



T M C

Teaching and Mentoring Communities



Our Mission

To help children and families in emerging communities by creating opportunities for advancement through education, training and other resources in collaboration with public and private partners.

HAPPY HOLIDAYS



I was recently invited to attend a celebration for parents and community partners at our center in Marengo, Iowa. Mary Cardenas, our center manager, asked me to present some awards and to say a few words of thanks during the celebration. As I thought about what I was going to say to express our gratitude, I realized how much we had accomplished in Iowa in only two years. I also realized how much of our success was due to the involvement of our parents and the support of our community partners. There are many components needed for a successful Head Start program, but two stand out in my mind as key to achieving a high-quality program— strong parent involvement and a diverse network of community partners. Both of these components are based on one of the key principles that makes Head Start such a unique and powerful program — that in order to truly help a child, you must involve and empower her parents, and in order to involve and empower her parents, you must enlist the help of the community. On behalf of our children families and staff, I wish each of you a blessed and safe holiday season.

Craig Taskey, Regional Administrator (craig.taskey@mail.tmccentral.org)



National Handwashing Awareness Week

December 7–13, 2008

Each year, more than 164 million school days are lost due to illness, a figure which could be greatly reduced with proper handwashing. A study of 305 Detroit school children found that children who washed their hands four times a day had 24% fewer sick days due to respiratory illness, and 51% fewer days lost because of stomach upset.

The following websites provide free, downloadable tools to use to increase the awareness of proper handwashing hygiene to prevent the spread of germs and contamination:

- <http://www.cdc.gov/ounceofprevention/>
- <http://www.henrythehand.com/>
- <http://www.scrubclub.org/home.aspx>
- <http://www.foodsafety.gov/~fsg/handwash.html>

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Thanks to Our Community Partners and Friends



Children at the Kokomo Center have fun creating Christmas cards.

Thank you for partnering with TMC in order to better serve migrant families and children in Indiana and Iowa. Because of your involvement we were able to surpass our funded enrollment in both states and served 431 migrant children and their families in Indiana and 79 in Iowa. Our centers have closed for the season, but before the children left to their respective homes, they made Christmas cards to send to our Community Partners and Friends.

Contributed by Elizabeth Gonzalez,
Community Partnership, ERSEA,
Transition Coordinator

(elizabeth.gonzalez@mail.tmccentral.org)

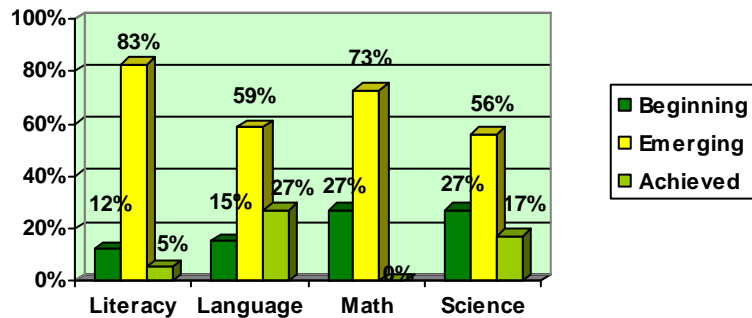
Preschool Children Show Progress in Child Outcomes

Every Head Start program implements an appropriate child assessment system that aligns with their curriculum and gathers data on children's progress in each of the 8 domains of learning and development. At a minimum, because they are legislatively mandated, programs analyze data on 4 specific domain elements: literacy, language development, math, and science.

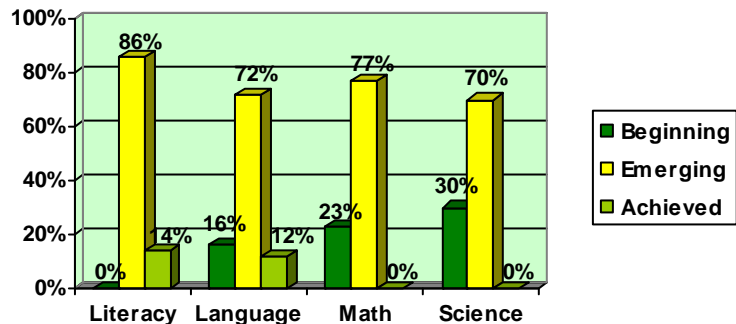
The 2008 Child Outcomes Analysis Report for 3 year olds indicates that 88% of children had reached “emerging” or “achieved” level in the domain of literacy, 86% in the domain of language development and 73% in both mathematics and science by the end of our program in October.

The Child Outcomes data for 4 and 5 year olds indicates that 100% of children had reached “emerging” or “achieved” level in the domain of literacy, 84% in the domain of language development, 77% in mathematics and 70% in science by the end of the program.

3 Year Old Outcomes



4&5 Year Old Outcomes



Zia Saeed, Child Development Coordinator (zia.saeed@mail.tmccentral.org)

\$aving Money during the Holiday\$

If the sight of twinkling lights in the mall doesn't give you a warm fuzzy feeling, you're in good company. Many parents are beginning to panic at the sight of children lined up to visit the big man in red. The past year's economic hardships are being felt all over again as families begin to prepare for the holiday season. Read on to learn how you can save time and money this Christmas.

The following tips and tricks were taken from an article "Avoid Financial Hangover This Season" by Laura Coffey from MSNBC.

- Reflect on last year's holiday bills and be honest if you can afford those bills this season. If not, start planning a budget for how much you can spend this year.
- Count **ALL** the costs. A good holiday budget won't just include gifts, but travel expenses, candy, decorations, baking, greeting cards, postage, etc.
- Keep a list. Make a list of all the people you will buy gifts for and an idea or two of what you think those gifts may be. Keep the list with you in the stores and avoid impulse buying.
- Stay away from the plastic! If possible, don't purchase every gift with a credit card. And have a sure plan to pay off all your holiday bills within 2 or 3 months. Use the credit card that has the lowest interest rate.
- Don't wait for the last minute. Start shopping now to have enough time to compare prices and avoid expensive delivery charges.
- Search for discounts on the Internet. Do a search for coupons and promotions to save some money on your purchases.
- Make your own gifts. Give a cake, cookies, or your own gift certificates for babysitting, cooking dinner, washing the car, etc.
- Keep entertaining simple. Try a holiday potluck with neighbors or a night of caroling.

Kristan Gonzalez, Family Partnership Coordinator (kristan.gonzalez@mail.tmccentral.org)

10 Tips to Help Reduce Heating Costs

1. Install plastic covering on windows. This helps keep cold air out.
2. Check furnace filters and replace or clean as needed.
3. Keep the thermostat at 68 degrees, if you get cold wrap up with a blanket or snuggle with a loved one or do both.
4. Maintain humidity levels. If your house is dry it will seem colder.
5. Wrap your pipes.
6. During very cold nights leave a stream of water running from faucets to help keep pipes from freezing.
7. If you go away for a couple of days turn down the thermostat.
8. Lower the thermostat on your water heater to 120 degrees.
9. Install a programmable thermostat.
10. Have your heater cleaned and serviced.

Pam Brown, Facilities & Transportation Coordinator (pam.brown@mail.tmccentral.org)

Let's Move...Cold Weather Fun!

Cold weather offers great ways to have family fun. Take time to play together and move more. As an adult you need to move at least 30 minutes on most days. Your child needs to move at least 60 minutes on most days.

Get Moving INDOORS...

- **Act out a story.** Read a book together, move to give it action. If it's a book about food, make it in the kitchen.
- **Create an obstacle course.** Kids love to tumble over pillows, crawl through open boxes, and jump into hula-hoops.
- **Turn up the music and dance.** Swing your arms like a conductor, or move to the music like an animal.
- **Make bread, soft pretzels, or pizza.** Knead, shape or roll dough. It's good for arm muscles.
- **Start planning your garden.** Find library books to learn about gardening. Look at seed catalogs. Plan for spring.

Get moving OUTDOORS...

- **Bundle up for snow play.** Create snow angels. Make a "snow family."
- **Take a nature hike.** Look for animal tracks in the snow, or look at colorful fall leaves, or buds in early spring.
- **Take a neighborhood walk.** Does it look different in the snow?
- **Decorate an outdoor tree for the birds.** Hang apples, pinecones rolled in peanut butter, or popcorn strings.

Try this great Winter Squash Soup Recipe...

Ingredients:

4 lbs. acorn or butternut squash	6 cups chicken broth
1-1/2 tsp. salt	Pepper
4 oz. Plain yogurt	4 tart apples
2 Tbsp. butter	2 onions, chopped

Cut the squash in half. Peel, seed, and cut the meat into 1-inch chunks. Peel, core and chunk the apples. In a soup pot, melt the butter. Add the onions and cook until the onions are soft. Add the squash, apples, chicken broth, salt, and pepper. Bring to a boil, cover, and simmer for 20 to 30 minute, stirring now and then, until the squash is tender.

Take the pot off the heat and let the mixture cool slightly. Ladle into food processor or blender (in batches) and process until the soup is smooth. Return to the pot, reheat and serve topped with plain yogurt.

Michelle Lockridge, Nutrition Coordinator (michelle.lockridge@mail.tmccentral.org)

Dental Hygiene during the Holidays

The holidays are the time when most people "graze" all day; snack trays are put out early, buffets are common, and deserts are plentiful. This also means that dental hygiene is not at the top of most people's priority list. While it's not practical to brush your teeth after every time you eat, it's important to use a wet toothbrush at least once during the day. Just don't forget to continue with your routine tooth brushing!

Kathy Jackson, Early Intervention & Prevention Coordinator (kathy.jackson@mail.tmccentral.org)

Back Safety

As our center staff in Indiana and Iowa were preparing to pack up and close down for the winter, a timely reminder of the importance of back safety was presented to employees. The TMC worker's compensation carrier, The Zenith, provided the following information for our employees regarding back safety.

Some common causes of back injuries are:

- Twisting at the waist while lifting or holding a heavy load.
- Reaching and lifting simultaneously.
- Lifting or carrying objects with awkward or odd shapes.
- Sleeping in a bad position or on a non-supportive mattress.
- Being under stress.
- Being in poor physical condition.

Tips for preventing back injuries include:

- Stretching your muscles prior to lifting.
- Whenever possible, placing objects up off the floor so you won't have to reach down to pick them up again.
- Using carts and dollies rather than carrying heavy objects and pushing the cart or dolly rather than pulling it.
- Breaking a large, heavy load into smaller lighter loads.
- Getting help if the load is too heavy.
- Making sure your vision is not obstructed while you are carrying a heavy load.
- Lifting objects by placing feet shoulder width apart; bending knees and hips; keeping back vertical; taking a deep breath; tightening abdominal muscles; hugging the load close to body; using a firm grip; using arms and legs to lift; and keeping the load between your waist and shoulders.

Diane Spilmon, HR Mgr. (diane.spilmon@mail.tmccentral.org)

Mental Wellness in the Workplace

Mental Wellness in the workplace is quite a large topic to undertake in a few paragraphs. Let me start by outlining what mental wellness looks like in the workplace. If you have a team that is mentally well you will have employees that are interdependent while being cognizant of each other and the role that each person plays in the organization. You will have a team that communicates effectively on a regular basis and recognizes each others' successes and important events in their lives. You will have a leader that truly leads his staff to reach their potential at the highest level.

Darlene Logan, Disabilities & Mental Health Coordinator (darlene.logan@mail.tmccentral.org)

Winter Safe Driving Tips

1. Put a bag in your vehicle containing at least the following items: extra set of clothes, blanket, bottle of water, extra flashlight batteries
2. Know road conditions prior to leaving
3. Remember that even if you are in four wheel drive vehicle, you may not be able to stop any faster, or maintain control any better, once you lose traction.

Pam Brown, Facilities & Transportation Coordinator (pam.brown@mail.tmccentral.org)

TMC
900 S. Purdum St.
Kokomo, IN 46901

Indiana Locations

Kokomo Center (765) 868-2128	Indianapolis Center (317) 899-7547
Elwood Center (765) 552-2460	Syracuse Center (574) 457-2392
Geneva Center (260) 368-1436	Lakeville Center (574) 784-8281
Lafayette Center (765) 449-9092	Vincennes Center (812) 886-4773

Regional Office
(765) 453-1509

Iowa Locations

Marengo Center (319) 642-3663	Muscatine Center (563) 262-7266
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Employment Opportunities

Family Partnership Coordinator

Where: Indiana Regional Office in Kokomo
Description: Responsible for the implementation of parent involvement in the MSHS program throughout the region.

Minimum Qualifications: Bachelor's degree in Social Work, Psychology, Sociology or related field. Bilingual in English and Spanish.

Please watch for more employment opportunities in our Spring newsletter as we will begin interviewing for the 2009 season at that time.

For more information, contact
Diane Spilmon, HR Mgr. at (765) 453-1509
diane.spilmon@mail.tmccentral.org

The USDA and the state of Indiana are Equal Opportunity Providers and Employers

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