



MANAGING FOR OUR CHILDREN

A Publication of the Oregon Association of Child Care Directors

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From The Board President – Maureen Summers

HOW CAN WE HELP YOU GET CONNECTED?

As I tried to come up with something to write about (knowing our secretary, Val, was getting ready to fire off a pointed e-mail about deadlines) I found myself thinking about why I belong to OACCD, why I'm on the board and why I'm president. Having just attended an affiliate meeting where we discussed how we can increase membership and more importantly participation, I found myself wondering why people get involved or more importantly why they don't get involved.

I blame my parents (doesn't everyone)? Their involvement in school, church and professional organizations was probably a result of having eight children and not a lot of money. My mom and dad contributed by giving their time and energy. My parents coached our teams, volunteered as room mothers (hey it was the 60's), served as presidents of the PTA, and professionally belonged to groups that served the community as well as their profession. Their children are grown, they're retired, they have more money, and they're still giving generously of their time and energy because it's their way of staying connected and making a difference.

I have a life away from St. Mark CDC. I'm busy being a wife and mom, daughter and sister. I'm active in my church and sit on some community advisory groups. I love to quilt, cross-

stitch, tend my roses, do puzzles and read. I live in a neighborhood where I actually know many of my neighbors' names and we occasionally get together for an evening to visit and share a glass of wine. In essence I'm a lot like other members of the board and a lot like every one of you reading this.

So why do I belong to OACCD? It's just another thing that takes my time, but for me it is time well spent. Since joining OACCD, I have developed a network of colleagues (and I hope friends) that I can talk to, e-mail, bounce ideas off of and yes, just vent to. They are people who know what I'm talking about and in many cases have been there and done that. I think being an active member of OACCD helps me be a better director. And, hopefully, being a member of OACCD makes a difference and helps me stay connected.

As an organization we struggle with how to best meet the needs of our members. What can we do to help affiliates attract members to meetings on a regular basis? What would encourage you to become a more active member of OACCD? What would inspire you to join the board? We can sit around and brainstorm ideas but we'd like to hear from you - How can we help you get connected? Think about it and e-mail me at summers4@open.org or drop me a line at St. Mark CDC, 790 Marion St. NE, Salem, OR 97301. I know what works for me. What works for you?

Mark Your Calendar Now

For Spring Conference 2005

April 27, 28, 29 AGATE BEACH INN NEWPORT OREGON

Wanted: Board Members

Are you an OACCD member? Have you been a member for one year? Are you interested in helping the current board of directors fulfill the OACCD mission? If so, you are most welcome to become a Board Member of the OACCD.

The mission of the OACCD is to provide Advocacy, Education and Support to Childhood Care and Education Professionals. The OACCD plans two conferences a year and helps affiliate groups with trainings. There are currently two seats open on the OACCD Board. If you can commit the time and give energy and have been a member for one year you are eligible to serve.

If you are interested, please contact one of the current board members listed below.



BOARD OF DIRECTORS

2004-2005

Cindy Bellamy	541-344-0241
Colette Brown	503-645-0236
Linette Cowles	503-626-2151 x227
Kathy Finn, VP	503-375-9120
Carol McMurdie	503-646-3214
Sandra Mix	541-667-6411
Dawn Norris, Treasurer	503-838-8769
Janet Sallak	503-649-7083
Tina Smith	541-474-0001
Jennie Sowder	503-682-1770
Maureen Summers, President	503-588-0141
Grace Wiley	503-538-8266
Val Rylands, Board Secretary	541-933-2446

HANDY HELPERS

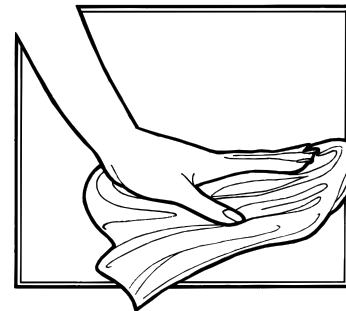
Rave Reviews For Prime Solution's Miracle Cloth

OACCD Board member Grace Wiley, Director of Hand in Hand Child Learning Center, has high praise for the Miracle Cloth. Wiley discovered the handy helper while on vacation and has introduced the product to her staff. "It cuts cleaning time and really works," says Wiley who admits she was at first skeptical of the cloth's ability to clean.

Wiley appreciates the ability to clean without using harsh chemicals. She has found it to remove the grimmest grime and the dirtiest dirt.

"Its great on windows, windshields, walls and other surfaces.

"It has cut down our end of day cleaning time," raves Wiley.



A product of Prime Solutions, the Miracle Cloths can be washed for reuse. There is also a line of mops and other cleaning supplies that can be ordered on line.

Wiley highly recommends the product. The web site for the Miracle Cloth is www.primesolutions.com.

A second handy helper was discovered by Maureen Summers of St. Mark CDC and her staff during in-service cleaning this summer. Her staff found the Mr. Clean disposable eraser to be a helpful cleaning aide for the annual sprucing up venture.

OACCD BOARD WANTS TO KNOW

What Is Your Favorite Playground Covering

The OACCD Board of Directors recently discussed the various playground coverings available to centers. Member input is appreciated in researching the very best cover material for play areas.

Which playground cover has the best texture, coverage and is environmentally friendly? How economical is it? How long does it last? What is the very worst?

Make Playground covers a topic at your next affiliate meeting! Send your opinion to OACCD Board Secretary Val Rylands via fax 541-933-1429 or email her at Rylandsfamily@peoplepc.com.

Director Recognized

Funny Farm's Marcy Wells Wins National Award

Marcy Wells founder and director of Funny Farm Early Learning Center, Inc., was selected as one of five winners of the Scholastic Early Childhood Professional Awards. Wells is the first educator from Oregon to receive the award.

Recognized for her long, outstanding work with young children, Wells was also acknowledged for her commitment to excellence and advocacy for the Early Childhood Care Profession.

Wells and the four other recipients were honored at the NAEYC conference in Anaheim on November 11.

Recipients are selected by a panel of nationally recognized early childhood experts and advisors. Winners are chosen based on their overall curriculum, cultural sensitivity, leadership and community outreach, and ability to mobilize resources. Candidates are nominated by parents, colleagues, mentors, administrators and community leaders.

Wells has more than 17 years in Early Childhood Education. She discovered her talents while working in the family business of an in-home day care. After many years of hands on learning in both family and center-based child care she decided to make her life long dream a reality. She created Funny Farm Early Learning Center in 2003.

As a national winner, Wells received a round trip ticket to Anaheim to attend the ceremony. She will also receive \$200.00 in Scholastic products, and a special feature in the November issue of Scholastic's Early Childhood Today magazine.



Take This Stress Test – Are You Near Burn Out?

Consider your past 6 months and then answer the following:

Yes No

- | | | |
|-----------------------|-----------------------|--|
| <input type="radio"/> | <input type="radio"/> | Do you feel more tired and less enthusiastic? |
| <input type="radio"/> | <input type="radio"/> | Do you feel less satisfaction about your personal interactions at home and work? |
| <input type="radio"/> | <input type="radio"/> | Do you feel cynical about your work? |
| <input type="radio"/> | <input type="radio"/> | Are you feeling more irritable, angry and resentful with the people around you? |
| <input type="radio"/> | <input type="radio"/> | Are you spending less time with family members and close friends? |
| <input type="radio"/> | <input type="radio"/> | Are you having more than you share of physical complaints, such as head aches, body aches, pain or insomnia? |

Totals

If you answered "yes" to more than five of these questions, you are in the early stages of "burn out." More than two "yes" answers is a message that you may be starting the "burn out" process. (Adapted from Fred Pryor Seminar on How To Manage Stress. 1-800-255-6139 for more information).

Self Nurturing For Care Givers

“When we truly care for ourselves, it becomes possible to care far more about other people. The more alert and sensitive we are to our own needs, the more generous we can be to others.”

Eda LeShan

As caregivers of young children, we are constantly putting their needs before our own. The experience of working with children is a demanding responsibility. It is important to acknowledge both the joy and stress of this work. If we learn to recognize stress and make necessary changes in our lives, we will find more joy in our daily work.

- **Stress** is simply anything that happens which requires a response.
- **Eustress** is good stress because it stimulates creativity and enables us to achieve our full potential. This results in strength and growth.
- **Distress** occurs when there is prolonged frustration, overload and conflict. This is bad stress because it is a threat to personal self-esteem and results in vulnerability and weakness. Most of us would probably say that our lives are too stressful. What we mean is that we are having a difficult time balancing the eustress and distress.

The effects of stress are real and can be linked to illnesses such as heart disease, ulcers and weakened immune systems. None of us wants to deal with any

of those health problems. Researchers at Cornell University have called stress “the most debilitating medical and social problem today.” How do we cope with stressors and manage them to maintain good health and avoid being vulnerable to stress related illness?

Awareness is the first step in the process of change. If we are not in touch with our stress levels, the present patterns will continue and probably result in “burn out.” At that point, we have lost our effectiveness and recovery time can be weeks or months. Prevention is always the best plan and can be put into place with personal strategies once we know where to start. Think over the past six months and take the quiz on page 5 for an idea where you are now. Got stress? Try some the stress reducers below.

-- Carol Bunse and Carol Greer

Teaching Research Early Childhood
& Training Department Western Oregon University

Reprinted with permission from Western Oregon University's Teaching Research Early Childhood and Training Department Newsletter.

Gruenberg, A. (1998). *Creative Stress Management: "Put Your Own Oxygen Mask on First."* *Young Children*, 53, 38-42.
The Whole Teacher's Handbook. Instructor (whole issue). (1995). 104.
American Institute of Stress, 124 Park Avenue, Yonkers, NY 10713.
Institute of Stress Management, United States International University, School of Human Behavior, 10455 Pomerado Road, San Diego, CA 92131.
National Institute of Mental Health (NIMH), Public Inquiries Branch, Office of Scientific Information, Parklawn Building, Room 15C-05, 5600 Fishers Lane, Rockville, MD 20857, (301)443-4513.

STRESS REDUCERS

- Get enough sleep
- Use lists to help you remember things that need to be done
- Get plenty of exercise
- Talk to someone about concerns or worries
- Make time for play
- Strive to be organized
- Spend time with friends who can help relieve stress
- Plan ahead
- Create realistic schedules
- Make time for some solitude
- Eat a balanced diet

Be good to yourself (Add other things that will help you relieve stress). Try identifying just a couple of things on the list above, or others you may know of, to implement today. We often put things like this off by saying, “I’ll try that next week.” Put it on your list of things to do for the day, but don’t let it become another stressor. Taking time for yourself should rank as high as that meeting you need to attend at 3:00. Remember, you need to care for yourself in order to effectively care for others.

**Oregon Association of
Child Care Directors**

**P.O. Box 70322
Eugene, OR 97401**

OACCD Membership Application*

(Membership year is January 1 through December 31)

_____ New Member _____ Renewal _____ New Center/Address

NAME _____ *POSITION* _____

CENTER NAME _____

ADDRESS _____ *CITY* _____ *ZIP* _____

COUNTY _____ *EMAIL* _____

HOME# () _____ WORK# () _____ FAX# () _____

OF STUDENTS _____ SPECIAL FEATURES _____

PROGRAMS: (circle all that apply) Infant Toddler Preschool Kindergarten School Age

STATUS: Non-profit For-profit Sole Proprietor Religious Employee Sponsored Campus based

_____ \$50 Annual membership (\$5 of your membership fee will go to your local affiliate)

_____ \$80 Two Year Membership

_____ \$5 Discount for Recruiting New Members (I'm enclosing a second membership! Please take \$5 off my own membership)

_____ AMOUNT ENCLOSED (Make Checks payable to OACCD)

*Your mailing label indicates when your membership expires (Membership Year: Jan-Dec.)

Mail completed form to:
OACCD, PO Box 70322, Eugene OR 97401