

January 2023

Bringing joy to children in the community

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Jacqueline Fox, CEO



Our agency's Seal Christmas committee worked hard this year to bring smiles to the faces of 176 children in our community.

The main goal of our committee is to spread kindness and joy during the holiday season. The committee organized a distribution day on December 20, 2022 for families to receive their items. Procter & Gamble generously provided 130 bags full of products such as laundry detergent, dryer sheets, baby wipes, and other toiletries for the whole family.

West Ohio CAP would like to extend a 'Thank You' to our generous donors who helped us bless many children in our community with gifts and items for the holiday season. The donors made all of this possible for the children. We are thankful for their generosity!

- Honda
- A.B.A.T.E of Ohio Region 3
- Cenovus Energy Lima Refinery
- Procter & Gamble
- Many Private Donors



Interested in Volunteering in a Head Start Classroom?

In December, Janet Buchanan, one of our Education Coordinators at West Ohio CAP, attended a recruitment luncheon with a group of seniors from The Area Agency on Aging, who are interested in volunteering in our classrooms through their RSVP (Retired Senior Volunteer Program).



RETIRED SENIOR VOLUNTEER PROGRAM (RSVP)

If you or anyone you may know is interested in joining this program to volunteer in a classroom, please contact the RSVP Program Director, Miranda van Rooyen

(419) 204-4303

We look forward to hearing from you & how you can make a positive impact in the lives of the children we serve

POLICY COUNCIL



2022-23 Policy Council Officers

Theresa Wynn Phyllis Montrose
CDS Coordinator CDS Director

What is Policy Council? Policy Council is the group that makes important decisions that guide and direct the Early Head Start and Head Start programs. Policy Council is made up of Parents of currently enrolled children and Community Members. 51% of this board must be parents. The Policy Council Board along with the WOCAP Board of Directors must work together to govern these programs. Policy Council meets monthly and reviews and approves grants, budgets, policies, serves on committees and has opportunities to attend parent trainings throughout the year. Policy Council members can only serve 5 years in a life time.

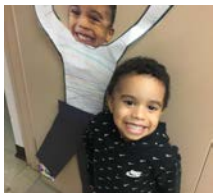
On Friday November 4, 2022 the 2022-2023 Policy Council members attended new member training at the WOCAP office. Members received training on Roberts Rules of Order, How to run a meeting, their roles and responsibilities as a Policy Council member and Shared Governance. At this time members were introduced to the different sub-committees that they can sit on.

On Thursday November 17, 2022 Policy Council held their first meeting of for the 2022-2023 Term. Officers were elected and members had the opportunity to sign-up for different committees. Policy Council members voted to keep meetings the Third Thursday of the month at 12:30pm. We look forward to working with you on the many important decisions that lay ahead.

We would like to Welcome new members to the 2022-2023 Policy Council Board and wish them a year full of success.

St. Matthew's Classroom

Our St. Matthew's classroom had a very busy month in December concluding their 6 week long clothing study, performing a winter program for their families, and creating beautiful handprint keepsakes for their loved ones.



Keepsakes

St. Matthews classroom made a special keepsake for their parents! They take such pride in their work and are so excited to surprise their parents.

Clothing Study

Mrs. Connie Best visited & brought in fabric with different patterns and textures & showed the children how to measure, cut & pin the fabric while demonstrating sewing on her Singer sewing machine. She shared beautiful handmade quilts & read a story about a little quilt. The class spent 6 weeks discussing how clothes are made & uniforms different occupations wear. The children designed their own clothing & shoes. Check out our future designers!

Holiday Program

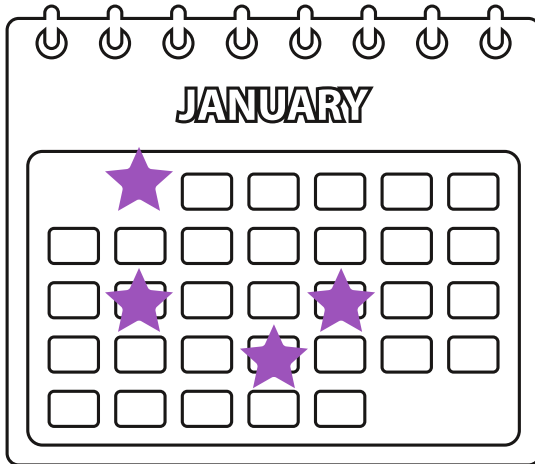
St. Matthews Lutheran Church sponsored a winter program for the classroom. The teachers worked with the children since October to learn a poem & 2 dances. The volunteers from the church provided a lovely luncheon for the families. Each family enrolled received a basket of goodies filled with a ham, potatoes, canned goods, treats, laundry soap and milk. Their generosity is such a blessing to our families. The children did an awesome job and were excited to have their family their to support them.

Winter Crisis Program

Running now through March 31, 2023

Schedule an appointment  419-516-0063

Visit our website at www.wocap.org for more information & to schedule online



IMPORTANT DATES

2nd - Agency Closed
16th - Agency Closed
19th - Policy Council Meeting
25th - Board Meeting

BIRTHDAYS

Happy Birthday to all of our
staff celebrating in January

2 Mary Collins
3 Shareena Ingram
7 Theresa Wynn
7 ShiAnn Drennen-Peterson
12 Patty Rodabaugh
18 Stephanie Staley
21 Kelli Wooddell
23 Lisa Haehn
23 Carmen Gibson
26 Christine Shepherd
28 Whitney Hittle

| Fair Housing | Financial Management |
|--|---|
| Providing information, training & educational materials to community | Education on aspects that affect financial security |
| Please call Housing Specialist for more information Allen & Mercer Counties | Please call 419-227-2586 Ext. 112 or Ext. 156 if interested |

HOUSING DEPARTMENT

Call WOCAP at 419-227-2586
or visit our website at
www.wocap.org to sign up



HOT COCOA CRISPY SQUARES

Ingredients:

- 3 Tbsp. Butter or Margarine
- 1 (10 oz.) package Marshmallows
- 6 cups Cocoa Pebbles Cereal
- 1 envelope Hot Cocoa Mix

Directions:

- Melt butter in large saucepan on low heat.
- Add large marshmallows & cook until completely melted & mixture is well blended, stirring frequently. Remove from heat
- Add cereal, mix well. Press firmly into greased pan13x9 pan. Top with mini marshmallows & press them lightly into cereal mixture
- Sprinkle evenly with cocoa mix. Cool completely & cut into squares



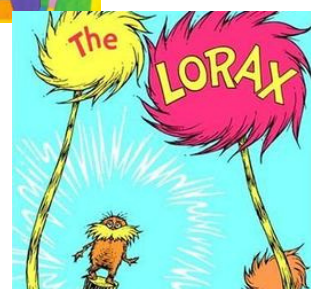
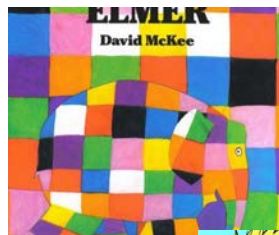
BOOKS

Elmer - by David McKee

Lesson: Embrace what makes you different, and never be afraid to be yourself

The Lorax - by Dr. Seuss

Lesson: Encourages a caring approach to the planet



Enroll Your Child Today!

Application forms can be sent to your home if you prefer



Scan Here To Apply

HEAD START ENROLLMENT

Reach us Monday-Friday, 8:00 am -5:00 pm at any of the following:

ONLINE:
www.wocap.org

PHONE:
Angie Montgomery at 419-227-2586 Ext. 120

EMAIL:
amontgomery@wocap.org



EXCELLENT ATTENDANCE

Our goal is to prepare your child for their next stepping stone of education whether it is Head Start or Kindergarten. Regular Attendance is an important part of your child's educational, social, and emotional development. When children are absent from school they are missing out on a lot of educational and social opportunities. We would like to thank those parents who assure their child is attending school every day. In the month of November, we had 47 children with Perfect Attendance. Way to Go Parents!

Central A
Karlia B.
Charlie G.

Central B
Sawyer S.
Serena S.

EHS HB (GG)
Kolton K.
Alistair P.
Meena S.

EHS HB (JJ)
Zi'Tajara Y.

Lima Sr. I
Khari J.

Shawnee Terrific 2's
King L.

Shawnee Tiny Toddlers
Daxton F.

Shawnee Transitional Todd
Natalina M.

Shawnee Wobblers
Khloe C.

Trinity Creative Childcare
Drayvonte G.
Toby M.

Allen East I
True D.
Giavana L.
Isabella T.
Jasper T.

Central G
Emmett C.
Italayah C.
Waylon C.
Kali T.

Central H
Penelope B.

HS Home Based (KC)
Ca'Maya H.
Olivia K.
Aimee L.
Illana W.

Howard A
Keillen C.

Howard B
Kamryn C.
Zayvion S.
Carter W.
Charlotte W.

Market St. II
K'Marie S.

O'Neal A
Kaya B.
Kayven C.
Avalynn M.
Cadence W.

O'Neal B
Olivia C.
Kaydan S-M.

St. Matthews
Jaiyah J.
Nakiyah S.

Anyone else feeling a bit exhausted after the holidays? I found some ways to help you recover and hopefully alleviate some stress for you.

First and foremost, focus on getting that sleep you missed out on. Not only is it important for the littles to be on a routine, your body needs it as well. Try starting to go to bed half an hour earlier than usual, if possible. Consider trying a small exercise routine to provide a little bit more energy during your day. It's also very important to make sure you get outside even in the chilly weather. The brisk air is good to get your blood pumping and elevate your mood.

Take a break from social media! Anxiety and stress levels can be heightened by the use of social media. Instead of turning online for relief of boredom, you can find new activities/hobbies for you and the littles to do together. Creating your own games such as Memory Match games with the alphabet or numbers only requires paper and pencil.

I know those leftovers are haunting and taunting us all, plus the endless supply of candies from the last three months. However, try cutting back on the sugars and things that produce false energy. Not only will that help you get into a healthier routine, but studies have also shown it makes you less likely to catch colds.

Most importantly, reach out and ask for help! Increase the water intake, take a breath. Reach out to family or friends. If you don't have many near you then don't be afraid to talk to strangers. I've met so many kind people and agencies in Allen County that have the knowledge or ability to help.

Source: <https://www.sensacalm.com/blogs/news/got-post-holiday-stress-heres-how-to-relaxrmhp.org>

PARENT TO PARENT

HOLIDAY EXHAUSTION & STRESS RELIEF

SUBMITTED BY MICHELLE
PEAKE-WARREN

Board of Trustees - 2023

Representatives must be One Third Private Business, One Third Public Entity, and One Third Low-Income

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Mercer Co. District Library

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