



THE WEEKLY MEMO

2022-2023, Issue #10 - November 7, 2022- Editors: Angie Salazar & Ashley Clayton

Mission Statement

Southern Oregon Head Start prepares all children and their families for success in school and throughout life.

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Meetings and Trainings

November 7 — Monday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-11:00 Ed Dept. Meeting, Blue Building Conf. Rm.

November 8 — Tuesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 10:00-12:00 Hold for In-Person HS Interviews, Red Building Library

November 9 — Wednesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-10:00 New SM Cohort, TEAMS
- 10:00-11:00 Family Services Cohort: Health, TEAMS
- 12:00-3:30 Listo Prep, Red Building Library
- 1:00-2:00 Onboarding Updates, TEAMS

November 10 — Thursday

- 8:30-4:00 Fall Area Staffings, JOCO
- 8:30-10:30 Area Staffing EHS-GP & RR, Park View
- 8:30-9:30 Health Dept. Meeting, Red Building Library
- 11:00-1:00 Area Staffings: RDW & RVS, Park View
- 1:00-2:00 Fiscal Meeting, Red Building Library
- 1:45-3:45 Area Staffings: EHS-CJ & IV, Park View

November 11 — Friday

- Holiday



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Weekly Memo Submission

Please send your PDF's, jpegs, and text to

Angie Salazar-

asalazar@socfc.org

By Thursday @ 12 p.m.

"I had an amazing young lady of 96 years stop by my center today and present me with a few pins that she'd like to pass on to our director, Katherine Clayton.

Her name is Bette Van-Gasken. Bette worked for Head Start in King County Washington for 34 years after opening and running her own pre-school for many years. Bette started as a teacher in 1965 for 1 year. She moved on to be an education coordinator for 3 years and then found her passion as Head Start Director for 30 years.

Along her Head Start journey, Bette acquired these pins and said "I don't know that I have many years left on this earth, so I would like these pins to go to your director, so they can live on in Head Start even well after I'm gone". Bette graciously agreed to let me take some pictures of her and said "If I knew you were gonna be so fascinated with me, I would have done my hair first!"

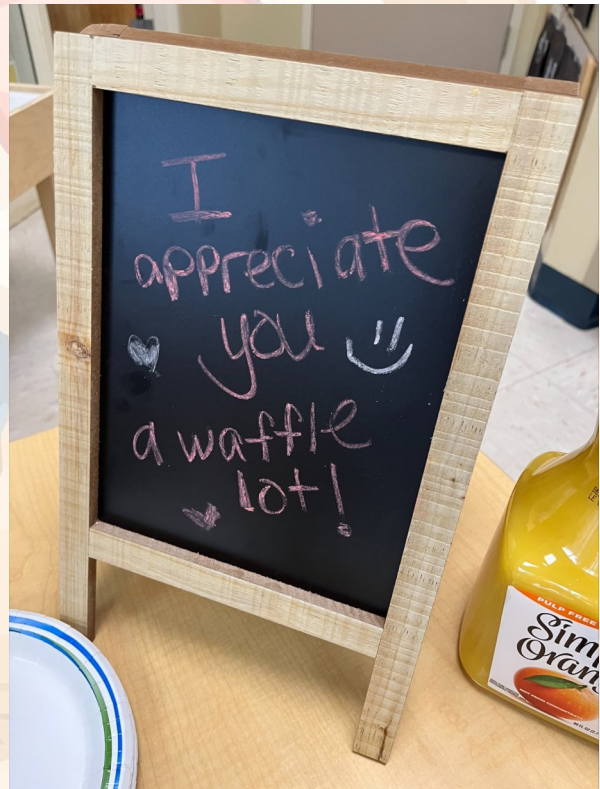


Submitted by: Heather Kent

Agency Values in Action: Have Fun!!

EPHS EHS combined Safe Schools with staff bonding moment. Site Manager, Amanda Aviles, made the breakfast, "I appreciate you a waffle lot".

Submitted by: Amanda Aviles



Agency Values in Action: Teamwork!!

"I would like to send a big shout out to Park View's Duration 2 team: Steve Schultz, Candi Staten, Tatiyanna Moore, Chere Davis and Dany Wise! Last week, a child in their class began having a seizure. Candi reacted quickly to keep her safe through the seizure, Steve called for help, Dany called 911, Chere called the SM and the family, Tatiyanna moved the class across the room, and Steve and Tatiyanna supported the class while Candi stayed with the child, all of this happening within just a few minutes. I am so proud of this team and how quick and proactive they were in a scary situation! They are a great example of all of our agency values! Way to go team!!"

Submitted by: Amy Larson



Learning in Action!

GPHS Head Start kiddos having a fun learning day. Cognitive thinking with a pulley system and creative art.

Submitted by: Amanda Aviles



Live Well, Work Well

November 2022

Brought to you by Southern Oregon Head Start

How to Recession-proof Your Life

Many Americans and economists think rising inflation issues, interest rates and housing costs may be warning signs of a looming recession. According to a Bankrate poll, nearly 7 in 10 Americans are worried about the possibility of a recession before the end of next year. Unfortunately, many Americans don't feel prepared for an economic downturn.



More than 40% of Americans don't think they'd be prepared for a recession if it were to happen by 2023.

Predictions about an official recession occurring are divided. Regardless, you can take the following steps to prepare or stabilize your funds:

- Understand your expenses by examining and assessing your current financials, paying close attention to savings opportunities.
- Adjust your budget to plan for everyday and large purchases and stick to it. Remember to keep it realistic.
- Make it a habit to live within your means. People who adopt this lifestyle are less likely to go into debt and can pivot their spending to compensate for changes.

- Build an emergency savings fund—specifically, at least three to six months' worth of living expenses—to pay for unexpected costs.
- Switch up your grocery spending by shopping with a meal plan, buying generic products rather than brand-name or purchasing items in bulk.
- Negotiate your monthly bills (e.g., utilities, phone and internet) or ask about discounts or coupons.
- Consolidate your loans and pay off as much of your debt as possible.
- Secure proper insurance (e.g., auto, homeowners, health and life) to help maintain financial protection amid unexpected losses.

To deal with economic uncertainty, focus on developing healthy financial habits for today and the future. In addition, consider discussing your situation with a financial advisor. Speak to your employer if you need further financial resources.

This article is intended for informational purposes only and is not intended to be exhaustive, nor should any discussion or opinions be construed as professional advice. Readers should contact a health professional for appropriate advice. © 2022 Zywave, Inc. All rights reserved.

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Pumpkin Ricotta Stuffed Shells

Makes: 12 servings

Ingredients

- 12 jumbo pasta shells
- 1 ¼ cups part-skim ricotta cheese
- ¾ cup pumpkin puree
- ½ tsp. garlic powder
- 2 Tbsp. fresh basil (chopped)
- ¼ tsp. dried sage
- ½ tsp. salt
- ½ tsp. black pepper
- ½ cup grated Parmesan cheese, divided
- 1 cup low-sodium spaghetti sauce

Preparations

- 1) Preheat the oven to 350 F.
- 2) Cook the pasta shells according to package directions. Drain and place the shells on a baking sheet to cool.
- 3) In a bowl, stir together the ricotta cheese, pumpkin puree, spices and all but 1 Tbsp. of the Parmesan cheese.
- 4) Spread the spaghetti sauce in the bottom of a baking dish that can hold all the pasta shells in a single layer.
- 5) Fill each pasta shell with about 3 Tbsp. of the pumpkin mixture and place the shells close together within the sauced baking dish.
- 6) Cover the baking dish with foil and bake for 30 minutes.
- 7) Remove the foil from the baking dish, sprinkle the pasta shells with the remaining Parmesan cheese and bake for 15 more minutes. Serve and enjoy.

Nutritional Information (per serving)

Total calories	103
Total fat	4 g
Protein	6 g
Sodium	211 mg
Carbohydrate	12 g
Dietary fiber	1 g
Saturated fat	2 g
Total sugars	2 g

Source: MyPlate

Daylight Saving Time and Your Health

Most of the United States shifts between standard and daylight saving time (DST) each year in an effort to “save” natural light. Clocks will get set one hour back on Sunday, Nov. 6, when the DST period ends. Although you may be excited about gaining another hour in your day, DST can wreak havoc on your physical and cognitive health for several days, weeks or even months.

The disruption of DST can negatively impact your health. Your internal clock regulates critical processes, including liver function and the immune system. Interruptions to the circadian rhythm, your body’s 24-hour biological cycle that regulates wake and sleep, can also impair your focus and judgment. For example, a study published in *Current Biology* found fatal U.S. traffic accidents increased by 6% in the week following DST. Fortunately, there are ways to increase your odds of a smooth DST transition.

While you may be tempted to use the extra hour to indulge in various activities, health experts recommend using that time for sleep. To help make the DST transition easier, consider going to bed 15-20 minutes early in the days beforehand to help your body get used to the difference. If you have specific health concerns, talk to your doctor.

Helping Your Body Adjust to the Time Change

If your state follows DST, you can take steps to make the transition easier. Leading up to and after the time change, consider these tips to protect your circadian rhythm:



Exercise in the morning.



Prioritize daylight exposure.



Keep a regular sleep routine.



Remove sleep disturbances.

November Is American Diabetes Month

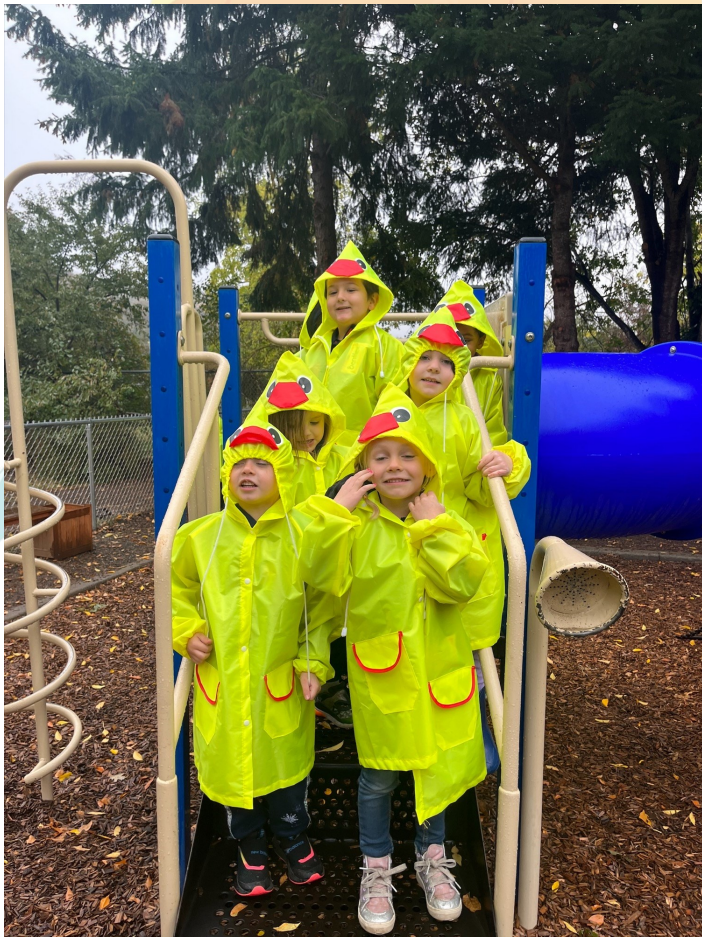
According to the Centers for Disease Control and Prevention, more than 37 million American adults have diabetes, and 1 in 5 don’t even know they have it. While Type 1 diabetes can’t be prevented, you can take the following steps to prevent Type 2 diabetes:

- **Eat a balanced diet.** Consume plenty of fiber and whole grains, and understand how the foods you eat affect your blood sugar levels.
- **Stay active.** Aim for at least 30 minutes of exercise daily. Incorporate both aerobic and resistance training.
- **Maintain a healthy weight.** If you’re overweight, weight control can be an essential part of diabetes prevention.

In the last 20 years, the number of adults diagnosed with diabetes has more than doubled. Take control now during American Diabetes Month, and have your blood sugar levels tested by your doctor.

Rain or Shine the children at Patrick love their time outside!

Submitted by: Amanda Aviles



So much fun at Alan Berlin-C!!

Submitted by: Laurie Hester



TA Katrina

Teacher Linda

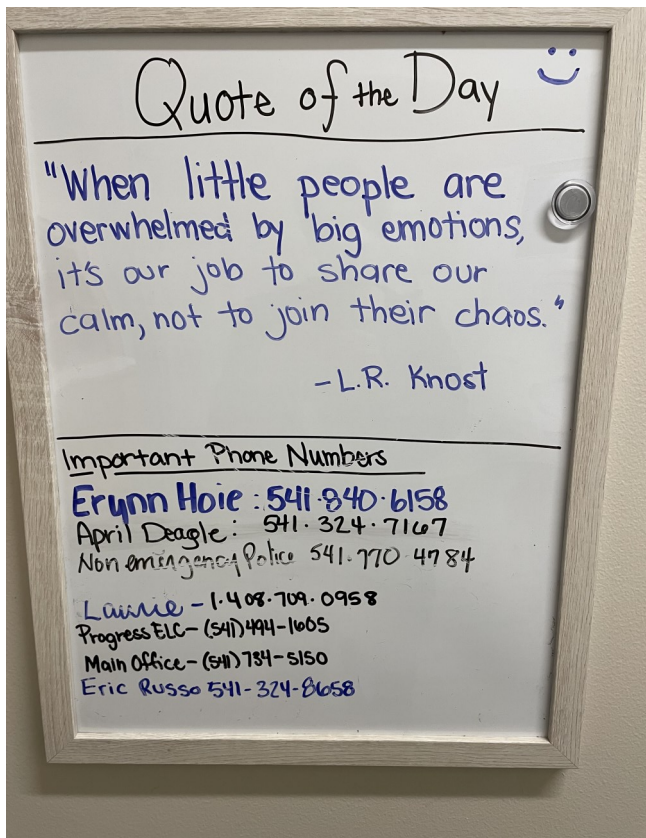


Teacher
Jennifer



Photos from Progress!

Submitted by: Laurie Hester



What a wonderful reminder!

“How nice to be greeted in such a joyful manner upon entering the progress center”



TA Hilario at Progress EHS Classroom 2 accepting the meal cart



Get to meet the
Amazing
Maintenance Team!!

Take a look at the
wonderful staff
that make up the
Maintenance Team
and all the great
work they do!

Todd South - Facilities Director

As your Facilities Director, I have the privilege of overseeing the Maintenance Department, Safety & Compliance Department and Business Services Department. I collaborate with the Directors Team to help guide the organization in planning of facilities needs, new construction needs, and major upgrades to facilities.

Assisting in budgeting for these projects, oversight of projects and helping steer the organization into the future are also part of this position. To me, getting to know and building solid working relationships with all SOGFC staff is the most important and enjoyable aspect of this position.



Eric Russo- Maintenance Manager

Eric is our Maintenance Manager. He runs all the scheduling of maintenance and keeps the work orders and site projects moving. He is responsible for the oversight of the Maintenance Team concerning our buildings, repairs and physical security. He is our CPST certified Playground

Inspector and is current on many other certifications. Eric responds to emergency calls and alarm calls 24 hours a day 7 days a week. He has been the oversight person and hands on person for many site improvement projects over the past year including, playground installs, remodels, interior and exterior painting just to name a few.



Steve Kruchoski & Gasey Strand - Maintenance Supervisor & Maintenance Tech 2

Steve and Gasey are the Jack of All Trades and perform repairs on a wide variety of things. They are skilled in working on minor electrical, plumbing, locks, mechanical issues and anything else that comes their way. Steve has developed a vast knowledge of our facilities over the years and is passing that knowledge on to the team. Steve and Gasey work closely together at times for one on one training.



Rogelio Fernandez, Sadiki Lawson & Jeremy Talley - Maintenance Tech 1

Rogelio, Sadiki and Jeremy are the guys who take care of all the other repairs and tasks that come up daily at all the centers. They are constantly working on landscaping, repairing cabinets, replacing light bulbs, moving furniture and appliances, irrigation repairs and a multitude of other repairs. The list goes on and on....

It's hard to break down each person's roll on this team as each person can step into a different roll based on the needs of any given day. They are here every day striving to make our buildings and grounds safe, attractive and functional for the rest of the staff, parents and children.