

OCCCA

Orange County Child Care Association

Hello everyone,

I hope this newsletter is finding you all safe and healthy with the ongoing covid-19 situation. Please know we are here for you during this time of uncertainty. As we get updates and resources that can assist you in some way, we have been posting them all on our Facebook page, please take a few minutes and scroll down the main page for the past links.

Here are some links for possible financial resources:

Unemployment Insurance:

https://edd.ca.gov/about_edd/coronavirus-2019/pandemic-unemployment-assistance.htm

Small Business Administration:

<https://www.sba.gov/funding-programs/loans/coronavirus-relief-options/economic-injury-disaster-loan-emergency-advance>

Most banks have their own “Covid19” portals that you can click on allowing you to see what they offer. I know of some success with mortgages, car payments, car insurance payments and utilities. Call your bank and ask about all their options. Remember funding is thinning out until the next stimulus package is voted on and we do not know how long this will impact us. Do not be a martyr, call and see what you can qualify for and put that money aside in savings for a time that you really need it if you do not have a dire need now.

If you are willing to work for essential workers contact: AYang@ocde.us and get on that list ASAP. Children’s Home Society has a form for you to update for families to receive subsidized care:

https://www.chs-ca.org/covid-19/resources?utm_medium=email&utm_campaign=Emergency%20Child%20Care%20for%20Essential%20Workers&utm_content=Emergency%20Child%20Care%20for%20Essential%20Workers+CID_31a0a4eb9e089eeb923d594c663d791b&utm_source=OC%20ContactLink&utm_term=emergency%20child%20care%20enrollment%20flyer#test

If anyone has more options, please put the link and ideas on the Facebook page. Please know you are all in my prayers and it is my sincerest wish that you are all of and doing well.

Stay strong, we will get through this!!

Lee



Vice President News

Lynn Hallas

Hope you and your family are all doing well and staying healthy during this Covid-19 pandemic. I have some older cousins in New York who came down with the virus but are now in recovery mode and it has been a long stressful process so we can also understand how hard this is on families, especially those who have lost loved ones that can't be with them at the hospital.

On a more positive note both of my daughters are planning on getting married in August and September of this year...the youngest, marrying here locally here in Temecula, CA and the oldest in Mcall, Idaho, so for us as a family it's been a happy yet stressful time in deciding if and when we need to postpone the weddings or keep the current plans and reservations already planned months ago. Regardless of what happens we are all determined and will support each other in making things happen and staying positive.

We can easily fall into a lot of negative reactions because of stay-at-home orders but we can also CHOOSE to focus on the positive opportunities of our stay-at-home orders as well. Look at the quality time we get to spend with our family!...the family dinners and discussions, walks in the evening after a nice dinner together and maybe taking on some home improvements in or outside of your home that you never before had time for.

All I can say is it's all in what you make of the situation that will determine your health and well-being! I also wanted to mention that there are many websites/resources on-line with information to assist those families having to work at home yet home-school their children at the same time. I know this is a very hard adjustment but we all understand the implications even if we don't experience what other families experience and I'm sure there are many scenarios depending on each family. Let's try to rise above it and help those in need or even to check on a neighbor or two! I hope you all stay healthy and have an enjoyable pre-summer!

Area Coordinator News

South County Coordinator

Diane Spiesterback

Hello ladies and I sincerely hope you are all taking care of yourselves as well as your family during this mandatory stay at home order. I know this has been a very trying time and tough on everyone. If you need to contact someone or have a question regarding your business please don't hesitate to contact me. This is a great time to reach out and just help someone in need. With this weather warming up and becoming pleasant to be outside remember the water safety rules as well as the sanitary rules we can teach our daycare kids. Singing songs while washing hands and really teaching them why we wash our hands and keep our distances. This can be very confusing and stressful for them, especially with all the news and precautions being taken. They may not understand why we need to wear our masks and keep in place at home. Hopefully this will ease up and we can go back to normal very soon! This is really tough on parents trying to work as well as make sure the on-line schooling program at home is done properly. Some kids may not even have access to the basic necessities, so we have to remain open and willing to share information with those who may not have these necessary resources. Have a wonderful Mothers Day!

North County Coordinator

Rose Gaba

The weather has been absolutely amazing! I have brought out my water table's and water toys for the kids to be refreshed while playing outdoors during these warmer months. I've also put up some canopies to provide extra shade to provide protection against the sun. I keep pitchers of cold water outside to rehydrate the kids as well. We have been doing a lot more outdoor activities since most of us have been cooped up indoors. I realize that we all had to make the tough decision on whether to remain open or to close our facilities during this time. Whatever decision you made, it was the right one for you. Let us all stand in support of each other's decision! If you still provide care for children and chose to remain open like myself, please continue to practice the recommendations of the CDC which includes repeated hand washing, cleaning, sanitizing and wiping down surfaces to keep the children and your home a safe place. Remember, we play an important role for Essential workers by providing care for their children while they are out in the world fighting the good fight. Let's stay positive and keep fear far from the precious little minds of our innocent children. Keep them occupied and provide a clean, stress free, home away from home each day they are in your care. We are all in this together so let's support each other any way we can!

Irvine County Liaison
Joyce Russell

Hello Irvine Providers! This is a crazy time isn't it? I hope you are all staying safe and healthy. Some of us are still working and I hope you are one of those. Licensing has been sending out frequent updates and guidelines on what to expect and how to keep safe and healthy during this time so if you are not receiving them please let me know.

You may have gotten calls or emails from the City of Irvine or licensing asking if you were open or closed and if you would be willing to take new children into your group at this time from families of workers that are considered essential, if so that is your decision to make.

After the situation with the coronavirus is passed, and it will be one day, you may get more calls for child care than before with everyone going back to work, lets hope so! Let me know if you have any opening and I will keep you in mind when I get a call.

Take care of yourselves...hope to see you soon!



Banana Avocado Yogurt Smoothie

Rated as 4.67 out of 5 Stars

Prep: 5 m

Ready In: 5 m

Recipe By:Deborah Xue

Hearty, healthy smoothie that is super filling with a boost of spirit."

Ingredients

- 1 cup nonfat Greek yogurt (such as Chobani(R))
- 1 avocado - peeled, pitted and diced
- 1 banana, chopped
- 2 tablespoons water, or as needed (optional)

Directions

Place Greek yogurt, avocado, and banana in a blender and puree until smooth. Add water for a thinner smoothie.

ALL RIGHTS RESERVED © 2020 Allrecipes.com
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COVID-19 RESOURCE

By: Michelle Spoor (Membership Chair)

This is a very difficult time for us all. I hope you are all taking care of yourselves. You know the rule about oxygen in an emergency on an airplane: Put the oxygen mask on yourself before you put it on your child, so you can be sure you'll be able to care for them.

<https://covid19.ca.gov/> is a website with many resources, not the least of which is a new addition to help parents find child care in the state of California.

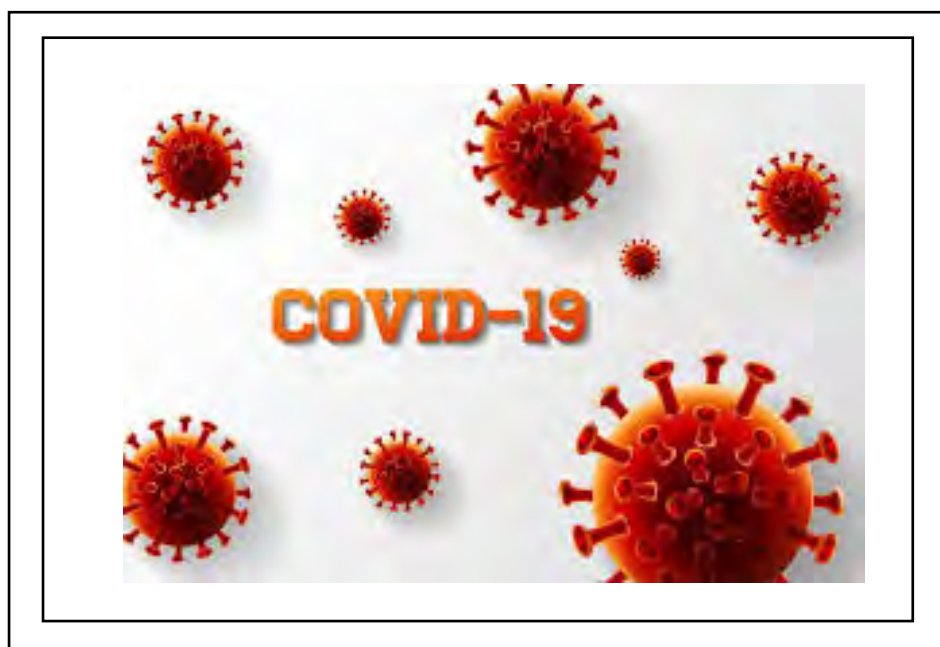
Our daycare homes are listed on it under MyChildCare.ca.gov. This is also the new portal they have been talking about creating for about 20 years.

Our names aren't there, just "FAMILY HOME," our city, the ages of the children we watch and if we have any openings. Parents can click on that information and it goes to a link that has our license number, if we have any openings, the general area where we are and the referral agency they can check with to get our phone number.

If you receive a call from 916-228-6728, please answer, stay on the line and press the numbered response they ask for. You will also be receiving an email that asks for the same information. This will help you and the parents out there who desperately need care for their little ones.

We are needed now and we will be needed even more when the pandemic is under control. Unfortunately, there are many facilities that won't reopen.

Stay safe, stay home, stay in touch!





Free Food Map



[Sign in or create account](#)

Enter Keywords below and Filter by location

[More Search Filters](#)

Search Results (Found **309**)

A Program: Farmers Market
Agency: Orange Home Grown, Inc

Provides a weekly farmers market where shoppers can purchase locally grown foods. Market accepts EBT ...
www.orangehomegrown.org

B Program: Kids Cafe
Agency: Second Harvest Food Bank Of Orange County

Offers a free meal to children. Meals consists of sandwiches, salads, wraps, etc. Each meal includes ...
www.feedoc.org/get-help/get-food-2/

C Program: Mobile Food Pantry
Agency: Cool Water Ministries

Provides a mobile food pantry that distributes fresh fruits, vegetables and other goods. ...

Program: Food Pantry

Translate

D Agency: First Presbyterian Church of Orange

Provides non-perishable bags of food.

www.firstpresorange.org

E Program: Orange - Senior Meal Program
Agency: Orange Senior Center

Provides lunch to older adults in a congregate setting.

Transportation to the lunch program may be p ...

www.orangeseniorcenter.org

F Program: Sack Lunch
Agency: First United Methodist Church of Orange

Offers a small bag of non-perishable food items.

www.fumco.org

G Program: Special Projects- Food and Clothing
Agency: Assistance League of Orange

Provides food and clothing.

Business Line 2: 657-291-4222

H Program: Soup Kitchen
Agency: Mary's Kitchen

Provides a hot meal on-site and offers a box of food to-go. Also offers the use of its address for m ...

www.maryskitchen.org

I Program: Drive-Thru Food Distribution 5-2
Agency: City of Santa Ana

Power of One Foundation, Official No One Left Behind, the Orange County Food Bank, the City of Santa ...

www.powerofonefoundation.org/food

J Program: Food Distribution
Agency: Main Place Christian Fellowship

Provides perishable and non- perishable groceries.

www.themainplace.com





Farmers Markets

Nutrition

Restaurant Meals

Gardening

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FREE FOOD MAPS

Food Pantries

Soup Kitchens

Home Delivered Meals

Congregate Meals

After School Meals

NUTRITION INFORMATION



Make Better Beverage Choices



Snack Tips for Parents



Liven up Your Meals with
Vegetables and Fruits



Be An Active Family

Free online learning tools to use for kids during COVID-19 closures

By: Jessica Barreto

With so many school closings related to COVID-19, how do you plan to keep your kids busy? If you're running out of ideas on how to keep your little ones learning, News5 has you covered.

There are plenty of educational websites stepping up to offer their programs to you for free.

Jennifer Luttmann, a licensed professional counselor who works with children, says even though many kids are cherishing their spring break, as they should, it's important to keep some sort of structure in their lives and schedules.

This is especially important because many closures will be going beyond their normal break.

Here are some free online learning resources you can access for your kids at home:

ABCmouse.com is offering their lessons in different subjects like math, science and art for free thanks to UNICEF. All you have to do to access a free subscription through ABCMouse is to have a teacher or administrator fill out this form: <https://www.ageoflearning.com/schools.html>

[Scholastic Learn at Home](#) is also offering their lessons for free. You can choose activities within from grade levels between PreK and 6+. These include e-books kids can read along with, and educational videos under their "Watch and learn Library."

Since experts caution against school work overload, it could also be a great distraction to take a virtual field trip across the world - all while still learning!

Google is offering free virtual tours of more than 1,200 museums across the globe through their Arts and Culture [platform](#).

In addition, Comcast is also stepping up by offering two free months of Internet service to low-income households. The deadline to apply to that program is April 30, and you can find more information on that [here](#).

*Editors note: A previous version of this article stated you could use the code "AOFLUNICEF" to obtain a free subscription. However, a teacher or administrator must request a subscription for your child's specific school district and then you will receive a code for that district.

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Eating during COVID-19: Improve your mood and lower stress

Posted By Uma Naidoo, MD On April 7, 2020 @ 2:30 pm In Diet and Weight Loss, Food as medicine, Healthy Eating, Prevention, Probiotics | Comments Disabled

My patients these days are expressing more angst and fear, and looking to find ways to cope with the pandemic and the “new normal.” With children and entire families home together all day, and work and school schedules disrupted, loss of a daily routine can increase anxiety and disrupt healthy eating. One of the drivers for this increase in anxiety seems to be uncertainty, which can throw plans for healthy eating out the window.

Meal planning for a family, a challenge on its own, can be more so now with seclusion at home, more people to feed with different tastes, and more food stores with limited groceries and shopping times. There’s also the uncertainty of bare shelves, with normal staples of a nutritious diet unavailable, at least temporarily. It’s tempting to buy whatever is available, even if it’s not something that’s part of your normal diet.

It’s hard to cope with being quarantined and not reach for your favorite salty, crunchy snack because of boredom or feeling on edge. A few pretzels or chips are okay, but many people may not be able to step away from eating the entire bag once it’s open. Also, if you’re already feeling blue, the quick fix of cookies or cake will ultimately make you feel worse. Processed foods and shelf-stable items like baked goods contain a lot of simple carbohydrates that create a yo-yo effect on our blood sugar, which can drive anxiety and worsen mood.

How then can we mindfully make good food choices?

- Make a schedule or a daily meal plan. A schedule is more predictable for you and for everyone in your household.
- Consider apps to stay connected around a meal. Skype, Zoom, or FaceTime with family and friends. Share recipes or even cook virtually together
- Plan for groceries. Try to buy fewer processed, high-salt or high-sugar snacks.
- Load up on fruits, vegetables, whole grains, healthy fats, and lean proteins.
- Save money. Skip the high-sugar soda and juices; instead flavor water with edible citrus or berries.
- Plan and enjoy an occasional comfort food for a weekly treat — pick a day and enjoy whatever you want, just not all your favorites not on the same day
- Manage your environment. If candy is simply not in the cupboard, then you can’t eat it.

You might be surprised to learn that certain nutrients in foods have been shown to reduce anxiety or spur the release of neurotransmitters such as serotonin and dopamine — and we all want to feel as good as we can during these times of uncertainty. People are feeling a lot of stress right now, and the unfortunate reality is that stress worsens feelings of low mood or angst, and it also suppresses our immune systems. Therefore, targeting immune-boosting foods will have a dual effect — you may feel less anxious and boost your immunity.

I’d suggest incorporating these foods as a way to include healthier options into your nutrition during this unusual time of stress and uncertainty. We all have to eat, so attending to our nutrition is something we can all control, and then reap the benefits of an improved mood. Reduce anxiety and boost immunity by choosing:

- Citrus fruit and red bell peppers (both rich in vitamin C, which in some studies has been shown to support your immune system)
- Spices: ginger, garlic, turmeric, and capsaicin (from chili peppers) can be easily added to soups, stews, stir-frys, or salad dressings.
- Foods rich in zinc such as oysters, clams, mussels, cashews, liver, beef, and egg yolks. You may recognize zinc as an ingredient in the cold remedy Zicam, as zinc has some virus-fighting effects.
- Magnesium-rich foods may help you to feel calmer, and help support immunity. Stress can deplete our magnesium levels too. Examples are legumes, nuts, seeds, leafy greens, and whole grains.
- Fatty fish like wild Alaskan salmon contains omega-3 fatty acids. A study on medical students in 2011 was one of the first to show that omega-3s may help reduce anxiety.
- Eat probiotic-rich foods such as pickles, sauerkraut, miso, and kefir.
- **Add some antioxidants to your anti-anxiety diet, which can support your immune system.**

The bottom line: Staying at home during the COVID-19 pandemic is challenging for everyone, and the increased anxiety (and boredom) can cause people to abandon their healthy eating intentions and snack on whatever is around. But with a little thought and planning, you can continue to make good food choices and maybe even boost your mood and immunity.

For more information, listen to our podcasts and see our Coronavirus Resource Center.
Related Information: The Harvard Medical School 6-Week Plan for Healthy Eating

Article printed from Harvard Health Blog: <https://www.health.harvard.edu/blog>URL to article: <https://www.health.harvard.edu/blog/eating-during-covid-19-improve-your-mood-and-lower-stress-2020040719409>



City of La Habra • Food Program
City of La Habra • 215 N. Euclid St. • La Habra, CA 90631

Office (562)383-4290 • eFax (562)383-4480

gbiscos@lahabracal.gov

Para Español: cduque@lahabracal.gov

Do You Want to Receive Financial Reimbursement for the Nutritious Meals You Serve? **Join Our Food Program!**

The benefits of OUR Food Program:

For the Provider:

- Receive valuable nutrition education
- Identify the proper foods to feed for your age groups
- Learn how to encourage positive eating habits
- Spanish speaking agency

For the Parent:

- Child(ren) receive high quality, well-balanced meals
- Child is less likely to experience fatigue
- Less time a parent must be absent from work
- Children are more likely to be healthy, happy, & develop at a normal physical and intellectual pace
- Child is teaching the parent fun and easy recipes they can make together at home

For the Child:

- Establishes good eating patterns
- Enjoys meals that meet USDA nutrition requirements
- Nutritionally complete meals helping the children learn and grow

****La Habra's Commitment****

The City of La Habra provides a friendly-knowledgeable staff that is available to assist you with any questions and accommodate provider's needs.

**Join our food Program
Together we can make a difference.**



Orange County Department of Child Support Services



**Need help with
child support?
Contact us.**

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css.ocgov.com
(866) 901-3212



General Meeting

General Membership Meeting

Meeting location:

TBD

Date and Time: **TBD**



Contact Information

OCCCA BOARD OF DIRECTORS

President Lee Allton 714.892.7220 alltonl@aol.com	Secretary TBD	Pubic Policy Yessika Magdaleno 714.971.8004 littleflowers1@aol.com	Membership Chair Michelle Spoor 714.222.4922 michellespoor22@gmail.com	Ways & Means Chair Mary Testerman 562.598.7407 marys_kids@yahoo.com
Vice President Lynn Hallas 949.858.1527 campfans@cox.net	Treasurer Linda Zoelle 949.673.2692 lz3.occca@yahoo.com	Program Chair TBD	Hostess Sandra Turner 562.799.3608 sandraluzturner@yahoo.com	Newsletter/Website Lynn Hallas 949-858-1527 campfans@cox.net

OrangeCountyChildCareAssociation.org

IMPORTANT NUMBERS

Community Care Licensing	714.703-2800	http://ccl.d.ca.gov/contact.html
Child Care Advocate Program	310.337.4335	Sharon.Greene1@dss.ca.gov
CHS Referral Line (M-F 9-3:30)	949.364.6605	www.chs-ca.org/child-care/ccrrp/
Children's Home Society	714.456-9800	www.chs-ca.org
Calif Childcare Health Program	800.333.3212	www.ucsfchildcarehealth.org
Child Guidance Center	714.953-4455	www.cgcoc.org
Help Me Grow-Orange County	866.GROW-025	www.helme-growoc.org
OC Child Abuse Prevention	714.543.4333	www.brightfutures4kids.org
California Poison Action Line	800.222.1222	www.calpoison.org
Regional Center of Orange Co.	714.796.5100	www.rcocdd.com
Child Care Advocate-Jane Cong-Huyen	714.705.6041	Jane.Cong-Huyen@DSS.ca.gov

FOREIGN LANGUAGE ASSISTANCE

Armenian	Alice Gharbjanians	(949) 833-0404
French	Alice Gharbjanians	(949) 833-0404
German	Anke Secrest	(714) 434-0834
Pharsi	Mona Mosavat	(714) 633-4353
Spanish	Yessika Magdaleno	(714) 971-8004

AREA COORDINATORS BY CITY

<p><u>SOUTH COUNTY</u></p> <p><i>Diane Priesterbach</i> 949-495-6439</p>	<p><u>IRVINE LIAISON</u></p> <p><i>Joyce Russell - 949-387-6997</i></p>	<p><u>NORTH COUNTY</u></p> <p><i>Rose Gaba -714-890-3789</i></p>	<p><u>CENTRAL COUNTY</u></p> <p>TBA</p>
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- Aliso Viejo
- Capistrano Beach
- Coto d'Caza
- Dana Point
- Dove Canyon
- Foothill Ranch
- Ladera Ranch
- Laguna Beach
- Laguna Hills
- Laguna Niguel
- Lake Forest
- Las Flores
- Mission Viejo
- Portola Hills
- RSM
- San Clemente
- San Juan Capistrano
- Trabuco Canyon

All Irvine Area

- Anaheim
- Anaheim Hills
- Brea
- Buena Park
- Cypress
- Fullerton
- Garden Grove
- La Habra
- La Palma
- Orange
- Placentia
- Stanton
- Villa Park
- Yorba Linda

- Balboa Island
- Corona Del Mar
- Costa Mesa
- Fountain Valley
- Huntington Beach
- Los Alamitos
- Midway City
- Newport Beach
- Newport Coast
- Santa Ana
- Seal
- Tustin
- Westminster

MEMBERSHIP RENEWAL

Please enclose a self-addressed, stamped envelope (SASE) with your renewal 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



ORANGE COUNTY CHILD CARE ASSOCIATION

The Orange County Child Care Association would like to invite you to join (or rejoin) our professional organization for licensed Family Child Care Providers. General membership is for licensed family child care providers providing services in Orange County. With your paid membership you will receive, many benefits including child care referrals, a bi-monthly newsletter, general meetings and workshops. Please take this opportunity to become "Part of the Solution" as we all work together to deliver quality child care. For more details on what is included in your membership contact our Membership Chairperson.

GENERAL MEMBERSHIP APPLICATION

Please type or print information

License: Small Family Child Care Home New Member Renewing Member Returning Member
Large Family Child Care Home Membership Expired

Name _____ License Number _____

First Last

Address _____

Street Address City Zip

Phone Number _____

Email Address _____

If you would you like your daycare website or Facebook daycare page attached to your name on the OCCCA website, please list it below:

Website/FB page _____

Please enclose all of the following items:

- Photocopy of your DSS License (not required for renewing members with active license on file with OCCCA)
- \$45.00 check payable to **OCCCA** for one year's membership
- A legal size, self addressed **stamped** envelope

Mail completed application and required documents to:

Orange County Child Care Association

P.O. Box 26769

Santa Ana, CA 92799

Please allow 4 to 6 weeks for membership processing. There will be a \$30.00 charge on all returned checks. There is a \$1.00 replacement fee for lost membership cards. If you have any questions about OCCCA membership or the application, please contact Michelle Spoor, Membership Chairperson at (714) 222-4922 for membership information or e-mail us at : Contactus@OrangeCountyChildCareAssociation.org

Interoffice: Forward to Membership Chairperson

01/16

Credits/Notes

The Orange County Child Care Association publishes their bi-monthly Newsletters for the benefit of Members and Associate Members. Please send all Newsletter contributions to:

Orange County Child Care Association
P.O. Box 26769
Santa Ana, CA 92799
Email: contactus@orangecountychildcareassociation.org

July/August 2020 Newsletter deadline: due the last week of June 2020.

