

April 2023

IN THIS ISSUE:

- 2 Join Our Team
- 2 Happy Retirement
- 4 Housing Department
- 5 Important Dates
- 5 Spring Books
- 6 Parent To Parent Article
- 7 Benefits of Outdoor Play



Jacqueline Fox, CEO

When Spring begins, there are a few steps you can take to improve the energy efficiency and comfort of your home as warmer temperatures arrive. These few simple things help ensure you consume less electricity, and in return will effectively lower your energy bills.

1

Routinely replacing or cleaning air filters can lower the energy consumption by 15%



Clean Your Air Conditioning Unit

Lighting Options

Take advantage of daylight and turn off lights and purchase energy efficiency light bulbs



2

Open Windows & Use Window Treatments

Opening windows allows you to naturally cool your home. Install window coverings to prevent heat gain



3

4



Caulk Air Leaks

Seal cracks and openings around windows, doors and ducts to keep warm air out - and money in your wallet

5

Warm The Grill & Cook Outside

Cooking outdoors is a great way to keep your kitchen & entire house cool



6

Clean Refrigerator Coils

Clean dust, pollen and pet hair that collects on the coils more so in the Spring to make the fridge work more efficiently



Set water heater at no more than 120 degrees Fahrenheit

7

Lower Water Heater Temperature

Use Ceiling Fans

Ceiling fans will allow you to raise your thermostat 4 degrees. Turn your fan counterclockwise & turn off when you leave the room



8

Interested in making a direct impact on the lives of individuals and families in our local communities?

Come join our WOCAP team for a new, exciting and rewarding career

Work in a fast-paced, growing organization, while receiving a comprehensive benefits package that includes:

- Competitive Wages
- Medical, Dental, Vision
- 13 Paid Holidays
- 5 Personal Days
- Sick Leave
- Vacation Leave
- Weekends Off
- EAP Program
- Paid Tuition
- Public Service Loan Forgiveness

**Apply
Today!**

HOW TO APPLY ONLINE

If you are interested in any of our job opportunities, please complete the online application on our website & send a resume to:

WOCAP
(WEST OHIO COMMUNITY
ACTION PARTNERSHIP)
540 S Central Ave
Lima, Ohio 45804
Attn: Human Resource Coordinator

(419) 227-2586

www.wocap.org
Click on Employment
Opportunities & then select Job
Openings from the drop-down

HAPPY RETIREMENT TO HOLLY REX



West Ohio CAP would like to extend our congratulations to Holly who retired from our agency last month. Holly began working for West Ohio CAP on June 26, 2006 employed as our Chief Operating Officer. In her time employed at West Ohio CAP, she served as a Lima SHRM Board President and RTA Board President. We are beyond thankful for her time and dedication to our agency and wish her much joy and happiness in her retirement. She will definitely be missed by us all!



Hands-On Activities for the Parents & Children

St. Matthews learned
through Hands-On
Activities during their
study of buildings



The class enjoyed learning about cooperative
decisions, geography, creative expression and more

Parents of several
classrooms enjoyed
gathering together for
activities such as Paint
& Sip and Gardening Kits



Lima Sr. II Early Head Start
celebrated National Down
Syndrome Day & wore
crazy socks





April is Financial Literacy Month

Enroll for our Financial Management Classes by contacting WOCAP staff today!

Details can be found at the bottom of the page

IMPORTANT DATES



7th - Agency CLOSED

14th - Home Based Family Day

20th - Policy Council Meeting

25th - Spring Family Engagement Event

26th- Board Meeting

28th - Home Based Family Day

BIRTHDAYS

Happy Birthday to all of our staff celebrating in April

1 – Nadean Runneals

8 – Phyllis Montrose

9 – Jackie Fox

11 – Jenny Slife

11 – Grace Raines

13 – Abigail Lee

14 – Mag Gwinn

24 – Sheila Green

26 – Jennifer Jones

26 – Sequoya Walker

29 – Wendy Wertz

29 – Ashley Wagnild

30 – Mary Raines

HOUSING DEPARTMENT

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

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

Healthy Oatmeal Spring Eggs

Spring Theme Healthy Treat for all ages that is perfect for on-the-go!



Ingredients:

- 2 ½ cups rolled oats
- 3 tbsps. Peanut Butter or Nut butter of choice
- ¼ cup maple syrup
- 1 tsp. vanilla
- 5 tbsps. almond milk
- 1 tbsp. peanut butter
- ¼ cup mini chocolate chips (optional)
- Sprinkles for decoration
- Plastic eggs

Directions:

- In a medium bowl mix dry ingredients and set aside
- In a large bowl add maple syrup, vanilla, milk & peanut butter.
- Stir until mixture has been combined, add the dry ingredient to the large bowl & mix with hands
- Once combined add chocolate chips & sprinkles
- Place in plastic eggs and let set in the fridge for 1 hour. Once done, gently open them from the plastic eggs and decorate with sprinkles.

BOOKS

Worm Weather, Jean Taft

§ Join in the rainy-day fun, as kids splash through the puddles, affecting another weather enthusiast, a nearby worm. An imaginative and playful story, readers will love seeing the worm delight in the weather just as much as the kids.



The Hidden Rainbow, Christie Matheson

§ All the colors of the rainbow are hidden in the garden, but can the little bee find them—with help from the reader? A garden comes to life in this bright, interactive picture book about the natural world—and our place within it.



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:
Angie Montgomery,
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 February, we had 60 children with Perfect Attendance. Way to Go Parents!

Central A
Charlie G.
Zander M.
Za'Raeah S.

Central B
Barry L.
Sawyer S.

Central E
Kassidy A.

EHS Home Based (GG)
Kolton K.
Joshua P. III
Malaya P.
Alistair P.

EHS Home Based (JJ)
Ja'Mylah L.

Lima Sr. I
A'Layah G.

Kingdom Daycare
Landon B.
Malaiyah B.
Terence W. Jr.

Little Rascals A
Nova'Rose S.

Shawnee Infants
Braylan B.

Shawnee Terrific 2's
Gabriella B.
King L.
Shawnee Tiny Toddlers
Ava J.

Allen East I
Aviana D.
Kaylynn D.
Isabella T.
Jasper T.

Central D
Nai'Sha I.
Eniko M.

Central G
Dazaun C.
Za'Niyah M.
Rhyan M.
Kyion S.
Kali T.

Central H
Kyson H.
Jaiden H.
Serena S.
Brielle S.

HS Home Based (KC)
Bronx B.
Olivia K.

Howard A
Keillen C.

Howard B
Kamryn C.
Lariah R.
Zayvion S.
Charlotte W.
Market St. II
Kaiden D.
Heiness T.

O'Neal A
Zi'Mion J. Jr.
Messiah S.

O'Neal B
A'Syla C.
Armani S-M.
Kaydan S-M.
Zander S.

Philippian II
Tae'Lynn J.
Grant J.
Konnor J.

St. Matthews
Christopher B.
Noah M.

Is your preschooler heading to Kindergarten this year? Are you nervous about how prepared they are? Here are some helpful tips that might ease both your nerves, as well as the nerves of your child/children.

Language Arts- First and foremost, talking and reading to your children helps to develop communication and phonics. "During preschool years, they learn to form the different sounds words make through hearing stories read to them and by reciting nursery rhymes and playing other word games." As many teachers in our local Head Start say, "Parents are a child's first educator." Things Kindergarten teachers are looking for in your upcoming Kindergarten include, Phonemic Awareness, Word Recognition and Fluency. Create a checklist and see if your child checks most of them with minimal adult assistance.

Mathematics- "Preschool teachers and parents can encourage their children's interest by helping them learn mathematics through real home and classroom situations and play activities that call for counting, measuring and using numbers to solve simple problems such as how to share six cookies with three friends." Math understanding when the kiddo enters school include, Numbers, Number Sense and Operations.

Science- "Children are natural scientists - curious, observant and questioning." As we all know science has multiple categories itself. With Earth and Space Sciences they learn about how plants grow and the connection of space to Earth. Life Sciences are better defined as the knowledge of living things and how they work with the environment. Physical Sciences includes the understanding as to what things are made up of. Science and Technology is the understanding and recognition of tools (spectrum including things such as scissors or a hammer) and of course technology, generally involves electronic devices and how the work with each other.

Social Studies- to keep it easy, the children need to have an understanding of where they live (address, phone number, who lives with you), the people in their community (police officers, mail persons, firefighters), and a brief understanding of things that are past tense (what did they do over the weekend, did you have a fun summer, do you remember your preschool teacher's name).

Don't be stressed out, your child/children will get along. If you're overly concerned make sure to talk to your Head Start teacher about Kindergarten Camp! Or you can make a checklist.

For more detailed information check out: <https://education.ohio.gov/getattachment/Topics/Other-Resources/Getting-Involved-with-your-Child-s-Learning/Birth-to-Kindergarten/Family-Guides-for-Early-Learning-Content-Standards/Preparing-for-Kindergarten-Success-A-Guide-for-Families-2009.pdf.aspx?-.:text=What%20children%20know%20and%20can,their%20first%20and%20last%20name.&text=Recognize%20and%20say%20some%20upper,%20C%20b%20c%20c%20letters.&text=Recognize%20letters%20in%20their%20first%20name.&text=Know%20that%20letters%20are%20used,%20C%20such%20as%20c%20a%20d%20t%20e%20f%20g>

PARENT TO PARENT

PREPARING FOR KINDERGARTEN SUCCESS

SUBMITTED BY
**MICHELLE PEAKE-WARREN,
HEAD START PARENT**



TAKE IT OUTSIDE!

Outdoor Play Benefits

"I like to play indoors better 'cause that's where all the electric outlets are."

- A 4th Grader in San Diego, quoted in *Last Child in the Woods* by Richard Louv

Focus On Fun:

Invite parents to Outdoor Play Time- share HSBS activity ideas & resources

Host a healthy picnic

Rake leaves, plant flowers, or roll down a hill

Create a painted rock garden

Hop like bunnies, jump like frogs & slither like snakes

Plan a Nature Walk!

Check out *Nature Explore's Families' Club Kit* for easy to use age appropriate activities, at www.arboday.org

Many of us remember the phrase, "Go outside and play!" from childhood, but children today spend less time playing outdoors than any previous generation (Clements, 2004; Hofferth and Curtin, 2006). Free play and discretionary time has declined more than 9 hours a week over the last 25 years. A new Nielson Company Report indicates that children ages two-five years old now spend more than 32 hours a week on average in front of a TV screen. According to the Keiser Family Foundation (2010), the amount of screen time only increases with age, with school-aged children spending 7.5 hours a day on electronic media.

The percentage of preschool children who are overweight more than tripled between 1971 and 2009, exploding from 5.8% in 1971 to 18.4% in 2009 (Odgen et al, 2007; Anderson, 2009). Six out of ten of these preschoolers will continue to be overweight or obese at age 12 (NICHD, 2006). The situation is so severe that this generation of children's life span is predicted to be shorter than that of their parents.

Tap into the benefits of outdoor play!

Encouraging children to get outside, get moving, and connect with the natural world are all ways to reverse childhood obesity rates. But, the benefits don't stop there. Kids who play outside are happier, healthier, and stronger!

According to research (Fjortoft 2004; Burdette and Whitaker 2005), children who play outdoors regularly:

- Become fitter and leaner
- Develop stronger immune systems
- Have more active imaginations
- Have lower stress levels
- Play more creatively
- Have greater respect for themselves and others

Time spent outdoors is also the best way to get vitamin D. According to the journal *Pediatrics*, 70% of American kids are not getting enough vitamin D, which can lead to a host of health issues. Time spent outdoors is also shown to reduce myopia (near sightedness) in children (*Optometry and Vision Science*, 2008).

Outdoor play – it's not just FUN, it's good for you!

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

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