

**Rochester Childfirst Network
Family Child Care Satellites of Greater Rochester**

941 South Avenue
Rochester, New York 14620

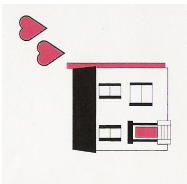
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**Call the FCCSGR
Office for more
Information today!
697-3569**

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Family Child Care Satellites of Greater Rochester

Heart to Heart

228 E. Main St (Sibley Bldg.), Rochester, N.Y. 14604

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Satellite Offices:



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Rochester Childfirst
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(585) 461-3598

For Information
on Satellite
Membership Ben-
efits call 697-
3569



Please plan to join Tina and I for the 2010 Fall Harvest program at Gro-Moore Farms on Tuesday, October 19, 2010 at 10:00 a.m.

Activities will include playing a game with fruits and vegetables inside the market greenhouse and then venture into the crawl through maze. Outside the children can pet and feed the goats.

You can also visit the fun house, the ABC maze a pumpkin slide and a John Deere train ride.



Each participating child can pick a pie size pumpkin and have a snack of cider and a cookie.

Please be sure children

are dressed for the weather. Tour will proceed in the rain or snow. Please bring hand wipes as they can be very useful. You will also need a plastic bag for each child with their name on it for their pumpkin.

Gro-Moore Farms is located at 2811 E. Henrietta Road.

Directions:

From the north, take 390 South to exit 14 (East Henrietta Road which is also 15A). Turn left onto 15A Gro-Moore Farms will be on the right just past Calkins Road.

From the South, take 390 North to exit 12. Turn right onto Lehigh Station Road (Rte. 253), then left onto East Henrietta Road (15A). Gro-Moore Farms will be on the left.

Space is limited so call Tina (697-3569) and

A Letter From Governor Paterson

Excerpt from email letter dated August 30, 2010

My Fellow New Yorkers,

I am writing to you today to let you know about a new temporary statewide insurance option for uninsured legal residents who have medical conditions. This new plan, call the NY Bridge Plan, is New York's version of the Pre-Existing condition Insurance Plan that was created under federal health care reform. The NY Bridge plan is a valuable product of health care reform in that it provides health insurance coverage at a lower price that other options currently available in the individual market. Through the NY Bridge Plan, premiums will be \$362/month for residents of upstate counties.

The NY Bridge Plan covers a broad range of services, including primary and specialty care, inpatient and outpatient hospital care, and prescription drugs, as well as assistance from professional nurses and caseworkers to help members manage chronic conditions and maintain overall health. Coverage for a pre-existing condition begins right away, with no waiting

period. Eligibility for this program is not based on income. To be eligible to apply, individual must:

- Be a legal U.S. resident;
- Be a resident of New York State;
- Have a pre-existing medical condition;
- And not have had health care coverage for the last six months.

Application are available now. Enrollment is on a first-come, first-served basis. If the NY Bridge Plan reaches capacity, a waiting list will be established. Coverage will be effective October 1, 2010 and will be available until January 2014, when more health insurance coverage options become available through new Health Insurance Exchange.

For more information on the NY Bridge Plan, including the application and brochure go to www.healthcarereform.ny.gov.

Web sites for free email newsletters you may find interesting:

Childcare Bridge—www.Rhonda@childcarebridge.com

Zero to Three—www.zerotothree.org

Exchange Everyday - www.childcareexchange.com

Nutrition News From Your Satellite CACFP Sponsors

Family Child Care and Diabetes Education Outreach

The American Diabetes Association (ADA), is encouraging and educating Americans on how to choose a healthier life. The ADA has a national Diabetes Awareness campaign targeting African-Americans. According to the ADA, Diabetes increased significantly between 2005 and 2007, and within those numbers, 14% of all African-Americans age 20 and older, have diabetes. Although this is a startling statistic, what's even more troubling is the fact that one in four African-American women over the age of 55 have diabetes.

In African-American communities,

cooking and eating is at the core of the family, and consists most often of foods high in fats and sodium.

Mother love, the National Spokesperson for the ADA's Choose to Live campaign, that's geared towards increasing awareness in the African-American community said it best: "As women, we are the keepers of our children, families and communities, yet many of us do not take the best possible care of ourselves."

As Family Child Care providers, and caregivers, it's time to begin educating ourselves on living healthier lives so we can continue to provide the best possible care for the children in our programs.

Watch for the 2011 RCN schedule for workshops on this topic.

Scholastic Literacy Partnerships—A New Member Benefit

As family child care providers you have a strong influence over the reading of the children in your program.

Reading in your child care program not only helps children be motivated—it also helps them become good readers. The following tips will help you extend learning.

1. Predicting: Look at the book cover together and predict what the book is about.
2. Reread familiar books.

3. Build reading comprehension. Talk with the children about what you are reading. Talk about what happened in the story. Ask about the characters, places, and events that take place in the story.

4. Read together everyday. Spend time talking about stories, pictures and words.

For more information and to purchase books at a discount from Scholastic using your Satellite membership call Tina. 697-3569

Thank you for encouraging children to become lifelong readers!