



WEEKLY UPDATE | October - 24 - 2022



PLAYING HOUSE &
HOUSING STABILITY

 #ParentsChoose

CHILD AND FAMILY SERVICES NATIONAL HEAD START ASSOCIATION

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CONGRATULATIONS Ivett Avina!



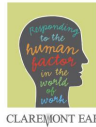
Congratulations Ivett Avina on your promotion from Home Base Substitute to Education Coordinator!!!



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Human Resources Department



CLAREMONT EAP

CLAREMONT

Powered by  uprisehealth

When We Honor Someone Else's Dignity, We Strengthen Our Own

Claremont believes in the work of Donna Hicks, PhD. Here's how to honor the dignity of everyone:

- **Acceptance of Identity** – interact with others without prejudice or bias
- **Recognition** – validate others, be generous with praise
- **Acknowledgement** – give people your full attention
- **Inclusion** – make others feel that they belong
- **Safety** – put people at ease physically and emotionally
- **Fairness** – treat people justly, with equality
- **Independence** – employ people to act on their own behalf with a sense of control, hope and possibility
- **Understanding** – prioritize active listening
- **Benefit of the Doubt** – treat people as trustworthy
- **Accountability** – take responsibility for your actions

Claremont EAP provides free and confidential counseling, legal and financial consultations and work/life referrals.

800-834-3773

[https://www.claremonteap.com/
positivitycenter.org](https://www.claremonteap.com/positivitycenter.org)

For more information about dignity, watch Dr. Hicks's Ted Talk:

<https://www.youtube.com/watch?v=GPF7QspiLqM>



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Human Resources Department

OCTOBER Fidelity Live Workshops

WEB WORKSHOPS

Live Web Workshops Schedule Q4 2022

To view the complete Live Web Workshop catalog and enroll for a Web Workshop, log on to <https://netbenefits.fidelity.com/livewebmeetings>

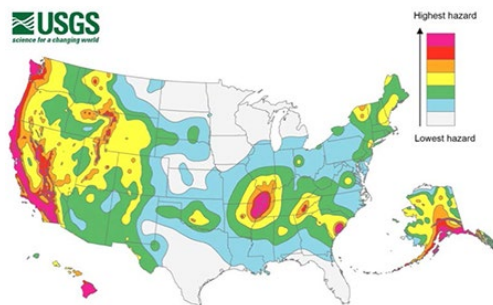
24	25	26	27	28
<p>Learn the Basics of When and How to Claim Social Security 10 AM ET/ 9 AM CT/ 7 AM PT Duration: 1 hour</p>	<p>Managing my money: Budget, emergency savings, and debt basics 12 PM ET/ 11 AM CT/ 9 AM PT Duration: 1 hour</p>	<p>Understanding Roth Contributions in Your Workplace Savings Plan 12 PM ET/ 11 AM CT/ 9 AM PT Duration: 30 minutes</p> <p>Get Started and Save for the Future You 4 PM ET/ 3 PM CT/ 1 PM PT Duration: 1 hour</p>	<p>Identify and Prioritize Your Savings Goals 10 AM ET/ 9 AM CT/ 7 AM PT Duration: 1 hour</p> <p>Navigating Market Volatility 2 PM ET/ 1 PM CT/ 11 AM PT Duration: 1 hour</p>	<p>Invest Confidently for Your Future 12 PM ET/ 11 AM CT/ 9 AM PT Duration: 1 hour</p>
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Earthquake Preparedness



This USGS map indicates potential earthquake strength, with darker areas indicating stronger quakes.

According to the US Geological Survey (USGS), earthquakes can occur in every state, with the West Coast, Alaska, Hawai'i, and regions across the central and southeastern United States at the highest risk.

Fortunately, there are ways to

prepare your workplace for when an earthquake does happen.

Workplace preparation:

- Your organization's Emergency Action Plan should include the following:
 - Instructions to follow during and after the event
 - Evacuation procedures
 - Medical and rescue duties for designated employees
- The plan must consider ground type and building construction as certain ground types and structures are more susceptible to collapse and damage.
- Emergency supply kits should be placed throughout the workplace with such items as flashlights or light sticks, first aid kits and handbooks, blankets, bottled water, dust masks, and fire extinguishers.
- Assure that you complete the necessary training:
 - Everyone should be trained in earthquake response procedures, designated safe places, evacuation plans, and the location of emergency supply kits.



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Earthquake Preparedness

- Designated employees can be trained in first aid and fire extinguisher use.

During an earthquake:

- At the first sign of an earthquake, go to a safe place, ideally a sturdy table or desk.
- **Drop, cover, and hold on:** Drop down, take cover underneath the safe structure, and hold onto something sturdy, e.g., one of the table or desk legs.
- If there are no desks or tables available that you can shelter under, brace against an interior wall away from windows, hanging structures, and tall furniture.
- Make sure to keep your head and neck covered.
- If you are outside when an earthquake happens, stay outside and keep clear from buildings, trees, or overhead objects (e.g., power lines or street lights).

After an earthquake occurs:

- **Do not leave the shelter until the shaking has completely stopped.**
- When emerging from your shelter:
 - Be wary of aftershocks.
 - Watch out for fires, which may be caused by broken gas or electrical lines or appliances.
- If you need to leave the building, use the stairs.



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Earthquake Preparedness

Aftershocks:

- Aftershocks follow earthquakes. They are smaller than the earthquake but can still cause damage to weakened structures.
- Aftershocks are difficult to predict and can occur within a couple minutes to several hours, days, months, or even years of the main quake.

Evacuations:

- If instructed to evacuate, do so immediately—in weakened structures.
- Only evacuate as instructed by emergency personnel, or if another safe location can be reached before any event is expected to occur.
- Follow any evacuation plans and routes put in place as part of the Emergency Action Plan.



do not linger

response
reached

place as part

InterWest Insurance Services LLC. Risk Management Services



Website: www.childstartinc.org



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This Week's Question, Test Your Knowledge.



▶ What's another word for Kinesthetic?

- A. Hands on learning
- B. Learns by watching
- C. Learns by listening
- D. Doesn't learn at all



▶ Submit your answers by sending an email to: lpineda@childstartinc.org by October 27, 2022.

Last week's trivia answer:

Can you name the 4 basic components of the Head Start program?

If you answer is the 4 **Head Start Components** are:

- Education. Head Start creates a positive educational environment by offering a variety of learning experiences.
- Health. An important building block to a successful future is good health and health maintenance.
- Social Services.
- Parent Involvement. **You Are Correct!**

"If you can dream it, you can do it."

—Walt Disney.



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