

THE WEEKLY MEMO



2018-2019, Issue #17 - February 4, 2019- Editors: Ashley Clayton & Cade Wadsworth

Mission Statement

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

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This February is Immunization Exclusion Day 2/20/2019



Encourage all families to always be up to date on immunizations at all times. If there are children at your center that are subject to exclusion, the Advocates & Specialists have been notified.

It's important to encourage families to get immunized and staying up to date. As many of you have probably seen on the news, there is a Measles outbreak in Washington that has 23 confirmed cases as of 1/23/19. There are multiple potential exposure sites listed from these individuals so far, some of which were in Portland, Oregon. For more information about the exposure sites you can get that information on [Clark County Public Health website](#). Here is a link to [FAQ's from the CDC about Measles](#).

Submitted by: Sarah Forga - Health & Nutrition Services Director

Weekly Memo Submissions

Please send your PDFs, jpegs, and text to Cade Wadsworth or Ashley Clayton Thursday by 2 pm for the next publication.

Meetings and Trainings

February 4—Monday

- 9:00—9:30 Fiscal/Ops, Admin
- 9:30—10:00 Fiscal Team Mtg, Fiscal Office
- 6:00—8:00 AFSCME Board Mtg, Blu Conf Rm

February 5—Tuesday

- 9:00—11:00 Info Systems Cmte, Blu Conf Rm
- 1:00—5:00 CA/CLA/TA Interviews, Library

February 6—Wednesday

- WED—FRI OHSa Winter Conf & Advocacy Day; Salem, OR
- 8:30—12:00 Jackson County Transition Mtg, Blu Conf Rm
- 12:30—1:00 Set up for Directors Mtg, Admin
- 1:00—3:30 Directors Mtgs, Admin
- 1:00—2:30 Health Dept Mtg, Blu Conf Rm

February 7—Thursday

- 9:00—12:00 PFCE Dept. Mtg, PFCE Office
- 9:00—10:30 Facility Cmte Mtg, Blu Conf Rm

February 8—Friday

- EHS WM DURATION CLOSED
- 8:00—10:00 HS Ed Planning, @ CTRs
- 9:00—10:30 EHS WM/GPHS Duration CTR Mtg, @ CTRs
- 10:30—12:00 EHS Assessment/Curriculum Mtg
- 10:30—12:00 EHS ED Planning, @ CTRs
- 1:00—2:30 JoCo Safety Cmte Mtg, PKV Sm Conf Rm
- 1:00—2:30 EHS TLC Group, Admin
- 1:00—2:30 TLC Groups
- 1:30—3:30 Labor Mgmt Cmte, Library

February 11—Monday

- Family Conferences Begin
- 8:00—5:00 Fiscal Retirement Audit, Admin
- 8:00—8:30 Ops Mtg, Library
- 9:30—10:00 Fiscal Tm Mtg, Office

February 12—Tuesday

- 8:00—5:00 NEO, Blue Conf Rm
- 8:00—5:00 Fiscal Retirement Audit, Admin
- 9:00—11:00 Info Systems Cmte, Library
- 1:00—3:00 Dept. Managers Mtg, Library

February 13—Wednesday

- 8:00—5:00 NEO, Blue Conf Rm
- 8:00—5:00 Fiscal Retirement Audit, Admin
- 8:00—1:00 Area Manager Interviews, Library
- 8:30—10:00 Recruitment Cmte Mtg, TBD
- 9:00—1:00 ED Dept Mtg, TBD
- 1:00—3:30 Directors Mtgs, Library
- 1:00—2:30 Health Dept Mtg, Blue Conf Rm
- 5:00—6:00 Board Executive Cmte, Library

February 14—Thursday

- 8:00—5:00 NEO, Blue Conf Rm
- 8:00—5:00 Teacher & Spec. Content Day/NEO, Library
- 9:00—12:00 PFCE Dept. Mtg, Office
- 10:00—1:00 Self Assessment, Admin
- 1:00—4:00 EHS Center Manager Mtg, Blue Conf Rm

February 15—Friday

- Child Guidance/ MH Updates
- EHS Play Group Session 3 Ends
- 8:00—5:00 NEO, Blue Conf Rm
- 8:00—10:00 HS Ed Planning, At Centers
- 10:15—12:15 HS Center Mtgs, At Center
- 10:30—12:00 EHS ED Planning, @ CTRs
- 12:30—2:00 MH Consult, EHS-GP/GPHS
- 1:00—2:30 DLL Assessment and Observation Training, Admin



Top 4 Things Parents Need to Know about Measles

You may be hearing a lot about measles lately, and all of this news on TV, social media, Internet, newspapers and magazines may leave you wondering what you as a parent really need to know about this disease. CDC has put together a list of the most important facts about measles for parents like you.

1

Measles can be serious.

Some people think of measles as just a little rash and fever that clears up in a few days, but measles can cause serious health complications, especially in children younger than 5 years of age. There is no way to tell in advance the severity of the symptoms your child will experience.

- About 1 in 4 people in the U.S. who get measles will be hospitalized.
- 1 out of every 1,000 people with measles will develop brain swelling, which could lead to brain damage.
- 1 or 2 out of 1,000 people with measles will die, even with the best care.

Some of the more common measles symptoms include:

- Fever
- Rash
- Runny nose
- Red eyes

2

Measles is very contagious.

Measles spreads through the air when an infected person coughs or sneezes. It is so contagious that if one person has it, 9 out of 10 people around him or her will also become infected if they are not protected. Your child can get measles just by being in a room where a person with measles has been, even up to two hours after that person has left. An infected person can spread measles to others even before knowing he/she has the disease—from four days before developing the measles rash through four days afterward.

3

Your child can still get measles in United States.

Measles was declared eliminated from the U.S. in 2000 thanks to a highly effective vaccination program. Eliminated means that the disease is no longer constantly present in this country. However, measles is still common in many parts of the world, including some countries in Europe, Asia, the Pacific, and Africa. Worldwide, an estimated 20 million people get measles and 146,000 people, mostly children, die from the disease each year.

Even if your family does not travel internationally, you could come into contact with measles anywhere in your community. Every year, measles is brought into the United States by unvaccinated travelers (Americans or foreign visitors) who get measles while they are in other countries. Anyone who is not protected against measles is at risk.

4

You have the power to protect your child against measles with a safe and effective vaccine.

The best protection against measles is measles-mumps-rubella (MMR) vaccine. MMR vaccine provides long-lasting protection against all strains of measles. Your child needs two doses of MMR vaccine for best protection:

- The first dose at 12 through 15 months of age
- The second dose 4 through 6 years of age

If your family is traveling overseas, the vaccine recommendations are a little different:

- If your baby is 6 through 11 months old, he or she should receive 1 dose of MMR vaccine before leaving.
- If your child is 12 months of age or older, he or she will need 2 doses of MMR vaccine (separated by at least 28 days) before departure.



FEB 2015

National Center for Immunization and Respiratory Diseases

Division of Viral Diseases



Anna Jordan



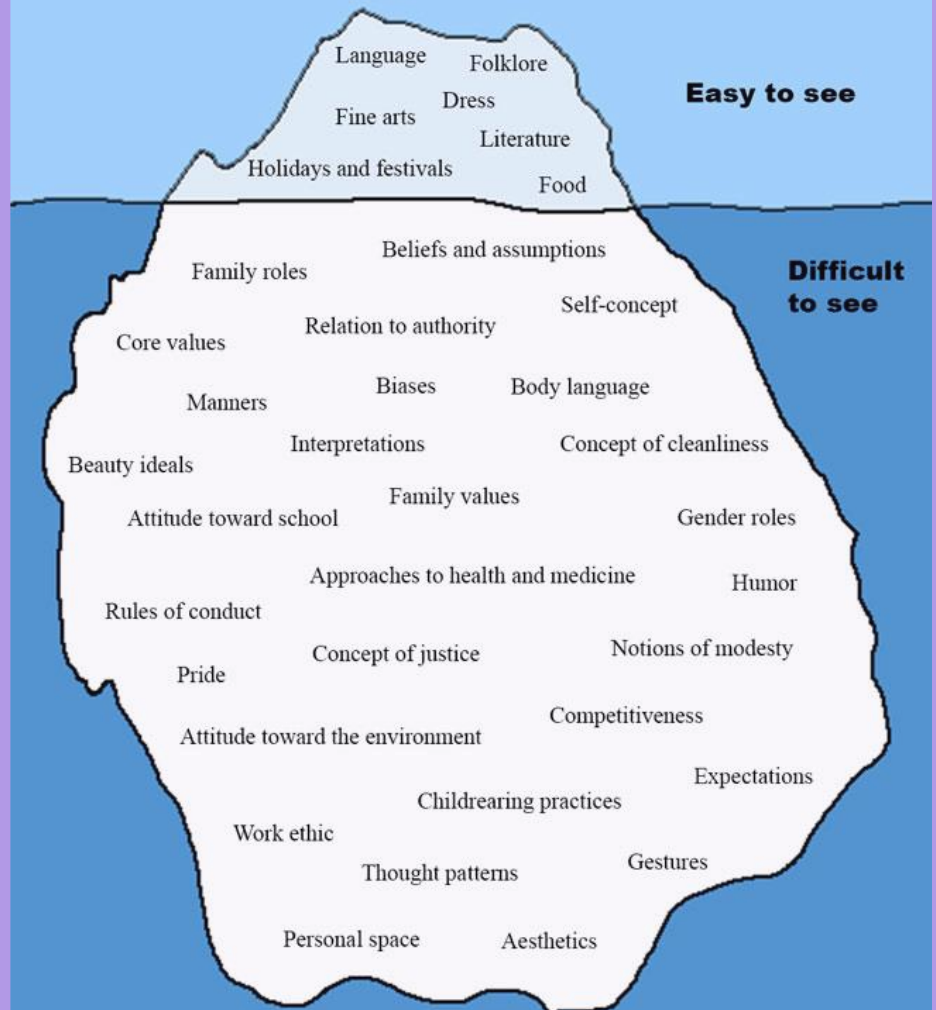
Thank You

The Education Department had the opportunity to talk about our program to Southern Oregon University College of Education students. I want to send a “thank you” to Anna Jordan for volunteering to join us and speaking about her experience working at Southern Oregon Head Start. We greatly appreciated her involvement and her story. For those of you who may not know Anna, she is the Head Teacher at our Ashland site and has been with SOHS for about a year and a half. Anna attended Head Start as a child, and talked about how she was the **first and only college graduate** in her family!! She hopes to inspire her students as much as Head Start inspired her!! Thank you Anna!

Submitted by: Stacy Inman, M.S.—Education Department Director

The Cultural Iceberg

Submitted by: Dr. Michelle Homer-Anderson—Head Start Director



www.janinesmusicroom.com



Nancy Helm

Executive Administrative Assistant

Nancy provides administrative support to Michelle Homer-Anderson, Blair Johnson, and Katherine Clayton. She also works closely with Jean Lehmann, the other Executive Administrative Assistant reporting to Nancy Nordyke.

Submitted by:
Caitlin Fernandez—HR Coordinator



EMPLOYEE ASSISTANCE PROGRAM

Southern Oregon Head Start provides you and your family with an **Employee Assistance Program** through **Providence** that can help you live the life you want.

Anytime, any day, you have free, confidential access to professional consultants and online resources to assist you with these and other topics:

- Child care, elder care, and family support
- Work and career growth
- Daily living and convenience
- Health and well-being
- Legal & Financial resources
- Referrals to providers, specialists, and resources to meet specific work, life, or caregiving needs

WITH A SINGLE STEP

You can start to balance your life and reach **your goals.**

CALL toll-free to speak live with a consultant, or to schedule services with a clinician

TOLL-FREE: **800-255-5255**

GO to the **Providence EAP** website to access articles, tips, links, and tools.

www.providence.org/eap

ASK your HR or benefits manager about additional information that is available to you and your family.

CONSIDERING A CAREER IN PUBLIC SERVICE?

You may qualify for forgiveness of any remaining balance on your eligible federal student loans thanks to the **Public Service Loan Forgiveness (PSLF) Program**.

VISIT MyFedLoan.org/PSLF TODAY!

PROGRAM REQUIREMENTS:

1. **BORROW** - Have Eligible Loan Type(s)
ANY Direct Loan - Subsidized/Unsubsidized Stafford, PLUS, Consolidation
NOTE: If your federal loans are not Direct Loans, you may be able to consolidate and qualify. However, only payments made on the Direct Consolidation Loan count toward your required 120 monthly payments.

2. **WORK** - Maintain a Full-Time Employment Status While Working for a Qualifying Public Service Organization

For more details on identifying qualifying public service organizations, visit MyFedLoan.org/PSLF. Unsure if your employer qualifies? Contact them to find out.

3. **REPAY** - Make 120 Qualifying Payments Under an Eligible Repayment Plan

This program was created by Congress to encourage individuals to enter and continue to work full-time in public service jobs. Under PSLF, borrowers may qualify for forgiveness of the remaining balance due on their eligible federal student loans after they have made 120 payments on those loans under certain repayment plans while employed full-time by certain public service employers.



U.S. Department of Education
Information about your federal student loan

fedloanSM

★ SERVICING

Consolidating your loans may be scary. It may or may not be a smart choice depending on your loan details and financial situation. Please do not hesitate to give our financial advisor, Tori McMillan, a call and discuss this with her. Tell her Kathy Stassi referred you.

Are your
student loans
holding
you back?

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*A goal without a plan
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financial freedom.*

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today at 541-779-0177
or toni@insmarket.com



I'D LIKE MY PAYMENTS TO COUNT TOWARD PSLF. WHAT SHOULD I DO TO BE CONSIDERED?

- Consolidate any non-Direct Loans, if necessary.
- Get on an eligible repayment plan, preferably Income-Based Repayment (IBR).
- Make on-time, monthly payments - not exceeding your installment amount, preferably through Direct Debit.
- Work for a qualifying employer while you make your payments.
- SUBMIT THE EMPLOYER CERTIFICATION FORM, found at MyFedLoan.org/PSLF.

FedLoan Servicing was established by the Pennsylvania Higher Education Assistance Agency (PHEAA) to support the U.S. Department of Education's ability to service student loans owned by the federal government. PHEAA conducts its student loan servicing activities nationally as FedLoan Servicing and American Education Services (AES).

FedLoan Servicing is one of a limited number of organizations approved by the Department of Education to service these loans and is dedicated to supporting borrowers with easy and convenient ways to manage their student loans. Additionally, the Department has chosen FedLoan Servicing as the sole federal servicer responsible for monitoring and tracking the eligibility for all Public Service Loan Forgiveness (PSLF) borrowers.

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Extension Claws

Maps. Clipart. Research. There are quite a few different reasons why you'd go to a third party site (often one found in a search) in order to find various things for your work. And this is fine, but there is something to be aware of: unwanted browser extensions.

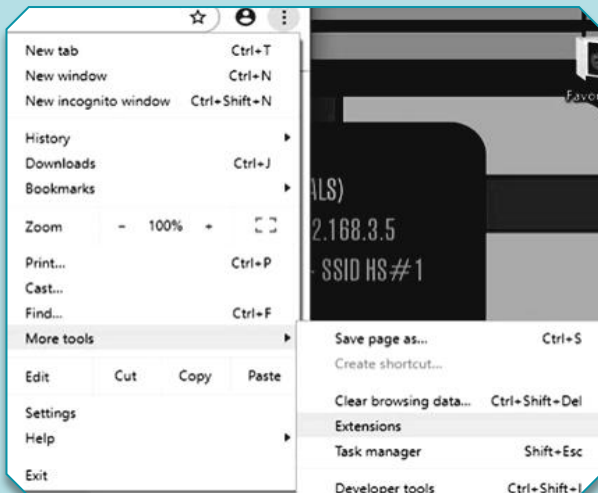
Extensions are small pieces of plugin software that bind to your web browser to provide certain functions. They can provide convenient links to search engines, power special sections of websites, or provide other benefits. Java and Flash are two examples of genuinely useful extensions. These extensions do what a good extension is supposed to do - quietly make something work while not advertising its presence or otherwise being a nuisance. These extensions should actually already be on your browser.

Any extension must ask permission to be installed on your browser, which is easy enough to just hit "accept" for especially if you're in a hurry. The problem arises from when these little programs are installed into your browser when you didn't realize you did it.

Unfortunately, some extensions are often more aggressively programmed. Pop-up ads, malware, unwanted site redirects and connection speed slowdown can all be symptoms of an unwanted browser extension. Fortunately in Chrome, there are ways to scrub them out. In the upper right you can often find an icon for various extensions next to the settings button. Clicking on these extension buttons can frequently give options for removing them.

The other place you can find extensions is in Chrome's drop-down menu. This is where you'll often find the extensions that are either behaving themselves - like from reputable companies like Adobe, Oracle and Microsoft - or hiding because they don't want to be noticed. It can be worth taking a look at sometimes.

But most importantly, be careful what you click when you're online. If you're going off the beaten path to a site you've never seen before - for any reason - be on your guard.



Submitted by:

Jordan Roberts—IT
Diagnostic Laboratory
Technomancer