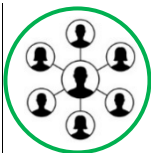




WEEKLY UPDATE | April 19 – 2021



FROM THE DIRECTORS

IMPORTANT UPDATE

All Site Staff:

We will be moving toward pre-pandemic program services beginning this summer in preparation for our new program year beginning in August. The typical transfer request process will begin in May, so keep an eye out for the information. As a reminder, staff will be returned to their previous program assignment (pre-COVID) for the new program year beginning in August except for any changes as a result of the annual transfer process. If you have concerns returning to your previous assignment, you need to contact Kelly (kclarke@childstartinc.org) or Alonso (aduarte@childstartinc.org) in HR as soon as possible.



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Child Start Weekly Update



CHILD START "DOING OUR PART" CAMPAIGN



Doing
Our
Part
Campaign

COVID-19 Vaccination Record Card

Keep this record card which includes medical information you have received. Esta tarjeta de registro, que incluye información médica que ha recibido.

First Name: _____

Patient birth date (patient record on BE 90088 number): _____

Product Name/Manufacturer	Date	Healthcare Professional or Clinic Site
Lot Number	Date	Healthcare Professional or Clinic Site
PFizer (dnp. 7/21/21)	4/27/21	Sumner County Perinatal
EBB726		

**COVID-19
VACCINE**



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org



CHILD START "DOING OUR PART" CAMPAIGN



Getting vaccinated has been my best hope to return to those moments that I miss so much.

Since they were very anguished and sad days, because close relatives lost their lives, very close friends lost their lives, many very close friends were infected, that is why I wish that the more people are vaccinated, the faster we will achieve "herd immunity," which means that the virus will no longer spread easily from person to person.

I already want those moments, where we could all go back to doing the things, we love with the people we love, hugging our grandparents, our parents, children, relatives, co-workers and above all my dear children, for whom I work. To eat in restaurants and go to sporting events. To feel safe again.

For all these reasons, when I was given the opportunity to get vaccinated, I said "yes."

Nancy Mondragon

Tabor Head Start

Fairfield, CA

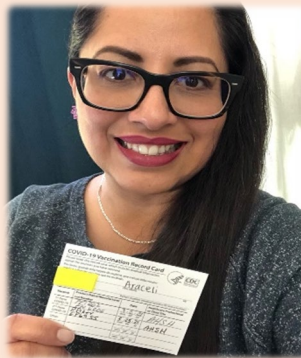


Child Start Weekly Update

Stay CONNECTED



CHILD START "DOING OUR PART" CAMPAIGN



"The reason why I got vaccinated was to protect myself by creating an antibody (immune system) responds to fight COVID if I were to become sick. I also want to be able to see my family in Mexico and have a sense of protection. The shot did not hurt, and I did not get any side effects other than a sore arm".

Araceli Soto

Center Director Menlo

Napa, CA



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707-333-1874

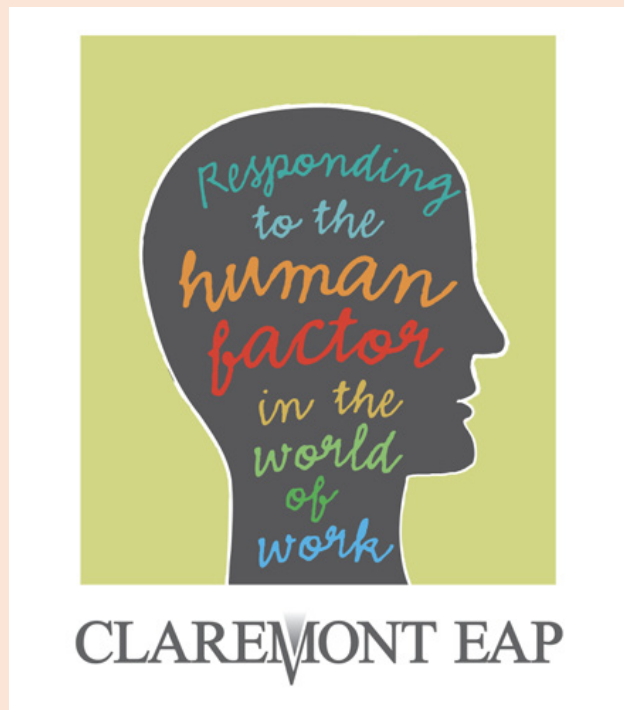


Email: lpineda@childstartinc.org



Human Resources Department

Claremont EAP is Here to Help



**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.**

Read more on next page.





Claremont EAP is Here to Help

Yesterday's shootings in Minneapolis, MN and Knoxville, TN, 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 situations, 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.
- 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.
- 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 support 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.



Family Services

Friendly reminder.

The Child Start Head Start Scholarship applications are due on April 30, 2021 by 5 pm.

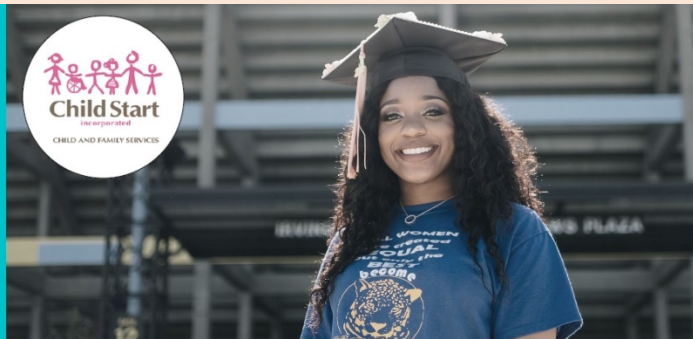
Former Head Start Students Graduating High School Seniors from Napa or Solano County and planning to attend college or vocational school in 2021 are eligible to apply.

For more information, please contact Evelin Zelaya at ezelaya@childstartinc.org or call (707) 235-0912.

Or visit our website at <https://www.childstartinc.org/resources/parents-make-it-happen/>

Download the application click the link: [Head-Start-scholarship-application-2021.pdf](#)

\$500.00



\$500.00

Head Start Scholarship 2021



Stay CONNECTED WEEKLY UPDATE



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#Child_Start_Inc



Website: www.childstartinc.org



Contact: Luis Pineda
707-333-1874



Email: lpineda@childstartinc.org

This Week Trivia Question



► An Amazing Fact about Child Development. Did you know?

Until the age of six or seven months, a child can breathe and swallow at the same time.

75% of adults reading this will try to do it!

Let us know if you try.



► Submit your answers by sending an email to:

lpineda@childstartinc.org By Thursday April 22, 2021

Last week's trivia Question answer:

CONGRATULATIONS to Ms. Shahla Forsati our Weekly Update Champion!

Can you name 5 stages of child development?

If your answer is "Social, physical, creative, language, cognitive and emotional"
YOU ARE CORRECT!!

"A good teacher must be able to put himself in the place of those who find learning hard."

- Eliphaz Levi -



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