



# THE WEEKLY MEMO

2022-2023, Issue #2 - September 12, 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.

## INSIDE

- 2) Not all heroes wear capes      brain & hMPXV Update
- 3) Black Widow Slayers            5) Birthdays
- 4) How Exercise Impacts your      6 & 7) Anniversaries

## Meetings and Trainings

### September 12 —Monday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 8:00-11:30 Home Visit/ Workshops/Leadership, Blue Building Conf. Rm.
- 9:00-11:15 All FA (in person training: Home Visits/ Policy Council/Parent Workshops, JoCo & Jx Co, Foothills & Redwood

### September 13 —Tuesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.

### September 14 —Wednesday

- 8:00-5:00 NEO, Blue Building Conf. Rm.
- 9:00-10:00 New SM Cohort, Virtual
- 10:00-11:00 New FA Cohort: Health, TEAMS

### September 15 —Thursday

- 8:00-1:00 Listo, Blue Building Conf. Rm.
- 8:30-9:30 Health Dept. Meeting, Red Building Library
- 5:45-7:45 Board of Directors, TEAMS

### September 16 —Friday

- Child Guidance/ MH Updates
- 8:00-10:00 Center Meeting: Center A, ASH, WM, EP, ABC-A, ABC-V, FTL, WIL, RWD, MER, RR, GPHS, IV
- 11:00-1:00 Center Meeting: Center B, PXT, SM, WC, ABC-C, OH, CP, PROG, LB, PV, RVS, PAT, EHS-CJ, EHS-GP
- 1:00-2:30 CPR Hands On Training, M.O. Blue Building Conf. Rm.

### September 19 —Monday

- 9:00-12:00 Ed Coach/ Sup Work Day
- 9:30-11:30 Ed Management Meeting, TEAMS
- 1:00-3:00 0-5 Site Managers Meeting, Blue Building Conf. Rm.

### September 20 —Tuesday

- 1:30-3:00 Policy Council, TEAMS
- 3:00-9:00 Policy Council Last Meeting, Blue Building Conf. Rm.

### September 21 —Wednesday

- 9:00-10:30 Department Directors Meeting, Blue Building Conf. Rm.
- 10:00-11:00 New FA Cohort: Mental Health/Dis, TEAMS
- 11:30-12:30 M.O. Staff Meeting, Blue Building Conf. Rm.
- 1:00-2:00 Onboarding Meeting, TEAMS

### September 22 —Thursday

- 8:30-9:30 Health Dept. Meeting, Red Building Library

### September 23 —Friday

- 9:00-10:00 New Teacher/SP Cohort: Content 1, Redwood Center
- 12:00-1:30 New TA/CA Cohort: Content 1, Redwood Center
- 1:00-2:30 Jackson County Safety Committee Meeting, M.O. Blue Conference Room

— “ —  
 Anyone who does  
 anything to help  
 a child in his life  
 is a hero to me.

—  
 FRED ROGERS

## Weekly Memo Submission

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

Angie Salazar-

asalazar@socpc.org

By Thursday @ 12 p.m.

# Not all Heroes Wear Capes

We would like to acknowledge Laurie Hester for going above and beyond to help a kiddo out!!

“A true hero isn't measured by the size of his strength but by the strength of his heart.”

Here is the story that Laurie shared:

“This afternoon around 4:45, I noticed from my desk window a young girl who looked very warm (rosy cheeks) with a backpack walking towards the blue building door. She was Latina so I thought maybe she was someone's child in LISTO. I got up to make sure someone was going to open the door and saw her walking away. I called out to her and asked if she needed anything. She walks up to me and starts crying, so I escort her into my office to sit down and tell me what's wrong. After getting her some water she tells me its her first day in the 6<sup>th</sup> grade and the bus driver dropped her off incorrectly and she doesn't know where her home is. She didn't know her address or the phone number where she lives with her mother, grandmother and cousins. She had a cell phone but it was new and not activated yet. She said her mother let her take the phone in order to take pictures of her friends. So, not much to go on but we get in my car and drive down Beall to see if she recognized anything. Then she describes her driveway is gravel, so I knew we weren't in the right area. All of a sudden she says her home is close to a market called JJs. Bingo! I put JJs in my navigation and head that way. Found her home where we arrived around 5:00. She was so concerned her grandmother would be worried. I told her she had great intuition in coming to our building since we are Head Start! Felt so good to help this young girl who moved from a bad situation in Tijuana 2 years ago to a large home off of Beall with lots of flowers and room to play.”

# Black widow slayers!

The Wonderful Team of TAs at Riverside  
slayed over seven black widows as they  
prepared our playground for children.  
They did not even scream!

Their names are:

Katie Bokor, Gina Bouck, Monica Cuchiara  
and Sarah Ames.

A HUGE Thanks to these brave and  
heroic ladies.

Submitted by: Susan Baker

## Here is a great article about “How Exercise Impacts Your Brain”

<https://covidblog.oregon.gov/how-exercise-impacts-your-brain/>

### Updated (bivalent) boosters arrive in Oregon; hMPXV update

Dean Sidelinger, M.D. MSEd, health officer and state epidemiologist, encouraged all eligible Oregonians to get the newly approved COVID-19 booster during a media availability yesterday. “As we head into fall, as more of us spend time indoors, the updated booster will be the best way to protect ourselves and those around us from severe illness and hospitalization caused by the predominant BA.5 and BA.4 COVID-19 subvariants,” he said.

To find the updated booster, check with your doctor, local pharmacy or visit any of Oregon Health Authority’s (OHA) vaccine clinics [listed here](#). As doses arrive in Oregon, not all vaccine clinics or pharmacies may have the new booster, so check before you go.

# Happy Birthday!

# Feliz Cumpleaños!

**September 5th**

Angela M. Lutman

Christopher Alan Wisley

**September 7th**

Denecia Ferrell

**September 8th**

Valerie Banek

**September 9th**

Raquel Rodriguez Arrezola

Tatiana Moore

**September 10th**

Anel Ramirez-Flores

Chere T. Davis

**September 12th**

Sherri L. Ladd

**September 15th**

Elie Krische

Nancy Tidwell

**September 16th**

Theresa Day

**September 17th**

Anne M. Young

**September 19th**

Courtney J. Andersen

**September 20th**

Sarah Emerson

**September 21st**

Kailee A. Hijus

Karyn K. Cottone

**September 22nd**

Margarita Leon Mondragon

**September 23rd**

Rebecca J. Chriss

**September 24th**

Emilee Leeper

**September 25th**

Sarah Reed

**September 26th**

Maria G. Liberto

**September 28th**

Karen A. Wheatley

Cindy L. Rockwell

Diana K. Bordner

**September 29th**

Sandy A. Torres

Laura Rogers

Sandra Medina Alvarez

**September 30th**

Glenda R. Tyler

# Happy Anniversaries!

# Feliz Aniversarios!

## 1 Year

Aracely Castro Villegas

Norma E. Montano

Garcia

Laura V. Perez Diego

Jolie A. Ellis

Heidi B. Carlyle

Gloria S. Hoggarth

Ramirez

Courtney J. Anderson

Rebecca J. Chriss

Dina I. Enriquez

Stacey Daniszewski

## 3 Years

Lisa Wagner

Gina M. Bouck

Catherine Rydell

Walaa Al Zein

Tiffany A. Heller

Sandra L. Beckman

## 4 Years

Yolanda Sapiens

Carole Yule

## 5 Years

Joyce A. Borden

Anna M. Jordan

Jennifer A. Mierkey

Rebecca C. Robinson

## 6 Years

Denise M. Pederson

Denise L. Burke

Cory A. Haney

Veronica L. King

## 7 Years

Gulser Collier

Margaret R. Friar

Amanda N. Ward

Laura Lakavage

Jonnie D. Cox

## 8 Years

Daniela Regla

Renea A. Walker

## 9 Years

Ashley Clayton

Happy Anniversaries!

Feliz Aniversarios!

10 Years

Ian Larson

Jessica Lee

13 Years

Connie Sepich

Carolyn S. Nelson

14 Years

Arcelia Y. Chavez

15 Years

Sharon L. Fast

Susan A. Baker

22 Years

Carrie R. Grimes

22 Years

Elia E. Quirarte

30 Years

Erynn C. Hoie

32 Years

Wendy A. Anderson

43 Years

Judy G. Kuehl