



WEEKLY UPDATE | March 29 – 2021



FROM THE DIRECTORS



CHILD START “DOING OUR PART” CAMPAIGN



Child Start Weekly Update

Stay CONNECTED



CHILD START "DOING OUR PART" CAMPAIGN



"I'm so excited to announce that I have completed my second Covid- 19 Vaccine, I like to encourage others to do the same".

María Valdez Center Director

Mariposa Head Start

Vacaville



Website: www.childstartinc.org



Contact: Luis Pineda
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Email: lpineda@childstartinc.org

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“One of my first reasons why I took the COVID-19 vaccine was to help protect my family, specifically my daughter Ximena, who has juvenile arthritis condition and a low immune system. Another reason was to protect my second family, my co-workers, and children in our Center, since I spend six to eight hours a day with them and I believe is very important to help and encourage each other, my hope is that together we ‘ll move forward and see the light at the end of the tunnel.”

Maria Lorena Cazares

Family Advocate Head Start Mayacamas

Napa



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I decided to get the vaccine to protect myself, my child, and others who I interact with in case I were to be exposed to someone who does have COVID. I was a little sore on my arm after getting the first vaccine. I had the Moderna vaccine. My second vaccine is on Monday on the 29th. After receiving the first vaccine I felt so hopeful for the future and for some sort of normalcy to be returned. During this pandemic I haven't been able to see my family aside from a handful of times masked and outside. I hope with this vaccination I will be able to stay safe and see my family in the coming months.

Jennifer Roark

Center Director Tabor Head Start

Fairfield



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" I decided to get the Vaccine because I have health concerns including Graves' Disease and Autoimmune disease that would not help if I was to catch Covid 19 and since I am working in a center with children that has had to close already because of teachers and staff catching Covid 19 I did not feel safe without the vaccine."

Mary Weaver

Primary Caregiver, TCCC

Napa, CA



CHILD START "DOING OUR PART" CAMPAIGN



Covid 19 Vaccination is a safer way to build protection.

Vaccination can mean the difference between life and death.

I want to be part of the solution protecting my family, co-workers, friends and community from this pandemic.

Raney Ordonez, Human Resources Coordinator

Admin Office, Napa.



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Information Technology Department

How to submit a HelpDesk Request.

The I. T. Department would like to remind everyone to ensure utilizing the helpdesk request process when experiencing any computer issues and requesting technical support by following the steps below:

1. Send an email to helpdesk@childstartinc.org with a brief description of the issue or problem you are experiencing.
2. If you are unable to utilize email, please call 707-252-8931 x 4357 (HELP) and leave a brief message of the issue, your name, and a number you can be reach.

Following this process will ensure prompt attention to attempt to resolve the issues you are experiencing in the most effective way.

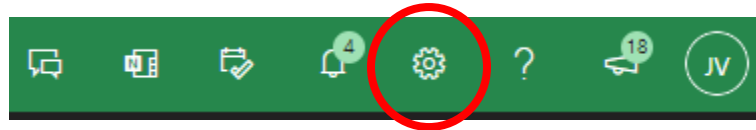
OUTLOOK Email/Calendar Time

For those who are encountering time differences in their Outlook email/calendar, it's possible that the time zone is set incorrectly. Please see the instructions on how to change the time zone on next page.



MICROSOFT OUTLOOK – Changing Time Zones

(1) Click on **gear** symbol



(2) Select

View all Outlook settings

(3) Select

General

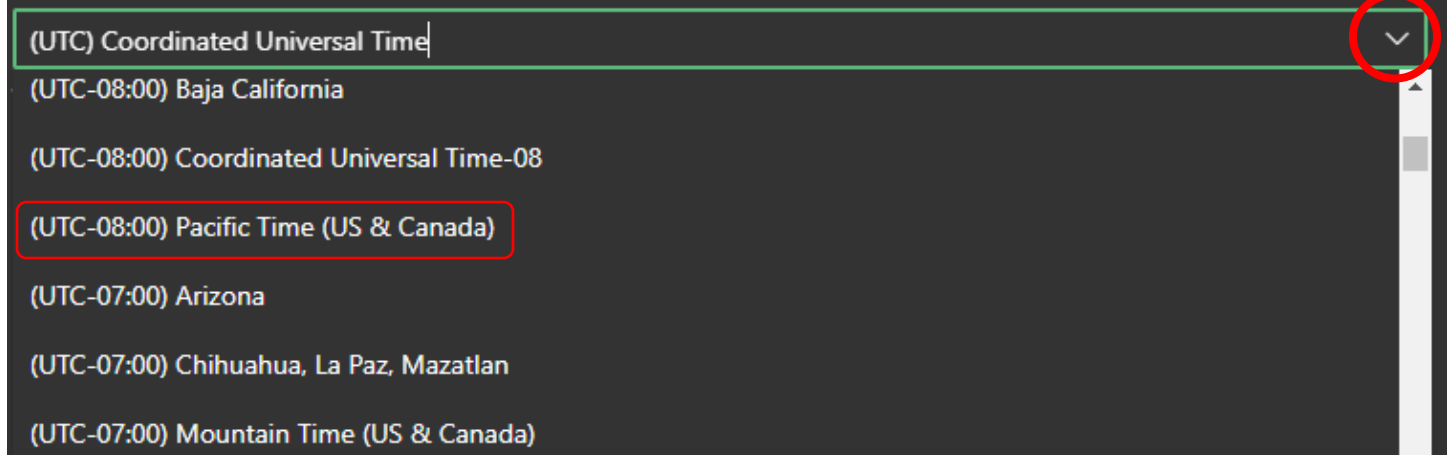
(4) Under

Language and time

Click on **down arrow** in the box for Current time zone,

scroll to choose (UTC-08:00) Pacific Time (US & Canada)

Current time zone



(5) Click

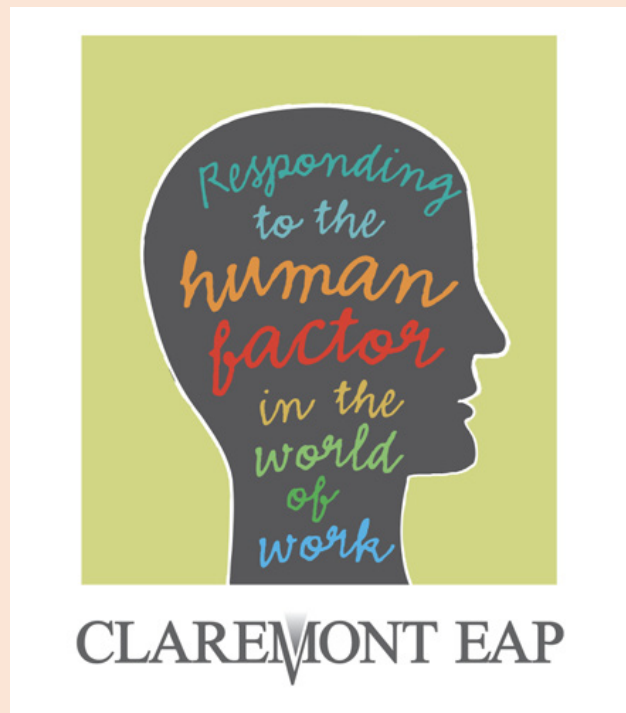
Save

Stay CONNECTED

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Human Resources Department



The recent shootings in Atlanta and Boulder are tragic acts of violence. We continue to be faced with trauma, stress and uncertainty in our communities. This is the time to place high-priority on self-care and Claremont EAP is an important resource.



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Claremont EAP is Here to Help

The recent shootings in Atlanta and Boulder remind us that all too often we are faced with trauma, acts of terrorism, gun violence, racism, hate crimes, and other tragic events. When faced with these tragic and challenging events, our needs are physical, emotional, and psychological in nature. In addition, those responding to and providing services, care, and support often experience fatigue, emotional distress, and exhaustion.

Claremont EAP is an important resource during difficult times. You and your family members in the immediate household can receive free and confidential mental health support for issues such as depression, anxiety, stress, and grief. Call Claremont EAP at 800-834-3773 to access your benefit.

The effect of a traumatic event goes far beyond its immediate devastation. It takes time to grieve and rebuild our lives. The COVID pandemic has already challenged us in many ways. Life may not return to normal for a long time. A traumatic event can cause changes in living conditions and day-to-day activities, leading to strains in relationships, changes in expectations, and shifts in responsibilities. These disruptions in relationships, roles, and routines can make life unfamiliar or unpredictable.

Here are some guidelines to help build resilience when experiencing trauma.

Things to Remember:

- It is normal to feel anxious about the safety of you and your family.
- Profound sadness, grief, and anger are normal reactions to a tragic event.
- Acknowledging our feelings helps us recover.
- Focusing on your strengths and abilities will help you to heal.
- Accepting help from community programs and resources is healthy.
- We each have different needs and different ways of coping.
- It is common to want to strike back at people who have caused great pain. However, nothing good is accomplished by hateful language or actions.

Signs that Assistance Is Needed

- Disorientation or confusion and difficulty communicating thoughts.
- Limited attention span and difficulty concentrating.
- Becoming easily frustrated.
- Overwhelming guilt and self-doubt.
- Depression, sadness, and feelings of hopelessness.
- Mood swings and crying easily.
- Difficulty maintaining balance.

- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
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- Difficulty maintaining balance.
- Headaches/stomach problems.
- Tunnel vision/muffled hearing.
- Colds or flu-like symptoms.
- Difficulty sleeping.
- Poor work performance.
- Reluctance to leave home.
- Fear of crowds, strangers, or being alone.
- Increased use of drugs/alcohol.

Ways to Ease the Stress

- Talk with someone about your feelings (anger, sorrow, and other emotions) even though it may be difficult.
- Don't hold yourself responsible for the disastrous event or be frustrated because you feel that you cannot help directly in the rescue work.
- Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. A healthy approach to life (e.g., healthy eating, rest, exercise, relaxation, meditation) will help both you and your family.
- Maintain regular household and daily routines, limiting demanding responsibilities of yourself and your family.
- Spend time with family and friends, even on Zoom.
- Participate in memorials, rituals, and the use of symbols as a way to express feelings.
- Use existing supports groups of family, friends, and spiritual/religious outlets.
- Establish a family emergency plan. It can be comforting to know that there is something you can do.

A disaster or traumatic event can have far-reaching effects in major areas of our lives, making rebuilding our emotional lives extremely difficult. However, sometimes just knowing what to expect can help ease the transition back to a normal life. As you and your family begin to rebuild your lives, you may face any or all of the situations described below.

Personal Uncertainties

- Feeling mentally drained and physically exhausted is normal and common.
- The loss of a home, business, or income may result in displacement and confusion about the future.
- Unresolved emotional issues or pre-existing problems and previous losses may resurface.
- Anniversaries of the disaster or traumatic event remind us of our losses. This reaction may be triggered by the event date each month and may be especially strong on the yearly anniversary of the event.

If you or a member of your family is having trouble coping, ask for help. Call Claremont EAP at 800-834-3773 to access your free and confidential services.

Source: Substance Abuse and Mental Health Services Administration

Ways to Ease the Stress

- Talk with someone about your feelings (anger, sorrow, and other emotions) even though it may be difficult.
- Take steps to promote your own physical and emotional healing by staying active in your daily life patterns or by adjusting them. A healthy approach to life (e.g., healthy eating, rest, exercise, relaxation, meditation) will help both you and your family.
- Spend time with family and friends.
- Call Claremont for a counseling referral to a First Responder Specialist.

If you or a member of your family has trouble coping, ask for help. Claremont EAP is an important resource for support and self-care for First Responders and their families. Call Claremont EAP at 800-834-3773 to access your free and confidential services.

This Week Trivia Question



▶ Who said these words?

What is another word for kinesthetics?



▶ Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday April 1, 2021

Last week's trivia Question answer:

Who said these words?

"For millions of families, Head Start has been a lifeline. And for millions of kids, it's been the start of a better life."

If you answer is President Barak Obama on the Head Start program, May 18, 2015. You Are Correct!!

Learn more about his speech on May 18, 2015 by following the link below:

<https://obamawhitehouse.archives.gov/the-press-office/2015/05/18/statement-president-50th-anniversary-head-start>

"Creativity seems to emerge from multiple experiences, coupled with a well-supported development of personal resources, including a sense of freedom to venture beyond the known."

- Loris Malaguzzi -



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