

SALIDA EARLY
CHILDHOOD CENTER

2023

OCTOBER NEWSLETTER



UPCOMING EVENTS AND ANNOUNCEMENTS!!

- October 9th- **Columbus Day.** SCHOOL IS IN SESSION!
- October 11th- National Walk to School Day!
- **Physicals and immunizations are due!** If your child is due for a well child check, please schedule one for them as soon as possible.
- As the weather starts to get colder, please dress your child appropriately for school. We will continue to go outside every day. If you need a winter jacket for your child, see Sheri or Heather!
- **November 1st- Pajama Day!** We do not celebrate Halloween here at SECC, but we celebrate pajama day the following day! Thanks for understanding!
- We are in need of substitute teachers! If you are interested, talk to Monica at the front!



"The future belongs to those who believe in the beauty of their dreams"

~Eleanor Roosevelt



October is **Domestic Violence Awareness Month**. If you or someone you love is a victim of DV, reach out to the national DV hotline at 1-800-799-7233. The Alliance is another community partner available to offer support. They can be reached at 719-539-7347.

WORLD MENTAL HEALTH DAY IS TUESDAY, OCTOBER 10TH!



Good mental health is vital to our overall health and well-being. Yet one in eight people globally are living with mental health conditions, which can impact their physical health, their well-being, how they connect with others, and their livelihoods.

Do you need support in managing your mental health?

Our Family Services Staff are here to help you access resources! Ask for Sheri or Heather!

PRINCIPAL'S CORNER

Fall is in the air and so many wonderful things are happening at our school! Teachers and children are getting to know each other and building connections through play. A big thank you to Nurse Lindsay for her work in September to make sure everyone is healthy. She is wrapping up hearing and vision screens on all of our children and supporting families to make sure everyone has a current well child check. Additionally, our Health Fair was a huge hit, and we look forward to offering this to families each year. When children feel well, they are better able to engage in play and learning! If you have some time during the school day and are wondering how you can be more involved in our school, we are looking for substitute staff to help in the classrooms and for parents to sit on our parent committee called Policy Council. No experience needed, only an interest in helping our program! If you are interested in either (or both), please let the front desk know, and we will guide you on next steps. Thank you for being a part of our school family! It is an honor to partner with you. Please reach out if you have any questions or suggestions.

- Principal Theresa Gilson





How to Reduce Power Struggles



Are you tired of constant arguments when it's time for your child to wear a coat, tidy up, or brush their teeth?



Here are some things you can do to really make a difference:

Set Non-Negotiables:

Start by defining a list of "non-negotiables." These are the essential tasks that your child must complete, like brushing their teeth. Everything else can be a gradual work in progress. Remember, your child needs to be able to assert themselves and say no, so give them that space.

Offer Choices:

Instead of commanding your child to do something, provide options. For instance, ask, "Do you want to clean up by yourself, or would you like some help?" This approach empowers your child by giving them a sense of control while still conveying your expectations.

Find Mutual Wins:

Explore solutions where both you and your child can win. When facing resistance, ask, "How can we both win in this situation?" For example, if getting dressed for school is a struggle, consider allowing your child to choose their outfit the night before and wear it to bed. This approach might create a compromise that eliminates morning battles.

Encourage Open Communication:

Sometimes, it helps to ask your child why they're reluctant to do something. Give them a chance to express themselves without judgment. There could be underlying reasons they're not sharing. By listening, you show that you care and respect their feelings.

Maintain Connection:

Remember, our parenting rules have good intentions, but power struggles can hinder progress. Focus on staying connected with your child. Aim for solutions that strengthen your bond and allow you both to achieve your goals.

I Need a Ride in Chaffee County

What are my options?



I need to ride to a medical appointment.

Nope.

Do you have Medicaid?

Yes!

No problem!

Option 1: Call **Chaffee Shuttle** at **719-530-8980**. See more information on the bottom half of this page.

Option 2: Veterans Affairs in Salida at **719-539-3803** to schedule a medical ride. Veterans only.

Option 3: Upper Arkansas Area Agency on Aging at **719-539-3341**. Assistance with transportation to medical appointments. Mileage is paid to driver of client's choice, up to \$200.00. In order to remain in compliance with program requirements, a copy of the driver's insurance and license is needed.

Option 1: Call **Chaffee Shuttle** at **719-530-8980**. Call the dispatcher at least 24 hours in advance (preferably 48 hours in advance or more) during office hours. Rides are available on a first-come, first-served basis. Dispatcher Hours: Monday to Friday, 8:00 a.m. to 3:00 p.m.

Option 2: Call **MedRide** at **719-545-3333** or www.medridecolorado.com. Requires 24-48 hours advance notice to schedule.

Option 3: Call or text **Yana Transportation** at **720-298-7207** or visit yananemt.com. 24/7 non emergent transportation for medical rides to appointments outside of Chaffee County.

Option 4: Schedule with **IntelliRide**. Visit gointelliride.com/colorado for scheduling, or call **719-766-4660**

Option 5: Call **Grace Ride** at **719-569-0302**. Available 7 days a week for medical appointments. Preferred 24 hours in advance.

Getting Around Chaffee County (non-medical appointments)

The Chaffee Shuttle is a nonprofit shared ride and public transit service with both fixed bus routes and door-to-door services throughout Chaffee County.

Door-to-Door Service: Available in Chaffee County only. Call the dispatcher at least 24 hours in advance (preferably 48 hours in advance or more) during office hours. Shuttle Hours: Monday to Friday, 8:00 a.m. to 5:00 p.m. / Saturdays by request. Dispatcher Hours: Monday to Friday, 8:00 a.m. to 3:00 p.m. / 719-530-8980

Fixed Routes Available:

Howard to Salida – Every Monday, chaffeeshuttle.com/Howard-to-Salida
Salida and BV (Mtn Goat Line). Available Monday- Friday, chaffeeshuttle.com/BV-Salida
San Luis Valley (The Eagle Line/Pronghorn Line) chaffeeshuttle.com/Eagle-Line

Bustang is a fixed route interregional and intercity express bus service for the state of Colorado. Nearest Routes include: Crested Butte to Denver and Alamo- Pueblo. Visit ridebustang.com/outrider for all rural routes and maps. Or call **800-900-3011**

You can also contact **Rocky Mountain Taxi** at **719-966-2005**



CHAFFEE HOUSING TRUST
A Commitment to Community

Come to our Homebuyer Readiness Workshops!

Chaffee Housing Trust is offering a FREE interactive webinars for Chaffee and Lake County residents.

Preparing for Homeownership

Participants will learn what to consider before becoming a homeowner, key players and their roles in the homebuyer process, and steps to help make the journey successful.

Month	Date	Time
August – English	8/15/23	5pm-7pm
August – Spanish	8/17/23	via Zoom
October - English	10/10/23	5pm-7pm
October - Spanish	10/12/23	via Zoom
December - English	12/5/23	5pm-7pm
December - Spanish	12/7/23	via Zoom

Create a Spending Plan, Your Way

Learn steps to create a spending plan, strategies to make adjustments, tools to address debt and tips to set up financial goals.

Month	Date	Time
September - English	9/12/23	5pm-6:30pm
September - Spanish	9/14/22	via Zoom
November - English	11/7/23	5pm-6:30pm
November – Spanish	11/9/23	via Zoom

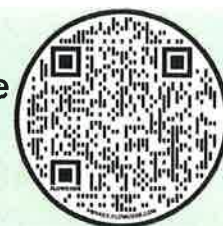
Register Here!

Type this link into
your web browser

<https://tinyurl.com/yh5xmjpp>

OR

Scan this QR Code
with your phone
camera



CHAFFEE HOUSING TRUST
A Commitment to Community

To learn more, go to <https://www.chaffeehousing.org>
or contact Claudia at 719-239-1579 or
claudia@chaffeehousing.org

WEST END COMING IN 2024

- ✓ 2 BEDROOM
- ✓ SITE PARKING
- ✓ 1.5 BATHROOM
- ✓ APPLIANCES

FOR INCOME QUALIFIED BUYERS

5 UNITS AT 80% AMI
1 UNIT AT 100% AMI



CHAFFEE HOUSING TRUST
A Commitment to Community

**CONTACT US TO LEARN HOW TO GET
ON THE HOMEBUYER LIST**

WWW.CHAFFEEHOUSING.ORG
CLAUDIA@CHAFFEEHOUSING.ORG
719-239-1579



**EQUAL HOUSING
OPPORTUNITY**