Looking for Updates? Please remember to follow us:

@Shippensburg University Head Start Program
@ShipHSandPreK

We Wish you Happy Holidays
And a Wonderful New Year

Important DATES:

Policy Council:
Nov. 18
Dec 16

Mobile Dentist:
Dec. 3

NO CLASS:
Nov. 11 & 12
Nov. 24, 25,26, 29
Dec. 20-24
Dec. 27-31

WHEN YOU DON’T KNOW WHERE TO TURN, CALL 211 RESOURCE HELPLINE
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Learning about numbers is a preschooler’s first step toward becoming a budding young mathematician. And in preschool, math learning is all about counting, number recognition, and one-to-one correspondence. If a child doesn’t ace these seemingly simple skills in a timely manner, don’t fret: even math whizzes need time to blossom. But with age appropriate techniques, helping your child to master these math milestones will be as easy as 1, 2, 3!

**Counting** is the ability to recite numbers in order.

How to practice it:

- Recite nursery rhymes and sing songs that include counting such as: One, Two, Buckle My Shoe, There Were Ten in the Bed, This Old Man, Five Little Ducks and The Ants Go Marching One by One. This will give your child an opportunity to practice counting in a fun and playful manner. You can find free song lyrics and listen to melodies at [www.kididdles.com](http://www.kididdles.com).

- Find counting books at the library. You will want to be sure to check out a few of these classics and find your favorites: *Over in the Meadow* by Ezra Jack Keats, *Count* by Denise Fleming, *Five Little Monkeys* (series) by Eileen Christelow, *Ten Black Dots* by Donald Crews and *Anno’s Counting Book* by Mitsumasa Anno.

- While in the car or waiting in line, have your child count as high as he can go. Have him clap as he says each number name to make the learning kinesthetic. Add a new number each time you practice.

**Number Recognition** is the ability to visually recognize and name numbers.

How to practice it:

- Point out and name numbers on street signs, houses and buildings while you are out and about. Find numbers around the house on appliances, telephones, remote controls (remove the batteries and let him play), clocks and thermometers.
Coordinator’s Desk

- Give your child a calculator and let him play with the numbers. Ask him to find the number that shows how old he is and show him the number that shows how old you are. Have him type in the numbers 0-10 in order. This learning tool works well when you are waiting in line; keep one in your purse for emergencies!
- Purchase a package or two of magnetic numbers. Allow your child to match up pairs of the same number and put the numbers in order. Take a cookie sheet and numbers in the car for on-the-go learning.

One-to-One Correspondence is the matching up of a verbal or written number with an object. When a child has mastered one-to-one correspondence, he can touch objects as he counts them.

How to practice it:

- Have your child count at mealtime by matching up napkins and spoons, counting plates and cups for each family member or doing a count to be sure there are enough chairs when you have company for dinner.
- Make snack time learning time by writing the numbers 1-12 in the bottom of an egg carton and have your child count the appropriate number of small crackers, cereal or cookies into each section. Keep the egg carton on top of the fridge or pantry for repeated practice.
- Count everything as you go through the day. Count the steps as you go up and down, count the number of times the phone rings before you answer it, the number of toys you put in a bathtub or how many books you read before bedtime. Put stickers on a piece of paper and have your child touch each one as he counts.

For more information or any concerns in reference to your child’s educational experience, please contact your home visitor, teacher, or an Education Coordinator at 717-477-1626.
Unsafe handling and under-cooking your holiday bird can cause foodborne illnesses. Here are a few tips from the USDA to keep your Thanksgiving safe and delicious!

Types of turkeys regulated by the USDA:

3 WAYS TO THAW

While frozen, a turkey is safe indefinitely. As soon as it begins to thaw, bacteria that may have been present before freezing will begin to grow again. Here are three ways to safely thaw your bird:

- Refrigerator: Safe to store the turkey for another 1–2 days in the refrigerator. This is the USDA recommended thawing method.
  How to thaw: Allow approximately 24 hrs. for every 4-5 lbs of bird.
- Cold water: Cook immediately after thawing.
  How to thaw: Submerge the bird in cold water & change every 30 mins.
- Microwave: Cook immediately after thawing.
  How to thaw: Use defrost function based on weight

For more information on safe thawing methods, visit fsis.usda.gov

Clean

Wash your hands for 20 seconds with soap and warm water.
Utensils
Plates
Countertops
Cutting boards
Bacteria, which can be present inside and outside a turkey, can’t be washed off the bird. Cooking is the only way to destroy this potentially dangerous bacteria.

SO DON’T WASH YOUR TURKEY!!

Separate raw turkey from fresh food, and use separate cutting boards, plates, and utensils.

Keep dishes that touch raw food separate, too!

Wash items that touch raw meat with soap and warm water.

COOK

Your bird is not safe until it reaches 165 °F — you cannot tell by the color.
Remember to ensure any stuffing cooked with the bird reaches 165 °F, too!
Use three places to check the temperature.
Thickest part of breast
Innermost part of wing
Innermost part of thigh
When turkey is removed from the oven, let it stand 20 minutes before carving to allow juices to settle.

FOR MORE INFORMATION:
Visit foodsafety.gov

CHILL

Take your time around the dinner table, but refrigerate leftovers within 2 hours!

Safe in fridge
3-4 days
Safe frozen, but use within 2-4 months for best quality.

Last day
Thanksgiving leftovers are safe from the fridge.

Leftover turkey should be cut into smaller pieces, and store items separately in smaller containers.
Reheat thoroughly to a temperature of 165 °F.

Remember, bacteria that cause foodborne illnesses can’t be smelled or tasted!
* **Parent Support Group facilitated by Campbell’s Psychological Services:**
The group will meet via Zoom. A support group for all parents/guardians of children enrolled in EHS, HS and Pre-K Counts. The 1st and 3rd Tuesday of the month from 10:00 am – 10:50 am. Upcoming dates: Nov. 2nd, and Nov. 16th and Dec. 7th and Dec. 21st. About the group: Share ideas for dealing with common problems, learn what works, and get support from other parents. Facilitated by licensed play therapist, Alaina Johnson.

* **The Dream Chasers Workshop facilitated by Alicia Smith (MSW intern at Shippensburg University):**
Date: November 4th, 2021
Time: 10:00 am – 11:30 am
Location: Zion Lutheran Church Address: 51 West Main St. Newville PA 17241
Discussion: What is your dream occupation?
Activity: Creative your very own vision board
Q & A: Resources, Goal Setting barriers
Childcare Provided, Refreshments Provided
   RSVP to Alicia via email at as6153@ship.edu or phone at 717-477-1626

* **The 2nd School Readiness/Parent Committee Meetings will be held in December or January for the Early Head Start and Head Start classrooms. The dates, times and locations are TBD**
The Boss of Your Body

Being in control of your body... What a wonderful feeling! Being the boss of your body is a skill. A skill that does not come naturally, but one that is taught to children. Our job is to help children learn to be the boss of their body. A child who is the boss of their body has good self-control, feels good about him/herself and is more likely to behave positively.

Children who are the boss of their body are aware of what their body can do. One of the best ways to promote this is to teach children action awareness vocabulary. There are three parts to action awareness. They are:

1. Traveling Actions (moving from one place to another): Examples of this include: walking, jumping, hopping and climbing.
2. Stabilizing Actions (moving without traveling): These actions include: twisting, swaying, squatting and shaking.

Thanksgiving

November is a month of giving thanks and so, let’s give thanks to one of the most important things we have... our body! A perfect opportunity to do this is at the dinner table. Research shows that children from families who regularly eat dinner together (with the TV off) are less likely to smoke, drink, do drugs, be depressed or develop eating disorders. They are also more likely to do better in school.

At the dinner table, talk to your child about all the wonderful things their bodies do. Name a body part and brainstorm all the things that body part helps them to do.
Chant it!
If your child is enrolled in a program that promotes *I am moving I am learning*, you probably have heard the words of this chant, adapted from this *Choosy Nation* CD song.

**I’m the Boss**
I’m the boss of my body, I tell it what to do.
I’m in charge like Choosy and here’s how I move, cause...
I’m the Boss, yeah (say 3 times)
Now chill... (freeze in place)

I boss my arms
High to low. (move arms up high an down low)
I boss my legs
Jump side to side. (jump from side to side)
I boss my hands
Raise the roof. (“raise the roof” motion)
And then I stretch myself
Big and tall. (stretch up high)

I boss my tummy
Twist yourself. (twist your waist)
I boss my feet
March in place. (march in place)
I boss my fingers
Touch the ground. (touch the ground)
And then I boss myself
Turn around. (turn around)

To sample the Choosy Kids music, visit: www.choosykids.com/ck2/av

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Move it!
This month’s Move It! focuses on a fun and simple activity children can do to learn to be the boss of their body.

**Simon Says**
A great boss of your body activity! Children need to be able to tell their body what to do AND what not to do. In addition to this, Simon Says:
- Increases awareness of body parts
- Helps develop good listening skills
- Teaches children to concentrate
- Promotes following directions and...
- Does not focus on winners and losers.

Do the activity with your children focusing on action awareness words. Here are some ideas of what you can use for Simon Says:
- Twist your body
- Shake your body
- Hop
- Bounce a ball
- Climb a ladder

For more info on *I am moving I am learning*, visit: [http://tinyurl.com/movelearn](http://tinyurl.com/movelearn)
Check out Choosy Kids and their resources at: [www.choosykids.com](http://www.choosykids.com)
This publication was developed as part of the KKG! Initiative. Visit the KKG! website at: [www.panen.org/keystone-kids-go](http://www.panen.org/keystone-kids-go)
Coronavirus (COVID-19), Pregnancy, and Breastfeeding: A Message for Patients

Experts are learning more every day about the new coronavirus that causes COVID-19. The American College of Obstetricians and Gynecologists (ACOG) is following the situation closely. Please refer to American College of Obstetricians and Gynecologists (ACOG) – COVID-19 and pregnancy for updates on new information for pregnant and breastfeeding women.

Please talk to your doctor if you are thinking of getting pregnant, currently pregnant or breastfeeding.

How does COVID-19 affect pregnant and recently pregnant women?

Researchers are still learning how COVID-19 affects pregnant and recently pregnant women. Current reports suggest that pregnant and recently pregnant women have a higher risk for more severe illness from COVID-19 than nonpregnant women. Reports note that:

* Pregnant women who have COVID-19 and show symptoms are more likely than nonpregnant women with COVID-19 and symptoms to need care in an intensive care unit (ICU), to need a ventilator (for breathing support), or to die from the illness. Still, the overall risk of severe illness and death for pregnant women is low.

* Pregnant and recently pregnant women with some health conditions, such as obesity and gestational diabetes, may have an even higher risk of severe illness, similar to nonpregnant women with these conditions.

* Pregnant women who are Black or Hispanic have a higher rate of illness and death from COVID-19 than other pregnant women, but not because of biology. Black and Hispanic women are more likely to face social, health, and economic inequities that put them at greater risk of illness. To learn more about these inequities, see this page from the Centers for Disease Control and Prevention (CDC).

How can COVID-19 affect a fetus?

Remember that researchers are learning more about COVID-19 all the time. Some researchers are looking specifically at COVID-19 and its possible effects on a fetus. Here’s what they know now:

* Researchers have found a few cases of COVID-19 that may have passed to a fetus during pregnancy, but this seems to be rare.

* Researchers have studied COVID-19 infection, preterm birth, and stillbirth. Some studies suggest there may be an increased risk of preterm birth and stillbirth for women with COVID-19. Other studies have not found this to be true. But information is still limited. Researchers are continuing to study these outcomes to better understand the effects of COVID-19 before birth.

After birth, a newborn can get the virus if they are exposed to it.
Should I get a COVID-19 vaccine during pregnancy?

Yes, you should get a COVID-19 vaccine during pregnancy. ACOG recommends that all pregnant women be vaccinated against COVID-19. Getting a vaccine could help both you and your fetus. Remember that pregnant women have a higher risk of severe illness from COVID-19 than nonpregnant women. The vaccines are very effective at preventing COVID-19 infection, severe illness, and death.

A growing amount of data confirms that COVID-19 vaccines are safe during pregnancy. Scientists have compared the pregnancies of women who have received COVID-19 vaccines and women who have not. The reports show that these women have had similar pregnancy outcomes. Data do not show any safety concerns.

If you are pregnant and want to know more about the vaccines, you can talk with your obstetrician–gynecologist (ob-gyn) or other health care professional. This conversation is not required to get a vaccine, though it may be helpful. You can discuss your risk of getting COVID-19 and your risk of severe illness if you get sick.

Learn more from the CDC about COVID-19 vaccines, pregnancy, and breastfeeding.

* Should breastfeeding women get a COVID-19 vaccine?

Yes, ACOG recommends that breastfeeding women get a COVID-19 vaccine. There is no need to stop breastfeeding if you want to get a vaccine. When you get vaccinated, the antibodies made by your body may be passed through breastmilk and may help protect your child from the virus.

* Should I get a COVID-19 vaccine if I am trying to get pregnant?

Yes, if you are planning or trying to get pregnant, you should get a COVID-19 vaccine. There is no evidence that the COVID-19 vaccines cause infertility. You also do not need to delay getting pregnant after you get a vaccine.

Some COVID-19 vaccines will require two doses. If you find out you are pregnant after you have the first dose, you should still get the second dose.

Please talk to your doctor if you are thinking of getting pregnant, currently pregnant or breastfeeding.

Reviewed by: Lisa Hollier, MD, MPH, FACOG, Baylor College of Medicine, Houston, Texas
Last updated: August 4, 2021 at 11:20 a.m. ET
Let’s Celebrate
As a parent, grandparent or caregiver, how many times have you heard, “Look at me!” or “Watch me!”? This is your child’s attempt at being noticed and encouraged for what they have done. Think about yourself going through life and no one ever noticing the great meal you cooked, the hard work you put into a project or the kind thing you did for someone. Most likely you would feel unappreciated.

When we pay attention to what our children do, we help them develop self confidence and feel good. When we smile and say, “WOW... look at you!” we are telling children that they did something wonderful.

“A young child’s self concept is based on what he thinks he can or cannot do with his body.”
~Linda Carson, Choosy Kids

Words
Think about what words you use to comment on what your child has done. Focus on words that do not give value (good vs. bad) and words that describe exactly what you have seen them do. Here are some examples:

- Instead of saying, “You are a great jumper,” say “Look at how high you jumped.”
- Instead of saying, “You did a good job kicking the ball,” say “Look at how far/hard/fast you kicked the ball.”

Ever heard the phrase, “Actions speak louder than words?” This also applies to how you react to what your child has done. Using dramatic facial expressions, for example the look of surprise, can express pride and excitement. High fives, head pats and fist bumps are also a great way to celebrate what wonderful thing your child has done.
Chant it!
If your child is enrolled in a program that promotes *I am moving I am learning*, you might be familiar with the words of this chant, adapted from the Choosy Nation CD.

Oooh Aaah
When you o-o-ooh, ah-h-h-h
It means you like what I do.
When you clap, clap, clap (clap your hands)
I’ll do it all over for you.

Now everyone listen real close! (hold hand to ear)

When I hop on one foot (hop on one foot),
Will you give me high five? (give high five)
When I twist my waist (twist your waist),
Will you tell me that I’m great? (say You’re great! loudly)

When I move my arms over here (move arms to the right)
When I move my arms over there (move arms to the left)
Will you smile real big and cheer, cheer, cheer? (cheer loudly)

Can you clap? (clap your hands)
Can you smile? (smile)

For more information on Choosy Kids music or to sample the music, visit:
www.choosykids.com/ck2/av

Move it!
This month’s Move It! focuses on an activity the entire family can participate in. Children will use their gross motor and problem solving skills as they search for hidden treasures.

Going on a Present Hunt...
For this activity, you will need:
- Several boxes
- Wrapping paper
- Scissors and tape
- Assortment of trinkets, books, household items, healthy snacks, etc.

Activity Directions:
1. Wrap enough presents for at least one per child. It is great if the children will be able to unwrap and keep the items, but not necessary.
2. Hide the presents in several rooms. For younger children you might want to allow the present to “peek” from its hiding place. For older children you can hide them in more “secret” places.
3. Give the children directions and rules for the activity. For example: You must walk, you may only find one present, you must wait until everyone finds their present before opening, etc.

Note... It is best to use rooms where safety is not a concern and be clear about where they ARE permitted to search. If using fruits and veggies, be sure and take some time for a “snack talk.” Talk about the shape, size, color and how the food grows. Talk about why fruits and veggies are important to our diet.
Utility Assistance in Cumberland County

UGI Gas / Electric

Customer Assistance Program (CAP)
Eligibility:*  
- At or below 150% FPL**
Benefits:  
- A personalized monthly payment based on income and average bill  
- Ability to have debt set aside (frozen) and forgiven over time (36 months)
Apply:  
- 1-800-844-9276  
- https://www.ugi.com/assistance-programs/online-form/

Hardship Fund (Operation Share)
Eligibility:*  
- At or below 200% FPL**  
- Financial hardship and inability to pay  
- Must fix utility crisis by restoring or preventing termination of service
Benefits:  
- Up to $400 grant
Apply:  
- 800-844-9276  
- https://www.ugi.com/assistance-programs/online-form/

Help with Energy Conservation (WARM / LIURP)
Eligibility:*  
- At or below 150% FPL (some exceptions made up to 200%)**  
- Gas or electric heating  
- Above average consumption  
- Utility service at current residence for at least 12 months  
- Landlord approval (if renter)
Benefits:  
- Energy audit, education, and energy conservation measures
Apply:  
- 1-800-844-9276  
- https://www.ugi.com/assistance-programs/liurp/application/

PPL Electric

Customer Assistance Program (OnTrack)
Eligibility:*  
- At or below 150% FPL**  
- If income is less than rent/mortgage, you will qualify for temporary 9 month program (Track Lifestyle)
Benefits:  
- Reduced, fixed monthly bill  
- Ability to have debt set aside (frozen) and forgiven over time (18 months)
Apply:  
- 1-800-342-5775  
- https://www.pplelectric.com/site/ways-to-save/assistance-programs

Hardship Fund (Operation Help)
Eligibility:*  
- At or below 200% FPL**  
- Temporary hardship
Benefits:  
- Up to $500 grant  
- Eligible for any heating source - oil, gas, wood, propane, etc.
Apply:  
- 1-800-342-5775  
- https://www.pplelectric.com/site/ways-to-save/assistance-programs

Help with Energy Conservation (PPL WRAP / LIURP)
Eligibility:*  
- At or below 150% FPL (some exceptions made up to 200%)**  
- Utility service at current residence for at least 9 months  
- Landlord approval (if renter)
Benefits:  
- Energy audit, education, and energy conservation measures
Apply:  
- 1-888-232-6302  
- https://www.pplelectric.com/my-account/payments/need-help-paying-your-bill/winter-relief-assistance-program
Utility Assistance in Cumberland County

**Met-Ed**

Customer Assistance Program (PCAP)

*Eligibility:*
- At or below 150% FPL
- Must provide annual verification of income and identification of all household members
- Must participate in LIHEAP and WARM, if eligible

*Benefits:*
- Automatic enrollment in the Equal Payment Plan, which helps you avoid seasonal high and low bills
- A monthly credit toward the bill
- A one-time opportunity to have debt set aside (frozen) and forgiven over time (36 months)

*Apply:*
- 888-282-6816
- [https://www.dollarenergy.org/MyApp/](https://www.dollarenergy.org/MyApp/)

Hardship Fund (Dollar Energy Fund)

*Eligibility:*
- At or below 250% FPL
- Financial hardship and inability to pay
- Must ask about PCAP program before applying
- Must have paid at least $150 on the account in the past 3 months (senior citizens must have paid at least $100)
- Must have an outstanding balance on bill of at least $100 (senior citizens may have a $0 balance)

*Benefits:*
- Up to $500 grant
- Must fix utility crisis by restoring or preventing termination of service

*Apply:*
- 888-282-6816
- [https://www.dollarenergy.org/need-help/application-process/](https://www.dollarenergy.org/need-help/application-process/)

**Met-Ed (cont'd)**

Help with Energy Conservation (WARM / LIURP)

*Eligibility:*
- At or below 200% FPL
- Above average consumption

*Benefits:*
- Energy audit, education, and energy conservation measures

*Apply:*
- 888-282-6816

*If you fall outside of the eligibility guidelines for any of these programs, you may still qualify for assistance due to new COVID-19 guidelines. Please call your utility company for more information.*

**What does "FPL" mean?**
The Federal Poverty Level (FPL) is a way to use your annual income to determine whether or not you are eligible for certain programs.

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Contact for Clients: 1-844-645-2500, utilityhotline@palegalaid.net
Low income clients who are unable to connect to utility service or are facing termination can call our Utility Hotline for free advice to help resolve their utility issue.

Contact for Advocates: pulp@palegalaid.net
Advocates can contact us with questions about how to assist a client to connect to, maintain, or prevent termination of their electric, gas, or water account.
Thanksgiving Safety Tips for Parents and Children

For many families, Thanksgiving is full of turkey, travel, and gratitude. But, with the kids home from school, it can be easy to forget that hot ovens, boiling soup, and sharp cutlery are dangerous. Also, if you’re heading out or staying in, don’t forget to check the house for safety hazards.

Follow these Thanksgiving safety tips to ensure a festive and fun holiday:

**Kitchen Safety**

When cooking hot dishes, keep children at least 3 FEET AWAY, as hot steam or liquids could cause burns.

Keep pot handles TURNED M WARD and out of the reach of children.

*MOVE DISHES (hot and cold) away from the edge of counters, so kids or dogs don’t pull them down.*

Never leave CHILDREN UNATTENDED when there is food cooking in the kitchen.

Don’t FORGET to turn off the oven and burners when you’re finished cooking.

*Have a FIRE EXTINGUISHER handy in case of a grease fire.*

TEACH CHILDREN not to go near hot ovens, especially when the oven door is open.
"Baby, It’s Cold Outside!" 9 Winter Dressing Tips for Children

https://www.kindercare.com/content-hub/articles/2016/november/winter-rules-the-art-of-dressing-your-kids-for-the-cold

Younger children are more susceptible to cold for a simple reason: Their smaller bodies lose heat rapidly. Younger children are also less likely to actually realize they’re getting cold, which means the job of keeping them warm (and knowing the signs it’s time to go inside) falls to us parents.

Plus, there’s an art to dressing babies and children for winter. Our winter dressing tips make sure they’re not too hot, not too cold, but just right—whether they’re going for a stroller ride, to the park, or making a trip with you to the store.

1. WINTER LAYERING IS THE WAY TO GO

The American Academy of Pediatrics offers this rule of thumb for winter weather dressing: Put babies and children in one more layer of clothing than an adult would wear in the same conditions. Why? Pockets of air between clothing layers actually help trap heat. Layering also allows kids to remove a jacket or sweater when, say, you’re in transit, instead of having to choose between being overheated or freezing. (In other words, don’t just throw on a parka over those PJs!)

2. BUT NOT TOO MANY LAYERS...

See the rule of thumb above. Layering your child with too much outerwear can actually make them colder. That’s because excess layers can cause your child to sweat, which makes their clothes wet, allowing the cold and wind to bring their temperature down.

3. LEARN LAYERING 101

There are three basic layers you should know—and materials that are good for each. While it can seem overwhelming if you’re not, say, an alpine climber, it’s not as difficult as it seems. Here are the basics you need to know:

Base Layers (the Layer Right Next to Your Child’s Skin)

- What it does: wicks moisture
- Materials to look for: wool or synthetic fabrics, such as polyester
- The right fit: snug

Middle Layers (Goes Over the Base Layer)

- What it does: insulates
- Materials to look for: wool, down, or fleece
- The right fit: close to the body without restraining movement

Outer Layer

- What it does: protects your child from rain, snow, and wind
- Materials to look for: a waterproof jacket or shell; outerwear that’s also breathable (such as those made from Gore-Tex) is key if your child will be physically active

THE RIGHT FIT: ALLOWS EASY MOVEMENT AND HAS PLENTY OF ROOM FOR LAYERS
4. NIX THE COTTON

You know that jeans and cotton pants absorb rain and snow, but even in cold and dry conditions, cotton absorbs sweat. And wet cotton + cold weather = very cold kids. If it’s cold out, it’s best to avoid cotton altogether.

With so many sporty and super-cute fleece options to choose from nowadays, nixing the cotton shouldn’t be a problem.

5. FINGERS, TOES, AND FACES NEED EXTRA TLC

According to kidshealth.org, your child’s head, face, ears, hands, and feet are most prone to cold exposure and frostbite. Frostbite is kind of like the winter version of getting burned: It damages the skin and usually causes numbness. And children’s skin is especially sensitive to the cold, so keep an eye on their extremities. Heavy, non-cotton socks; waterproof boots; waterproof gloves; a scarf; and a hat all are key to keeping everyone toasty and warm on cold days. For very cold weather (we’re talking to you, Buffalo!), earmuffs and facemasks add extra protection.

6. MAKE SURE CLOTHES (STILL) FIT

As tempting as it is to squeeze those tootsies into last year’s booties, feet need room to wiggle. Shoes and jackets that are too tight can limit circulation, contributing to cold limbs.

7. PACK A DRY BAG

It’s always good to have extra clothes on hand for kids, as you probably already know, but in the winter, extra clothes are essential. One jubilant splash in a puddle or one wet (or lost) mitten, and not only could your day of fun be done, but you could set your kids up for a case of frost nip. Pack a cold-clothes emergency kit equipped with extra gloves, socks, pants, and shirts.

8. KNOW WHEN TO HEAD INSIDE

Frostbite starts as a frost nip — red and tingly skin that has been exposed to cold air or snow. If you notice frost nip on cheeks, fingers, or anywhere else—or if your child’s teeth start to chatter—it’s definitely time to head for a warm place.

9. ALWAYS HAVE COCOA IN YOUR PANTRY

Okay, it’s not really an official winter layering tip. But does anything taste better than a cup of hot chocolate after a jaunt in the cold?
USDA Nondiscrimination Statement 2015

FNS nutrition assistance programs, State or local agencies, and their subrecipients, must post the following Nondiscrimination Statement:

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at:

http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.
USDA Declaración de no discriminación 2015

Los demás programas de asistencia nutricional del FNS, las agencias estatales y locales, y sus beneficiarios secundarios, deben publicar el siguiente Aviso de No Discriminación:

De conformidad con la Ley Federal de Derechos Civiles y los reglamentos y políticas de derechos civiles del Departamento de Agricultura de los EE. UU. (USDA, por sus siglas en inglés), se prohíbe que el USDA, sus agencias, oficinas, empleados e instituciones que participan o administran programas del USDA discriminen sobre la base de raza, color, nacionalidad, sexo, discapacidad, edad, o en represalia o venganza por actividades previas de derechos civiles en algún programa o actividad realizados o financiados por el USDA.

Las personas con discapacidades que necesiten medios alternativos para la comunicación de la información del programa (por ejemplo, sistema Braille, letras grandes, cintas de audio, lenguaje de señas americano, etc.), deben ponerse en contacto con la agencia (estatal o local) en la que solicitaron los beneficios. Las personas sordas, con dificultades de audición o discapacidades del habla pueden comunicarse con el USDA por medio del Federal Relay Service [Servicio Federal de Retransmisión] al (800) 877-8339. Además, la información del programa se puede proporcionar en otros idiomas.

Para presentar una denuncia de discriminación, complete el Formulario de Denuncia de Discriminación del Programa del USDA, (AD-3027) que está disponible en línea en:

http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf y en cualquier oficina del USDA, o bien escriba una carta dirigida al USDA e incluya en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de denuncia, llame al (866) 632-9992. Haga llegar su formulario lleno o carta al USDA por:

(1) correo: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
(2) fax: (202) 690-7442; o
(3) correo electrónico: program.intake@usda.gov.

Esta institución es un proveedor que ofrece igualdad de oportunidades.
Esta guardería infantil recibe asistencia monetaria del gobierno federal para servir comidas nutritivas a sus niños. ¡Buena nutrición hoy significa un mañana más saludable!

Comidas servidas aquí deben de seguir los requisitos nutricionales establecidos por el programa "Child and Adult Care Food Program" del Departamento de Agricultura de los Estados Unidos (USDA por sus siglas en inglés).

¿Preguntas? ¿Inquietudes?

Llame gratuitamente a USDA al: 1-866-USDA CND (1-866-873-2263)
Visite el website de USDA: www.fns.usda.gov/cnd
Building for the Future

This child care receives Federal cash assistance to serve healthy meals to your children. Good nutrition today means a stronger tomorrow!

Meals served here must meet nutrition requirements established by USDA’s Child and Adult Care Food Program.

Questions? Concerns?

Call USDA toll free: 1-866-USDA CND (1-866-873-2263)

Visit USDA’s website: www.fns.usda.gov/cnd

United States Department of Agriculture
Food and Nutrition Service
FNS-317
June 2000
Revised June 2001

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2021-2022

These programs are FREE, but space is limited!

Who Should Apply?

Head Start/Early Head Start: Pregnant women and children ages birth to 5 years whose household income is at or below 100% of the federal poverty guideline ($26,500 or under for a family of 4)

Pre-K Counts: Children ages 4 and 5 entering kindergarten the following year, whose household income is at or below 300% of the federal poverty level ($79,500 or under for a family of 4)

How to apply:
Call Shippensburg Head Start 717-477-1626
or stop in and apply
Cora Grove Spiritual Center, Shippensburg University
Shippensburg, Pa. 17257