

THE WEEKLY MEMO

Program Year 2023-2024
January 22, 2024 / Volume #18

OUR AGENCY VALUES

- Transparent Respectful
Communication
-
- Compassionate Inclusivity
-
- Teamwork
-
- Integrity & Accountability
-
- Safe & Responsive Culture

OUR MISSION:

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

WEEKLY MEMO SUBMISSIONS:

If you would like your submission to be shown in the following issue please submit any pdf's, jpegs, and text to

Angie Salazar — asalazar@socfc.org

by Thursday at 12 p.m.

EDITORS: ANGIE SALAZAR & ASHLEY CLAYTON

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- 9) Crustless Pumpkin Pie Recipe
- 10) National Compliment Day



Scavenger Hunt at South and West!

Things got competitive at the South and West center meetings this month, as the teams completed a scavenger hunt to collect things around the center that they may not have known where to locate prior to hunting them down. Each team was tasked with sending a group picture once they had collected all of their items, and the following are those amazing pics, as well as the scavenger hunt list in case other centers want to have one of their own.

The winning team for South: Gulser Collier, Debbie Foley, Yesenia Reyes and Cindy France

The winning team for West: Topanga Brown, Gracie Myers, Amy Merriman and Meloni Hereford

Bonus picture: Both teams together for our winter celebration, which we called "Winter Feast and Fun"!



Submitted by: Heather Kent

SCAVENGER HUNT

- 2 post-it notes and a pen
- Safety checklist
- Emergency and Disaster handbook
- A Band-Aid
- A Children's Book
- A Paint brush
- The date of the next emergency drill AND the type of drill (write the date and drill type on one of your post-it notes)
- An Illness flip-chart
- A Thermometer
- An Employee Handbook (Personnel Policies, CBA, etc)
- A Personalized mug (not blank)
- An Emergency Contact list (who to call in an emergency)
- A Food and Allergy list
- A Red Backpack
- A Broom or Mop
- An Ouch report in English AND Spanish
- The NEW OCC rule book (We only have ONE at the center! Who is gonna get it first?!)
- 1 trash bag
- The date of the next person's birthday at the center (Write the name and date on the other post-it note you have)
- 1 crayon for each color of the rainbow
- 1 team picture texted to the Site Manager

*First team to text the picture and prove they have all the items on the list WIN a team incentive!

FREE LEARNING, ART, FOOD, & RESOURCES!

Our Data, Our Story



What will you do?

- Stroll through interactive displays
- Share your opinions with health advocates & professionals
- Enjoy a meal together from Rogue Food Unites (on-site or to-go)
- Art projects for kids!
- Gather health resources from community organizations

Recently, data was collected in our community for the 2023 Community Health Assessment to better understand our health priorities.

You're invited to continue the conversation with other community members through a fun, interactive event. Help us to create a vision for a healthy Jackson County!

When?

February 6th | 5PM to 7PM

Where?

The Merrick at The Commons
200 N Riverside Ave, Medford

Questions?

sidersSW@jacksoncountyor.gov

(541) 774-3899



ALL IN FOR HEALTH
Jackson & Josephine Counties



FREE LEARNING, ART, FOOD, & RESOURCES!

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- Enjoy a meal together from Rogue Food Unites (on-site or to-go)
- Art projects for kids!
- Gather health resources from community organizations

Recently, data was collected in our community for the 2023 Community Health Assessment to better understand our health priorities.

You're invited to continue the conversation with other community members through a fun, interactive event. Help us to create a vision for a healthy Josephine County!

When?

February 7th | 4PM to 6PM

Where?

Josephine County Fairgrounds
Pavilion Building

Questions?

sidersSW@jacksoncountyor.gov
(541) 774-3899



¡GRATIS! APRENDIZAJE GRATUITO, ARTE, COMIDA Y RECURSOS

Nuestros Datos, Nuestra Historia



¿Qué harás?

- Pasea por exhibiciones interactivas.
- Comparte tus opiniones con defensores y profesionales de la salud.
- Disfruta de una comida juntos de Rogue Food Unites (en el lugar o para llevar).
- ¡Proyectos de arte para niños!
- Recopila recursos de salud de organizaciones comunitarias.

Recientemente, se recopilaban datos en nuestra comunidad para la Evaluación de Salud Comunitaria 2023 con el fin de comprender mejor sus prioridades de salud.

Estás invitado a continuar la conversación con otros miembros de la comunidad a través de un evento divertido e interactivo. ¡Ayúdanos a crear una visión para un condado de Jackson saludable!

¿Cuándo?

6 de febrero | 5:00PM - 7:00PM

¿Dónde?

The Merrick at The Commons
200 N Riverside Ave, Medford

¿Preguntas?

hansenda@careoregon.org

(458) 500-9004



Nuestros Datos, Nuestra Historia



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¿Cuándo?

7 de febrero | 4:00PM - 6:00PM

¿Dónde?

Josephine County Fairgrounds
Pavilion Building

Recientemente, se recopilaban datos en nuestra comunidad para la Evaluación de Salud Comunitaria 2023 con el fin de comprender mejor sus prioridades de salud.

Estás invitado a continuar la conversación con otros miembros de la comunidad a través de un evento divertido e interactivo. ¡Ayúdanos a crear una visión para un condado de Josephine saludable!

¿Preguntas?

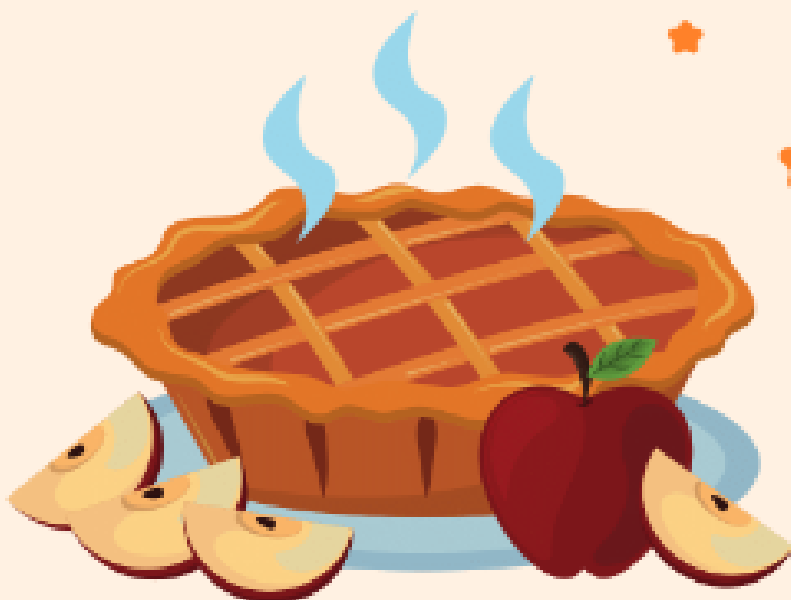
hansenda@careoregon.org

(458) 500-9004



HAPPY NATIONAL PIE DAY

JANUARY 23, 2024



Enjoy This Delicious Occasion!



Crustless Pumpkin Pie



Oregon State University

Ingredients

- ¾ cup **sugar**
- 2 **eggs**
- ½ cup **Master Mix** or all-purpose baking mix (for biscuits and pancakes)
- 1 can (15 ounce) **pumpkin**
- 1 can (12 ounce) nonfat **evaporated milk**
- 3 ½ teaspoons **pumpkin pie spice**
- 2 teaspoons **vanilla**

Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F. Lightly grease a 9 to 10-inch pie plate.
3. Combine all ingredients in a medium bowl or a blender.
4. Beat 2 minutes with mixer until smooth or blend one minute on high.
5. Pour into pie plate.
6. Bake 55 to 65 minutes, or until a knife inserted into the center comes out clean.
7. Cool slightly and refrigerate. Serve cold.
8. Refrigerate leftovers within 2 hours.

Notes

- No baking mix? Use 1/2 cup flour, 3/4 teaspoon baking powder, 1/4 teaspoon salt and 1 1/2 teaspoon vegetable oil.
- No pumpkin pie spice? Use 2 teaspoons cinnamon, 1 teaspoon ground ginger and 1/2 teaspoon nutmeg.
- Serve with whipped topping or low-fat vanilla yogurt.

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— smaller

+ larger

Makes: 8 Slices

Cooking time: 1 hour



Hide nutrition box

Hide recipe notes

Nutrition Facts

8 servings per container	
Serving size	1 slice (138g)
Amount per Serving	
Calories	180
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 50mg	17%
Sodium 140mg	6%
Total Carbohydrate 34g	12%
Dietary Fiber 2g	7%
Total Sugars 26g	
Includes 19g Added Sugars	38%
Protein 6g	
Vitamin D 1mcg	6%
Calcium 156mg	10%
Iron 1mg	6%
Potassium 165mg	4%
Vitamin A 343mcg	38%
Vitamin C 2mg	2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



January 24 is National Compliment Day!

Compliment someone today!

