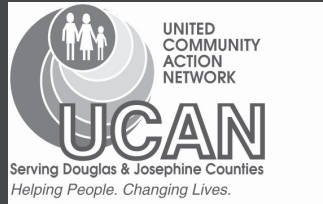


OUR MISSION:

**CREATING
SOLUTIONS TO
POVERTY,
IMPROVING LIVES
IN OUR
COMMUNITY**



Hope,
Help
& Change

JANUARY 2011

SPECIAL POINTS OF INTEREST:

- Immunization update
- Positive Behavior Support
- Action in Health
- Song of the Month
- Community Kitchens
- Food Pantries
- Parenting Classes



Want to Kick The Tobacco Habit? Two Classes Available



The Community Cancer Center
Presents: Free Tobacco Cessation Classes!

WHAT: Eight weekly one-hour classes to help you quit for good.

Knowledge without tools doesn't work—this program offers knowledge, tools and practice to help you succeed.

WHEN: Thursdays, January 20-March 10, 2011, 3-4 pm

WHERE: Community Cancer Center, Second Floor Conference Room A/B/C

WHO: FREE TO EVERYONE IN THE COMMUNITY WITH A DESIRE TO QUIT!

INSTRUCTOR: Jenny Young Seidemann is a Certified Tobacco Cessation Facilitator with the American Cancer Society

CONTACT:
Please Call 541-673-2267 to Pre-Register Ask for Nursing Staff if you have questions!

Dcipa presents: "Freedom From Smoking" (free smoking cessation classes)

WHEN: Starting Jan. 10, 2-4 pm
8 course session with 3 & 6 month follow-up

WHERE: Activelife Fitness Center 1820 NW Mulholland Dr.

WHO: Free to current OHP Members.

INSTRUCTOR: Steve Keilijian, American Lung Association

FOR MORE INFORMATION: call 541-672-1685

UCAN Head Start Tobacco Free Campus

UCAN Head Start respects and values the health of our children and families, and we operate a

SMOKE FREE CAMPUS.

Welcome Our New Director!



Maureen Short has recently been hired as the UCAN Head Start Child Services Division Director. Please join us in welcoming Maureen to this new position. Maureen started working with UCAN Head Start in March of 2004 as the Health Services Manager. She served in that capacity until 2008, when she became the Assistant Director at UCAN Head Start. Before working at Head Start, Maureen worked as a Nurse at a local Doctor's office, Douglas Community Hospital, Mercy Hospital and The Veteran's Hospital. She has also worked for UTE as a job recruiter. Maureen has her Associate's degree and is an RN. Maureen is married and has three children and 2 grandchildren (she is a Head Start Grandma!). One of her passions in life is Health. She envisions all families in Douglas County being educated and empowered to make choices that lead to the best possible health for our young people. Maureen has a wonderful sense of humor and is a natural leader. Our Head Start program is fortunate to have such a committed, honest and open woman to lead us! She looks forward to your questions and comments. Welcome Maureen!!

UCAN HEAD START MISSION STATEMENT

PARTNERING WITH FAMILIES AND COMMUNITIES TO PROVIDE COMPREHENSIVE DEVELOPMENTAL SERVICES TO PRESCHOOL CHILDREN TO INCREASE SOCIAL COMPETENCY IN SCHOOL AND LIFE.



Maureen Short
Child Services
Division Director

Head Start Policy Council Members

- Tommie Kines Green 1
- Jessica Thrapp Green2
- Katie Nichols Reedsport
- Tara Darby Rsbg 2
- Melissa Knapp Rsbg 3
- Amber Wise Rsbg 4
- Debi Hollandar Rsbg 5
- Aurora Palomares Suth. 1
- Kristin Lanham Suth. 2
- Leighsa Garrison Suth. 3
- Desiree Bledsoe S.Ump. 1
- April Tynn UCC 1
- Laurel Clegg UCC 2
- Tacy Hite Winston 1
- Mickey Morales Winston 2
- Amber Waltz Winston 3
- Bonnie Anderson
Community Rep
- Sal Carabellese
Community Rep

Next meeting :
 2/8/2011 9am-12noon
 UCAN Head Start (Green)
 4544 Carnes Rd, Rsbg
 for more information call:
 514-673-6306

Oregon School Immunization Exclusion Date 2/16/2011

Oregon School Immunization

Shots are required by law for children in attendance at public and private schools, preschools, childcare facilities, and Head Start programs in Oregon. Nearly every place that provides care for a child outside the home requires shots or a religious or medical exemption to stay enrolled.

Oregon School Immunization Exclusion Date:

February 16, 2011

Please make sure your child is up-to-date on his/her immunizations to ensure that your child is not excluded from school. If you have received an exclusion letter, you will need to bring in documentation that your child received the immunizations prior to your child riding the bus or attending school. If you have any questions please contact your FSE (Family Services Educator)

Immunization Information from the Center for Disease Control and Prevention.

In our mobile society, over a million people each day people travel to and from other countries, where many vaccine-preventable diseases remain relatively common. **Without vaccines, epidemics of many preventable diseases could return**, resulting in increased - and unnecessary - illness, disability, and death among children.

Protect Your Child

We have record or near record low levels of vaccine-preventable childhood diseases in the United States, but that does not mean these have disappeared. Many of the viruses and bacteria are still circulating in this country or are only a plane ride away. That's why it's important that children, especially infants and young children, receive recommended immunizations on time.

The following vaccine-preventable diseases, not long ago, disabled and killed millions of American children. Thanks to our country's high childhood immunization coverage levels, these diseases are now very uncommon.

- Diphtheria Haemophilus influenza type
- Hepatitis A & B
- Influenza
- Measles
- Meningococcal
- Mumps
- Pertussis (whooping Cough)
- Pneumococcal disease
- Polio
- Rotavirus (severe diarrhea)
- Rubella (German Measles)
- Tetanus (lockjaw)
- Varicella (chickenpox)

Hib vaccine is ONCE AGAIN REQUIRED for childcare attendance for children under age 5—this is an update

For more information on immunizations visit the Center for Disease Control and Prevention website at www.cdc.gov

PBIS - Positive Behavior Interventions & Support

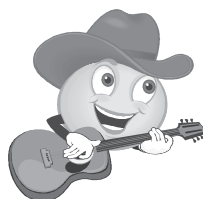
Children learn from hearing, seeing, and doing. An enjoyable way of teaching your child is by reading together. There are many books you can get at the library on teaching social skills to your children. The books are written in such a way that they are developmentally appropriate and give an avenue for discussion between you and your child.

While Head Start has some books we can send home, the library is an excellent place to look. You can ask the librarian for ideas. Here are a list of some book suggestions:

- "Hands Are Not For Hitting" by Martine Agassi
- "I Have a Problem" Said the Bear" by Heinz Janischney
- "The Kissing Hand" by Audrey Penn
- "Glad Monster, Sad Monster" by Emberley and Anne Miranda
- "Too Loud Lilly" by Sophia Laguna

*See page 4 of this newsletter for Library contact information.

Curriculum Corner



Song of the Month

The Preschool Classroom: Music and Movement
 Music naturally delights children. Young children "think with their bodies" well before they think with words. This is why body movement is not only fun for young children but also provides good problem-solving opportunities. Music and movement have other values as well. Singing or chanting can help make routine activities and transitions, such as gathering children into a circle for a group activity, smoother and more enjoyable. Music and movement are also social activities that help children feel part of the group. As children gain an appreciation of the beauty of music and dance, they acquire a gift that

will bring them great pleasure throughout their lives.

When children....	They are learning to...
Create different sounds by putting more (or fewer) beans in a can and shaking them	Explore cause and effect (science, logical thinking)
Sing or do a finger play with other children and the teacher	Participate cooperatively in a group (social skills)
Find ways of moving across the rug without touching it with their feet	Think creatively to solve problems (independence, problem solving)

Head, Shoulders, Knees & Toes

(Point to each body part as you sing it's name)

Head, shoulders, knees and toes
 Knees and toes, knees and toes
 Head, shoulders, knees and toes
 Eyes, ears, mouth and nose

Each time you sing it go a little bit faster

Action in Health — Five Steps to Good Health!

Step 5 "Take the Variety and Balance Challenge!" It encourages you to serve a variety of foods and provide consistent meal and snack times. Be an active role model, and eat and play together as a family! How about exploring the produce section of the store to see the different fruits and vegetables! Plan a rainbow dinner by selecting a food from each color. For exercise, choose **balance and challenge activities**. Hold a small object on a spoon, and walk across the room without dropping it. Perform a balancing act by walking along a chalk line toe-to-toe.

Pizza Perfect Ingredients

- English muffin
- 2 tablespoons pizza sauce
- 1/3 cup mozzarella cheese, shredded
- 1 slice of luncheon meat ham, diced
- 1/4 cup chopped peppers
- 1/4 cup pineapple tidbits
- 1/4 teaspoon basil (optional)



3. Top each half with pizza or tomato sauce and cheese.
4. Add diced ham, pepper and pineapple.
5. Sprinkle with basil
6. Bake in the oven until cheese is melted, about 10 minutes.
7. Remove from oven and serve warm.

Directions

1. Preheat oven to 400 degrees F.
2. Cut English muffin in half.

How many food groups were used to make this Pizza Perfect??

Feb. Family Fun Night/Days

UCC	2/1	5:00
Winston 3	2/15	5:30
S. Umpqua	2/17	5:30
Green	2/17	5:30
Sutherlin	2/22	5:30
Reedsport	2/22	3:30
Winston 1&2	2/24	5:00
Roseburg 1-5	2/25	10:00

Resources

Telephone Assistance to Low-Income Families

Lifeline, Linkup and Toll Limitation Services help keep Americans connected by making basic local telephone service more affordable for more than 7 million Americans. For information for applying for these discounts, go to <http://www.lifelinesupport.org/li/low-income/lifelinesupport/browse/Default.aspx> and click on Oregon on the map, or contact your local phone company.

Douglas County Library

For information about the different services the library provides like **story time** (for your preschooler), **Summer Reading** program (for school age children), book clubs, **use a**

computer, or to order a book. To obtain a library card you need one piece of ID showing current mailing address in Douglas County. Children under 16 requires signature of parent or guardian to obtain a library card.

Roseburg Branch Information/	
Hour	440-4305 or 800-441-2706
Library Office	440-4311
Canyonville	839-4727
Drain	836-2648
Glendale	832-2360
Myrtle Creek	863-5945
Oakland	459-9784
Reedsport	271-3500
Riddle	874-2070
Sutherlin	459-9161
Winston	679-5501
Yoncalla	849-2128

www.dclibrary.us

UCAN Emergency Energy Assistance Program

Lines are currently closed. The lines may be opening again soon—check back periodically and check with your FSE. If you are having problems paying your heat bill or have a disconnect notice UCAN is suggesting that you contact the utility company and see what payment options they may have. You may also want to contact your local church or faith organization to see if they may have funds available to help. When UCAN Emergency Funds become available it will be announced on the UCAN Emergency Assistance Hotline 541-492-3535—you will want to get your name on this recording as soon as it opens up again.

Did You Know???

Costco takes SNAP (food stamps) and TANF cash assistance cards ! If you have a Costco membership or know someone with one, you can use these benefits to get bulk groceries.

Bus Safety



- ◆ Stay buckled and seated in your seat while the bus is moving.
- ◆ Avoid shouting, scuffling, and other needless disturbances which might distract your bus driver.
- ◆ When exiting the bus wait for the bus aid to dismiss you.
- ◆ Use the hand rail as you leave.
- ◆ Watch your step. Never jump or take a giant step to the curb.
- ◆ Wait until the bus is fully stopped before unbuckling your seatbelt.
- ◆ After exiting the bus leave the unloading zone quickly.

UCAN Head Start

Accepting Application for the 2010/2011 school year for children who were at least 3-4 years of age on Sept. 1, 2010

We are also compiling a applicant list for the next school year. If your child will be 3 by Sept. 1, 2011 call and ask to be put on the list for the 2011/2012 school year and we will send you an application as soon as they are available.

ACCEPTING APPLICATIONS

For an application call:
541-673-6306
800-320-6306
Or visit www.ucanap.org



Community Food Pantries



Roseburg Fish Pantry

Mon/Wed 2-3:30pm & Thu/
Fri 9:30-11:30am
405 Jerry's Dr. Roseburg
672-5242/673-9804

Roseburg Salvation Army

Mon 10am-11:30 & 1pm-4pm;
Wed 10:30-11:30am & 3-
4pm, Tue, Thur, Fri 1-4pm.
3130 NE Stephens Roseburg
672-6581

Roseburg—Seventh Day Adventist Community Services

Tue 10am-12pm & 1pm-
3pm / 3rd Tue of the
month open only 1pm-3pm
1109 NW Garden Valley,
Roseburg 672-1542

Roseburg Rescue

Mission Pantry
Tue/Thu 9:30-11:30am
526 Lane St. Roseburg
673-3004

Sutherlin-Oakland

Emergency Pantry
Mon/Wed 9am-11am
183 1st Street, Sutherlin
459-4082

Dillard/Winston Food Pantry

Mon/Wed 9:30am-
11:30am & 1st/3rd Wed
4:30-5:30pm
131 4th St. Dillard
679-7651

Reedsport AARP

Thursday 11:00-2:00pm
460 Winchester Ave.,
Reedsport

Drain Fish

Tue 9am-1pm
239 B St. Drain 836-2212

Myrtle Creek St. Vincent DePaul Food Pantry

Mon/Wed 9am-1pm
116 NW Main, Myrtle
Creek 863-3310

Riddle South Douglas Food Pantry

Thu 9am-12pm, & 3rd &
4th Saturday 10am-12pm
420 E St., Riddle
643-3831

Canyonville Seventh Day Adventist Community Services

Wed 9:30-11:30am & 1pm-
2:30pm
714 NW Frontage
Canyonville 839-4051

Wilbur-Provisions

Tuesdays - Must be
present at 11am to
complete paperwork in
order to receive food box.
Households can
participate every week.
8384 Old Hwy. 99 Wilbur,
673-1650

Glide—Helping Hands Seventh Day Adventist

Wed. 10am-2pm, 1st Wed
of each month 4pm-6pm
19085 N. Umpqua Hwy.,
Glide 496-3956

Oregon Trail—For information on applying for Food Stamps call 1-800-723-3638

Community Kitchens

The following is a list of the
Community Kitchens available in your
area. All meals are Free.
Everyone is welcome.

Sutherlin- St. Francis Community Kitchen

Mon /Wed 4:30-5:30pm
323 N. Comstock, Sutherlin
459-8807

Roseburg—St. Joseph's Community Kitchen

Tue & Thu 4:30-5:30pm
800 W. Stanton, Roseburg
673-5157

Roseburg Rescue Mission Kitchen

Mon-Fri. Breakfast 6:45am
Lunch 12 noon, Dinner 6:30pm

Myrtle Creek—Table of Plenty

Saturday 1pm-3pm
1242 NE Spruce Ave, Myrtle Creek

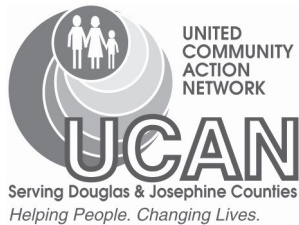
Foundation Fellowship

Sun. 4:30-6pm
813 SE Lane, Roseburg

Friendly Kitchen

10:45-12 M-F 1033 NE Post St.
Suggested donation of \$2.25 no one is
denied a meal due to the inability to
pay. 673-5929 (Meals on Wheels also)

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Office of Civil Rights, 1400 Independence
Avenue, SW Washington, D.C 20250-9410
or call, toll free (866) 632-9992 (Voice).
TDD users can contact USDA through
local relay or the Federal relay at (800)877
-8339 (TDD) or (866)377-8642 (relay voice
users). USDA is an equal opportunity
provider and employer.



UCAN Head Start

511 W. Umpqua Roseburg, OR 97471
 (541) 673-6306 / 800-320-6306
 Fax: (541) 673-3236
www.ucancap.org/_pages/programs/headstart.php

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Parent Education

All Workshops offer Parent Education, on-site childcare, and light refreshments/meal at No Cost to the participant. Please visit the website at www.parenteducation.org for detailed information about each individual workshop.

<p>Nurturing Parenting Jan 11-Mar 15 6-8 pm—Tuesdays @ Brockway School</p>
<p>Nurturing Parenting Jan 12-Mar 16 6-8 pm— Wednesdays @ Winchester School</p>
<p>Make Parenting a Pleasure Jan. 13-Mar. 17 6-8 pm — Thursdays @ Sutherlin West Intermediate</p>
<p>Nurturing Parenting Jan. 13-Mar. 17 6-8 pm —Thursdays @ Glide Elementary School</p>
<p>Nurturing Parenting Jan. 12 to Mar 16 6-8 pm Wednesdays pm @ North Douglas Elementary, Drain</p>
<p>Make Parenting a Pleasure Jan. 13 to Mar. 17 6-8 pm—Thursdays @ Family Resource Center, Reedsport</p>

Advanced Registration is required for all workshops. Please contact Kim Deck, Coordinator at 817-3119 for more information. All sessions meet one day a week.

Presented by the Douglas County Early Childhood Planning Coalition in cooperation with The Ford Family Foundation, Mercy Foundation, and Umpqua Community College