelle Spoor (714) 222-4922

NEWLAWSFOR

CHILDCARE & SCHOOL

http://www.shotsforschool.org/laws/sb277faq/

Starting January 1, 2016:

Parents or guardians of students in any school or child-care facility, whether public or private, will no longer be allowed to submit a personal beliefs exemption to a currently-required vaccine.

Students will no longer be required to have immunizations for entry if they attend:

- ♦ A home-based private school or
- ♦ An independent study program with no classroom-based instruction.

However, parents or guardians must continue to provide immunization records for these students to their schools, and schools must continue to maintain and report records of immunizations that have been received for these students.

Whether public or private, all California schools and child-care facilities, including child-care centers, day nurseries, nursery schools, family day care homes, and development centers, are subject to new and existing laws in California.

Starting in 2016, personal beliefs exemptions will no longer be an option for the vaccines that are currently required for entry into school or child care in California.

Personal beliefs exemptions (PBEs) filed at a school or child-care facility before January 1, 2016 will remain valid until the student enrolls in the next grade span, typically at kindergarten (or transitional kindergarten) or 7th grade.

Please see: http://www.shotsforschool.org/laws/sb277fag/ for more details.





ANNUAL MEETING PROXY FORM

Annual Meeting of the Orange Courat the Orange County Department	reby appointas my proxy at the nty Child Care Association to be held of Education on January 11, 2016
	embers must be in good standing (refer to Bylaws) and membership dues resh elections are held in order to vote in the Board of Directors elections. Proge County Child Care Association.
Aut	thorization Signatures
Without the proper signatures your proxy form cann must be witnessed by someone other than the person	not be accepted. As outlined in the rules and regulations governing the OCCCA, your signal a you are appointing.
Member Name (Please Print)	Member Signature
License Number	Membership Expiration Date Phone Number (including area code)
Appointed Proxy's Name (Please Print)	Proxy's Membership Expiration Date
Witness Name (Please Print)	Witness Signature
Mail to: OCCCA, PO Box. 26769, Sa	anta Ana, CA 92799 attn: Secretary

ENHANCING THE LANGUAGE DEVELOPMENT OF YOUNG CHILDREN

By Sandra Crosser, PhD

http://www.earlychildhoodnews.com/earlychildhood/article view.aspx?ArticleID=119

Article Exerpt:

The best way to facilitate language development requires no props or expensive equipment. Language can be promoted by simply talking with children. Get on the child's physical level, make eye contact, give undivided attention, and have a conversation. Because children need to speak and be spoken to, we need to engage them in conversation. People who study the nature of adult/child interaction tell us that adults tend to talk at children, not with them. Adults tend to give directives such as "Pick up your toys"; "Wash your hands"; and "Come with me." But children need two-way communication with turn taking, real talking, and real listening.

Caregivers can promote language development by making available playthings that encourage talk. Try placing telephones in several different centers. Add little people to the toy car collection. Place attractive puppets in a gutted TV cabinet. Give dolls baths in the water table. Make stick puppets, bag puppets, and sock puppets. Change the dramatic play area frequently and help children learn to use the special and technical vocabulary of a shoe store, gas station, campground, stuffed animal clinic, pizza parlor, or workout gym.

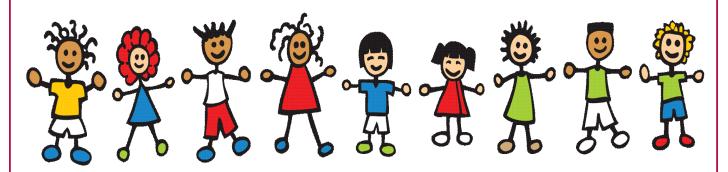
Make language props like a pretend microphone, walkie talkie, cordless phone, or megaphone. Invite children to talk or sing with a karaoke machine or tape recorder. Play back taped mystery voices and guess which friend was speaking. Set up a listening center where children may comfortably listen to books on tape.

Expand vocabulary by playing instrumental music and inviting children to slither, leap, or waddle. Use fun, big words like exhausted, rotate, hilarious, enormous, and whirl. Set up an obstacle course and entice children to move under, beside, over, through, between, or around. Move high, low, quickly, or slowly. Use strong movements like gliding, sliding, stomping, marching, tiptoeing, galloping, lunging, twisting, twirling, and flopping.

Too often early childhood professionals are busy with what needs to be done, busy with the important things of life. When children try to engage us in conversation we might be tempted to listen with half an ear, give an inane response, and get on with the important work. In fact, when researchers studied the interactions of fathers and children, they discovered that fathers spoke with their children for only minutes per day (Lewis & Weinraub, 1974). Is it any wonder that preschoolers often rush and stumble in their attempts to say it all quickly before the adult stops paying attention? Confidence is built when we give a child our full attention.

Conclusion

When we understand how language develops, we are in a better position to promote that development. By first ensuring that every child has a safe, secure environment and then by providing appropriate materials and activities to facilitate language development, teachers can maximize each child's innate potential. Children need to speak and be spoken to, and engaged in conversation from the very start.



FOR PROVIDERS AND PARENTS DEVELOPMENTAL SCREENING TRAINING

In support of the effort to have all children in Orange County receive developmental and behavioral screenings with evidence-based screening tools, Help Me Grow Orange County is offering the following trainings on the Ages & Stages Questionnaires: Third Edition (ASQ-3), Ages and Stages Questionnaires: Social Emotional, Second Edition (ASQ:SE-2), Modified Checklist for Autism in Toddlers, Revised, with Follow-Up (M-CHAT-R/F) and Parent's Evaluation and Developmental Status (PEDS).

These trainings are geared towards professionals from the fields of early childhood education, early intervention, social service, mental health, health care or anyone interested in learning about one of these norm-referenced screening tools.

To register, go to www.helpmegrowoc.org and choose "Training Opportunities". For additional information, call (949) 267-0310 or email helpmegrow.@hs.uci.edu. Registration fees for OC residents are \$45 each for ASQ-3, ASQ:SE-2 and M-CHAT: R/F and \$35 for the PEDS training.

AGES AND STAGES: Third Edition (ASQ-3)

Thursday, January 28, 2016 Wednesday, May 4, 2016 Wednesday, June 1, 2016 8:00 am-12:00pm, Help Me Grow Offices 2500 Redhill Ave, Suite 290B, Santa Ana 92705

AGES & STAGES: SOCIAL EMOTIONAL: Second Edition (ASQ:SE-2)

Monday, January 11, 2016 Tuesday, February 23, 2016, Friday, April 22, 2016, Monday, May 16, 2016

8:00 am-12:00pm, Help Me Grow Offices 2500 Redhill Ave, Suite 290B, Santa Ana 92705

MODIFIED CHECKLIST for AUTISM in TODDLERS Revised, w/Follow-Up (M-CHAT-R/F)

Tuesday, March 8, 2016 Monday, June 6, 2016

9:00 am-12:00pm, Help Me Grow Offices 2500 Redhill Ave, Suite 290B, Santa Ana 92705

PARENTS' EVALUATION OF DEVELOPMENTAL STATUS (PEDS)

Wednesday,, February 10, 2016 Thursday, April 7, 2016

8:00 am-12:00pm, Help Me Grow Offices 2500 Redhill Ave, Suite 290B, Santa Ana 92705

Editor's Note:

I've attended previous trainings offered by Help Me Grow and have found them to be invaluable. They offer an opportunity for professional development as well as a very useful tool to facilitate discussions with families about their child's development, assuring them what is expected at certain ages and what kinds of skills and behaviors to encourage.

I plan on continuing my training with these new opportunities· Feel free to contact me with any questions·

-Terri

HOW COOKING CAN HELP PRESCHOOLERS

FROM: http://kidshealth.org/parent/growth/learning/cooking preschool.html#

Bringing kids into the kitchen can benefit them in a number of ways. Cooking can help:

Build basic skills. You can help your child hone basic math skills by doing something as simple as counting eggs or pouring water into a measuring cup. Ask what comes first, second, and third. Count together as you spoon dough onto a cookie sheet. Reading a recipe together introduces new words to your child's vocabulary and promotes literacy. Following steps in a recipe can works on listening skills.

Encourage an adventurous palate. Preschoolers can be picky eaters, and bringing them into the kitchen to cook can help get them to open up to new tastes. When your 3-year-old daughter plays chef she might sample dishes she wouldn't try if you just served them to her. So encourage kids to taste new ingredients you're working with and talk about what they like and how healthy foods make a body grow.

Help young kids explore with their senses. Kids learn by exploring with their senses and the kitchen is an ideal place to do that. Invite them to listen to the whir of the mixer, pound dough and watch it rise, smell it baking in the oven, and finally taste the warm bread fresh from the oven. If it smells good, looks appealing, and is easy to eat they may just be willing to try it!

Boost confidence. Preschoolers love to show what they can do and working in the kitchen provides opportunities to gain a sense of accomplishment. If they helped assemble the pizza, let them know that their help was important. Name the pizza or another dish after your child. Serve "Will's Pizza" or "Ella's Salad" for dinner tonight. Even if the end results are not exactly what you expected, praise their efforts.

EASY-PEASY-PIZZA PLEASY

CRUST: Small Flour Tortillas or Pita Bread

SAUCE: Tomato Paste, Water, Italian Dressing, Italian Spices

TOPPINGS: Cheese (grated), Vegetables (sliced zucchini, peppers, olives, whatever you have on hand)

Protein (optional) (chicken, pepperoni, ham)

Lightly toast the tortillas or bread before assembling (to avoid a soggy pizza). *

Mix tomato paste with some water to thin it to desired consistency.

Add Italian dressing and seasoning, mix together.

Spoon a dollop of pizza sauce into the middle of each "crust".

Spread the sauce out using the back of a spoon. Leave a little room at the edges for a crust to hold. Sprinkle with cheese.

Decorate with toppings (Children may choose to make patterns or face-pictures with the veggies.

This is great time when they CAN play with their food!).

Broil the pizzas just until the cheese melts and the crust browns.*

Cut into wedges and serve.*

*Indicates grown-ups only tasks. Otherwise, this recipe is kid-friendly.

Contact Information

President/Web	Secretary	Treasurer	Parlimentarian/Board Asst
Lee Allton	Valerie Gideon	Yessika Magdaleno	Linda Zoelle
(714) 892-7220	(949) 858-4204	(714) 971-8004	(949) 673-2692
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Susan Austin	Lee Allton	Rose Larson	Cyndi Casum
(714) 956-1492	(714) 892-7220	(949) 582-0865	(714) 842-8630
Ways & Means Chair	Membership Chair	Public Policy	Newsletter Editor
Mary Testerman	Michelle Spoor	Yessika Magdaleno	Terri Ryder
(562) 598-7407	(714) 222-4922	(714) 971-8004	(206) 351-2636
Hostess			
Sandra Turner			
(562) 799-3608			

OCCCA REFERRAL HOTLINE (714) 893-0390 and (949) 348-6988 OrangeCountyChildCareAssociation.org

IMPORTANT NUMBERS

Community Care Licensing	(714) 703-2800	http://ccld.ca.gov/contact.html
Child Care Advocate Pgm (Sharon Greene)	(310) 337-4335	Sharon.Greene1@dss.ca.gov (Sharon's email)
CHS Referral Line (M-F, 9-3:30)	(949) 364-6605	http://www.chs-ca.org/child-care/ccrrp/
Children's Home Society	(714) 456-9800	http://www.chs-ca.org/
Calif Childcare Health Program	(800) 333-3212	http://www.ucsfchildcarehealth.org/
Child Guidance Center	(714) 953-4455	http://www.cgcoc.org/
Help Me Grow-Orange County	(866) GROW-025	http://www.helpmegrowoc.org/
OC Child Abuse Prevention	(714) 543-4333	http://www.brightfutures4kids.org/
California Poison Action Line	(800) 222-1222	http://www.calpoison.org/
Regional Center of Orange County	(714) 796-5100	http://www.rcocdd.com

OCCCA FOREIGN LANGUAGE ASSISTANCE

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French	Alice Gharbjanians	(949) 833-0404
German	Anke Secrest	(714) 434-0834
Greek	Margarita Pagoulatos	(714) 241-7455
Korean	Kim Grace	(949) 215-0757
Pharsi	Mona Mosavat	(714) 633-4353
Spanish	Gracie Ruano	(949) 574-5613

	NORTH COUNTY AREA - VP Susan Austin (714) 956-1492						
Anaheim	92801-2	Susan Austin	(714) 956-1492	La Habra	90631-3	Lynda Luistro	(714) 521-7485
Anaheim	92803-5	Susan Austin	(714) 956-1492	La Palma	90623	Lynda Luistro	(714) 521-7485
Anaheim Hills	92806-8	Maggie Lopez	(714) 229-8347	Orange	92862-9	Susan Austin	(714) 956-1492
Brea	92821-3	Lynda Luistro	(714) 521-7485	Placentia	92870-1	Maggie Lopez	(714) 229-8347
Buena Park	90620-24	Lynda Luistro	(714) 521-7485	Stanton	90680	Susan Austin	(714) 956-1492
Cypress	90630	Susan Austin	(714) 956-1492	Villa Park	92861	Maggie Lopez	(714) 229-8347
Fullerton	92831-38	Lynda Luistro	(714) 521-7485	Yorba Linda	92885-7	Maggie Lopez	(714) 229-8347
Garden Grv	92840-46	Susan Austin	(714) 956-1492				

CENTRAL/COASTAL AREA — Lee Allton (714) 892-7220

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Costa Mesa	92626-7	Linda Zoelle	(949) 673-2692	Nwprt Cst 92657	Linda Zoelle	(949) 673-2692
Fountain VIIy	92708	Diane Palermo	(714) 965-3602	Santa Ana 92701-7	Linda Zoelle	(949) 673-2692
Hunt Bch	92646-9	Tena Madrid	(714) 536-2351	Seal Beach 90740	Sandra Turner	(562) 799-3608
Los Alamitos	90720-1	Sandra Turner	(562) 799-3608	Tustin 92780-2	Linda Zoelle	(949) 673-2692
				Westmin 92683-85	Lee Allton	(714) 892-7220

SOUTH COUNTY AREA - VP Rose Larson (949) 582-0865

Aliso Viejo 92656, 98	Teri Williamson	(949) 859-0888	Laguna Hills 92653	Teri Williamson	(949) 859-0888
Capist Bch 92624	Teri Williamson	(949) 859-0888	Laguna Ngl 92677	Victoria Rossiter	(949) 857-6003
Coto d'Caza 92679	Valerie Gideon	(949) 858-4204	Lake Forest 92630	Lynn Hallas	(949) 858-1527
Dana Point 92629	Victoria Rossiter	(949) 857-6003	Las Flores 92688	Rose Larson	(949) 582-0865
Dove Cyn 92679	Valerie Gideon	(949) 858-4204	Mssn Viejo 92691-2	Rose Larson	(949) 582-0865
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Laguna Bch 92651-2	Victoria Rossiter	(949) 857-6003	Trbco Cyn 92678-9	Lynn Hallas	(949) 858-1527

AREA CHAIRPERSONS provide information to both childcare providers, as well as parents in their area; i.e. referrals, meetings, etc.

Did you know...

The Children's Home Society of OC produces quarterly newsletters especially geared toward providers and parents? They encourage providers to share their newsletters amongst their peers and staff. They also give providers permission to print and distribute their parent newsletters to their clients. Each newsletter is full of activities and information. This quarter's feature is on the healthy social and emotional development of young children.

Check them out at

http://www.chs-ca.org/child-care/ppn/

BENEFITS to MEMBERSHIP

We welcome all licensed Family Child Care Providers to join us and benefit from all that OCCCA has to offer. And while most enjoy our FREE referral service, we offer much more...

- Get up-to-date information on DSS licensing requirements
- · Receive 6 newsletters, via our website or on our Facebook page, each with ideas, suggestions and more relating to your business
- Generate new clients with our referral service
- Benefit from guest speakers hosted at General Meetings, designed with you the provider in mind
- · Network with providers in your city, get new ideas, share ideas, discuss common issues at area meetings
- Learn ways to generate business, keep clients and maintain a quality child care
- Membership also gives Family Child Care Provider's a powerful voice
- Enjoy discounted rates for insurance, membership to other associations and more...

BECOME A MEMBER OF OCCCA TODAY

Membership Application

The Orange County Child Care Association would like to invite you to join or rejoin our professional organization for Licensed Family Child Care Providers. Our members are dedicated to *Promoting, Providing and Supporting Quality Child Care*. With your paid membership, you will receive many benefits. Please take this opportunity to become "Part of the Solution" as we all work together to deliver quality child care.

Capacity (circle one)	Small (8) Large (14)	Membership type (circle one)	Renewal	New Member	Expired
Name			MEMBI	ERSHIP \$45	00
Phone					.00
Address		City, State, Zip			
Email Address					
License Number					
Complete the entire ap	plication for faster proces	ssing.			
For a one-year membe along with the followin		cation and mail to us at OCCC	A, P.O. Box	26769, Santa Ana,	CA 92799
•	•	for renewing members with valid	copy of licens	se on file with the C	CCCA)
.,	, .	payable to OCCCA accepted	1 7		,
() A legal-sized, self-add	dressed, stamped envelope	(two first class stamps)			
is a \$1.00 replacement for	ee for lost membership care	re non-refundable. There is a \$2 ds. If you have any questions abo Chairperson (Refer to page 10 fo	out membersl	hip in the OCCCA of	cks. There or this ap-
☐ YES I would like to v	olunteer. Please call me wit	th details on opportunities.			

Next General Meeting

Mon, January 11, 2016

LICENSING UPDATE Stan Roork, My School Insurance

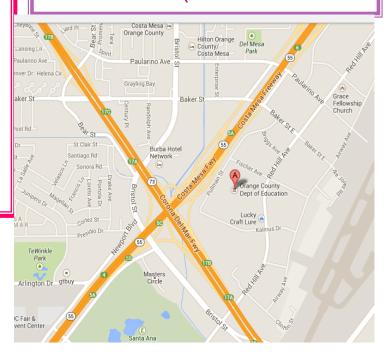
7:00 Networking, 7:20 pm Meeting
OC Dept of Education
200 Kalmus Dr. Bld. D, Costa Mesa

Wear BLUE for a door prize ticket Please, no children at the meeting.

OCCCA

Orange County Child Care Association P.O. Box 26769, Santa Ana, CA 92799

OCCCA MARCH-APRIL 2016 NEWSLETTER DEADLINE FEBRUARY 8, 2016



Continued from Page 1

www.OrangeCountyChildCareAssociation.org

Your Home as a Home

A daycare provider's house, of course, is their place of business. For Rose, it was important not to forget that ie was also her family's home. She made every effort to keep this in mind at the end of each daycare day. "I hauled the highchairs and toys in and out every day so my family wouldn't feel like they were living in a daycare." This concerted effort honored her clients as well as her family and enabled them to support her efforts.

Accept Help

Rose is wise to realize how much she needed the support of her family in her childcare endeavor. A parallel can be found from the adage, "It takes a village to raise a child" because it is also true that "It takes a family to run a successful childcare business." Rose reflects, "We made it work. I say "WE" because I needed the backup of my family to do this job. It is all encompassing."

Adapt and Adjust

"In the beginning I was spry, active and could handle everything. I sat on the floor and ran around playing tag. To-day, because of knee replacements and arthritis, I can't sit on the floor. But I can sit in a chair and read to the children. I can hold them in my lap. Over the years I have also become calmer and more easy-going. It works!"

Get Involved

Home childcare can be an isolating and lonely business. Rose recognized the importance of finding others doing the same kind of work. She credits OCCCA with helping her reach out and become part of something bigger. "I have met so many wonderful friends at the general meetings. I meet wonderful women and stay connected. Step up and reach out, even if you're just helping pass out papers or cleaning up after the meeting. We all need to have a purpose. The effort is worth it!"

Thank you, Rose for her dedicated service to OCCCA and wish her the very best on her retirement. We are grateful for your positive outlook, sense of humor and mind-blowingly delicious baked goods! We will miss you!