

# ❖ The Good News ❖

Volume 30 Issue 5

May 2015

## Janet's Notes

We are going to try something new this year, for your third visit we always schedule your visit and send a note letting you know when we will be there. This year we want for some of you to schedule your visit with us. We are using SetMore Calendar and we will have you sign up for your appointment date and time. You will need a PC or Laptop for this, the mobile phone is not working at this time. If you do not have a PC or Laptop then call the office and we will schedule it for you. \*\*\*Important\*\*\* Just some providers and just some dates will be available see list below:

For June visits they will need to be scheduled by May 22nd, 2015:

The following Manhattan providers-Bruce, Hauser, Hernandez, Johnson, Moody, Ritz, Wilson, and ALL providers in Wamego/St. George will be the first to try this out. ©

Go to facebook page JC Family Home Association ( I will change the profile picture to be the Teddy Bear holding a balloon) and click on the SetMore book now button in the left hand column. It is very important that you provide current contact information. The scheduler will have a drop down menu with different choices. Choose Consultation, and then choose JC Family Home Association, the date then the time. The dates available for the Manhattan providers will be June 18 and June 23. The dates available for the Wamego/St. George providers will be June 11, 16 and 17. When choosing the dates and time remember it is first come first serve.

For July visits they will need to be scheduled by June 19th, 2015:

The following Manhattan providers Bowles, Brace, Cossey, Duerfeldt, Duffey, Dunavin, Gates, Gold, Hoke, Miller, Resenbeck, Ricketts, Speer and Vesta.

Follow the facebook instructions listed above and book your home visit. The dates available will be July 16, 21 and 23.

Questions? Call the office and we will help you out. We are still learning also, but I think it will be fun.

## May Is...

National Salad Month  
National Egg Month  
National Barbecue Month  
National Physical Fitness and Sports Month  
National Hamburger Month  
National Salsa Month

May 3 - 9 Drinking Water Week  
May 18 - 24 Healthy and Safe Swimming Week

- May 1 Claims and Enrollments Due  
May Day
- May 2 Training in Junction City
- May 3 Lemonade Day
- May 5 Cinco de Mayo
- May 8 Child Care Provider Day
- May 10 Mother's Day
- May 12 Training in Salina
- May 21 Training in Manhattan  
**This is the last Training we will be offering.**
- May 25 Memorial Day  
(office closed)
- May 29 Learn about Composting Day

Source: [www.brownielocks.com/may.html](http://www.brownielocks.com/may.html)

**Please mail your Claim on the 1st!**  
**PLEASE BE SURE YOU HAVE ENOUGH POSTAGE ON YOUR ENVELOPE!!!**

**Please remember that your Claim does not come directly to our office - it may go to Kansas City or Wichita before it comes to our office. That is why it is so important to mail your claim on the 1st.**



### JC FAMILY HOME ASSOCIATION STAFF

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## TRAINING TRAINING TRAINING

*Junction City - May 2, 2015, 9:30am-11:30am, Senior Citizen Building, 1025 Spring Valley Rd, Topic: Infants and Allergies*

*Salina - May 12, 2015, 6:30pm - 8:30pm, Public Library, 301 W. Elm St, Topic: Scoop on Sodium*

*Manhattan - May 21, 2015, 6:30pm - 8:30pm, Public Library, 629 Poyntz Ave, Topic: Infants and Allergies*

### **THIS IS THE LAST TRAINING WE WILL BE OFFERING THIS PROGRAM YEAR.**

JC Family Home Association is committed to making training activities accessible to all participants. Please contact us at 785-762-2424 or Janet@jcfha.kscoxmail.com for special requirements or assistance needed. In order to accommodate you please let us know as soon as possible.



CPR/First Aid Training by Tina

Offering CPR/First Aid Classes to fit your schedule! **\$25 each class.** Please call for more info! I can come to you! 785-271-9662 or 785-221-3609. Certification Certificate and 2 yr certification card included!! KDHE approved!!

## WATER FACTS

Water has three different states: liquid, solid and gas. The word water usually refers to water in its liquid state. The solid state of water is known as ice while the gas state of water is known as steam or water vapor.

The three largest oceans on Earth are the Pacific Ocean (largest), the Atlantic Ocean (second largest), and the Indian Ocean (third largest).

Water in the form of ice is found at the polar ice caps of the planet Mars. Some scientists have suggested the possibility of liquid state on Mars as well.

Drinking water is needed for humans to avoid dehydration. The amount needed each day depends on the temperature and how much activity participants are involved in.

Water is used by firefighters to extinguish fires. Helicopters drop large amounts of water on wild-fires and bushfires to stop fires spreading and limit the damage they can cause.

Electricity can be created from hydropower, a process that uses water to drive water turbines connected to generators. There are many hydroelectric power stations around the world.

Water plays a role in cooking. Steaming and boiling food are some well-known cooking methods.

Water is fun. Water sports include swimming, surfing, and waterskiing. Ice and snow are used in ice skating, ice hockey, skiing and snowboarding.

Source:  
<http://www.sciencekids.co.nz/sciencefacts/water.html>



## MANGO SALSA

Celebrate National Salsa Month and Cinco De Mayo all in one with this recipe for Mango Salsa!

### Ingredients:

- 1 mango
- 1/2 small red onion, chopped
- 1 tablespoon chopped fresh cilantro
- 1/4 teaspoon salt
- Juice of 1 lime

### Preparation:

1. Cut the mango in half around the large pit. Remove Pit.
2. Use a knife to cut a criss-cross pattern through the fruit, but not the skin.
3. Press the skin so the cubes pop out. Cut mango cubes off the skin.
4. Chop mango cubes into smaller pieces.
5. Place in a medium bowl and stir in onion, cilantro, salt and lime juice.
6. Serve with baked tortilla chips.

This recipe makes 4 (1/2 cup) servings.

Source:

[http://www.fns.usda.gov/sites/default/files/Fruits\\_and\\_Vegetables\\_Recipes.pdf](http://www.fns.usda.gov/sites/default/files/Fruits_and_Vegetables_Recipes.pdf)

## Cucumber, Corn, and Bean Salsa

### Ingredients:

- |  |                      |
|--|----------------------|
| 2-3 large cucumbers                    |                      |
| 1/2 c. fresh whole kernel corn, cooked |                      |
| 2 tomatoes                             |                      |
| 1 oz. pkg. dry ranch dressing mix      |                      |
| 1 yellow bell pepper                   | 1/8 c. cider vinegar |
| 1 small red onion                      | 2 T. sugar, optional |
| 1/4 c. chopped fresh cilantro          | 1/2 c. black beans   |

**Directions:** Wash all vegetables. Finely chop cucumbers, tomatoes, pepper, and onion. Combine in a large mixing bowl with chopped cilantro. Drain and rinse beans and add to chopped vegetables. Add corn, if using canned corn instead of fresh, drain off liquid prior to adding to vegetables. In a small bowl, mix together ranch dressing packet, vinegar, and sugar. Pour dressing over vegetables, and mix well. Serve immediately or refrigerate until chilled. Yield: Makes 20, 1/2 c. servings.

Source: Geary County K-State Research and Extension News  
[www.geary.ksu.edu](http://www.geary.ksu.edu)

## SALAD BUNDLES

May is National Salad Month and what better way to introduce a 'new' salad than a Lettuce Wrap or Salad Bundle! Everyone can choose and assemble their own salad bundles for a fun activity as well.



To make these bundles, simply use

- 1 outer romaine lettuce leaf (cut the end off if its super long).
- Fill the center along the rib of the leaf with your salad toppings. Consider: hard cooked eggs, string cheese, cucumbers, tomatoes, beans, carrots, pepper, strawberries, pineapple, mandarin oranges, etc.
- Roll leaf up or fold 'taco' style
- Serve with your favorite salad dressing.

Source: <http://www.superhealthykids.com/kid-friendly-salad-bundles/>



## The Good News

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### **Thanks for the Best Choice Labels. Keep them coming.**

*The money we receive from these labels allow us to purchase Training supplies.*

**Welcome New Providers**

Megan Montgomery Holton

**Please remember to send us a copy of your License when it renews. We must always have your most current License.**

**If you ask for forms on your Coversheet -we will not be able to send those to you until after the 15th of the month. If you need a form for the claim you are turning in - please be sure and call and ask for that form before you send your claim.**