



CHILD DEVELOPMENT COUNCIL

Network News

Volume 32 Number 2

April/May/June 2011

Child Development Council 44th Annual Meeting

April 28, 2011
Kendal at Ithaca
4 - 6 pm



Speaker - Carl E. Haynes, President
Tompkins Cortland Community College

Appetizers and Beverages will be served

This event is free and open to the public.
Donations for formula and baby books will be accepted at the door.

RSVP - Info@ChildDevelopmentCouncil.org or 273-0259

“Henry possessed a curious mind that sought to explain the world around him, a great generosity of spirit and a deep religious faith.”

This is how we came to know Henry Ricciuti at the Child Development Council. He shared with us his great passion for children and their development, especially the cognitive and emotional development of infants and young children. In recognition of his dedication to our community's children, Henry was awarded the June Rogers Early Childhood Award in 2004.

Henry served on the Council's Board of Directors from 1997 through 2004, and continued as a volunteer member of the Personnel Committee through 2008. He was a professor on the Faculty of Cornell University's Department of Human Development and Family Studies from 1958-1988, Emeritus Professor from 1988-2011, and highly respected in his field.

His memory will continue in the many lives he touched, at our organization, in our community, and through colleagues far and wide.



Henry N. Ricciuti
December 25, 1917 – March 14, 2011

Searching for Child Care

We have recently seen an increase in the number of websites offering assistance in finding child care. After researching some of these websites, we decided to develop a comparison chart which is listed below. The chart compares the Child Development Council's Referral Service to many online sources. We think you will see that "convenience" doesn't always mean "quality."

<u>Child Development Council Referral Service</u>	<u>Other online sources for child care</u>
<p>How Referrals are Obtained One-on-one interaction with someone who can answer any questions you might have about child care (regulated and non-regulated). Parents/Guardians can use the Referral Services in 3 ways - phone call, walk in during normal business hours or through the Council's online search function, accessed from our website. The Council's Referral Specialist follows up online searches with additional information and materials and further assistance, if needed.</p> <p>Referrals, not recommendations Information given is based on facts from NYS Office of Children and Family Services about regulated child care providers.</p> <p>Free of charge There is no charge for referrals, and parents/guardians may use the service as often as necessary.</p> <p>Information is kept confidential Parent's/guardian's information is not given out to other people or agencies.</p> <p>Provider regulation compliance history Parents/guardians learn how they can find out (for free) whether or not a provider has followed regulations in the past and additional information on what, if any, regulations were violated.</p> <p>Materials to help parents/guardians in their search Materials provided in the "Referral Packet" include: How to Choose Family or Group Family Child Care or Child Care Centers or a School Age Program, Sample Provider/Parent Agreement, Parenting Playground segment from the Child Development Council's most recent newsletter.</p>	<p>How Information is Obtained All done electronically, there is no option to talk to someone knowledgeable about child care regulations or ask questions about the programs.</p> <p>Sometimes recommendations Some sites offered recommendations from other parents, but what is right for one parent may not be for another (differing beliefs, values, etc.).</p> <p>Sites sometimes charge a fee Fee charged varies by site.</p> <p>Information may not be kept confidential Your information may be shared with others.</p> <p>Provider regulation compliance history No way to determine if a provider is regulated by NYS OCFS or how you can find out if they have followed the regulations in the past. Some sites offered to do "back ground checks" (for a fee).</p> <p>Materials to help parents/guardians in their search Content and amount varied by site and wasn't always free.</p>

<u>Nursery School Network</u>	<u>SACC Forums</u>	<u>Center Directors' Group</u>
Third Wednesdays 1:00 - 2:30 p.m. April 13 (Second Wednesday) Trumansburg NS May 18 - UCNS June 15 - East Ithaca	Second Tuesdays 10:30 a.m. - Noon at Child Development Council April 12 May 10 June TBA	Second Thursdays 1:30 - 3:30 p.m. at Child Development Council April 14 May 12 June 9

Happy First Birthday Early Head Start

The Early Head Start (EHS) team has completed its first year providing services to children and families throughout Tompkins County. Under the supervision of Maureen Reedy, and in collaboration with Tompkins Community Action, the Child Development Council has become a provider of this federal program, with the goal of supporting the healthy development of children from prenatal development to 3 years of age, as well as fostering positive interactions within the family unit as a whole.



Left to right: Leah McMullin, Lourdes Cabrera, Margaret Slattery

Home visitors visit the homes of enrolled children and their families on a weekly basis. They provide useful information related to age-appropriate milestones for children, development screenings, parenting information, family support, goal setting, needs assessments, home safety, nutritional guidance, medical issues, referrals to other helpful community resources, follow-up activities. Home visitors aim to serve as family partners by providing individualized assistance to address the specific needs of each family. In alignment with the mission of the Council, the EHS program strives to ensure that children in our community have the opportunity to receive high quality support and early education while embarking on their life journeys.

week of the young child woyc

April 10-16, 2011
Early Years Are Learning Years

Congratulations from all of us at the Child Development Council!
Enclosed is a poster for you to display in your program.



Cortland Area Child Care Council
Kidsville

Play is Children's Work

Saturday, April 9, 2011

10 am - 1 pm

Cortland County Office Building Gym
Hands-on activities and information for
children and families.

25 participating community organizations

For more information, call 753-0106.

Thank You for your Support in 2010

Barry and Margaret B. Adams
Debra Austic and Ronald Loz
Blythe Baldwin
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Nancy Rader
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Camille Tischler and William Kellner
Jo-Marcia Todd
Jay True
Norman and Marguerite Uphoff
Mildred Warner and James Pratt
Hans And Elizabeth Wien
Alene Wyatt
Jerome Ziegler
Joel and Cathy Zumoff

We are grateful to those who support our efforts throughout the year. The listed individuals and organizations have helped the Council to provide its core services to children, families and the community. We appreciate the support of all of our contributors.

Any omissions are inadvertent.

To all, Thank You!



Child Development Council Educational Opportunities

April/May/June 2011

Early registration is suggested for all workshops. We will not be able to consider you registered until we receive payment. Cost is \$15 per workshop. However, if you register and pay for 3 or more workshops in advance, the fee will be \$10 each. Total payment must be made by the early registration date of the first workshop you want to attend. **We cannot refund registration fees or exchange workshops.** You may transfer the workshop to another provider if you cannot attend. We hope this helps with your planning and avoids any last minute cancellations of workshops due to low attendance.

If a workshop is cancelled due to bad weather or low registration, we will make every effort to contact those who preregister and give you credit.

Emergency Contact phone number during trainings is 607-273-6590 ext. 237.

April 26, Tuesday 6:30 - 8:30 p.m. Making Greener Choices: Eco-Healthy Training Part 2 Continue exploring ways to combat indoor pollutants with **Dixie Vaber, Child Care Services & Education Coordinator at Cortland Area Child Care Council.** You will have the opportunity to make a cleaning product that is less toxic and environmentally safe for your program. (There is an additional \$5.00 charge for supplies.) 'Recipes' to take home will save money as well as improve indoor air quality. Participants will review the Eco-Healthy Child Care Checklist and learn how to assess their program to benefit the health and well-being of children in care as well as their own family members. You do not need to have attended the first session; newcomers are welcome. (2 hrs. *N, *DCR)

*(Requirements: CD=Principles of Child Development, N=Nutrition and Health, P=Program Development, S=Safety and Security, BR=Business Record Maintenance & Management, CAID=Child Abuse & Maltreatment Identification & Prevention, DCR=Statutes & Regulations Pertaining to Child Day Care, CAR=Statutes & Regulations Pertaining to Child Abuse & Maltreatment, SBS=Shaken Baby Syndrome.)

Child Development Council Workshops

4/26, Tues. 6:30-8:30 p.m. <i>Making Greener Choices: Eco-Healthy Training Part 2</i>	\$15 by Apr. 19, \$20 after_____
5/18, Wed. 6:30-8:30 p.m. <i>Beginning Eaters: Feeding Infants and Toddlers</i>	\$15 by May 11, \$20 after_____
6/7, Tues. 6:30 - 8:30 p.m. <i>Temperament: A Practical Approach to Meeting Individual Needs</i>	\$15 by May 31, \$20 after_____

First Name: _____ Last Name: _____

Home (Local if student) Address: _____
Street City State Zip

Name of Program/Provider _____ Type of Care _____ Facility # _____
(FDC, GFDC, NS, SACC, Center, Legally Exempt, Other)

Home(Cell)Phone: _____ *Birth Date: _____ *Last 5 digits of SS# : _____
MM/DD/YYYY

Email Address (recommended but not required) : _____

*Your birth date and the last five digits of your social security number will be used to generate a random personal identification number for you in our training database. This information will be kept confidential. You cannot be enrolled in training without being registered and creating a personal ID number. This personal ID number can be used to allow CCR&R staff to access your training records and provide you with a training history/transcript that you can use to document training you have taken to meet OCFS requirements. In the future, you may also be able to access this information and enroll in training directly online.

Please send completed form and payment to: Child Development Council, 609 W. Clinton St., Ithaca, NY 14850

May 18, Wednesday 6:30 - 8:30 p.m. Beginning Eaters: Feeding Infants and Toddlers with Amy Frith, Ithaca College Nutrition Professor. Some of the topics covered will be: Breastfeeding vs formula feeding, when to introduce solid food: indications that infant is ready for solids, good first foods, choking hazards, making your own infant foods, comparing nutrition labels on prepared foods, CACFP regulations for feeding infants and toddlers, toddler friendly foods and ways to involve toddlers in independence around food. This training is appropriate for providers caring for infants or toddlers. It is **NO COST to CACFP participants** enrolled through the Child Development Council (both Tompkins and Cortland counties). All others will pay registration fee. (2 hrs. *N, *P)

June 7, Tuesday 6:30 - 8:30 p.m. Temperament: A Practical Approach to Meeting Individual Needs Using a variety of interactive learning activities, **Jude Rose** will introduce the nine temperament traits and three temperament types of infants and toddlers based on the work of Stella Chess and Alexander Thomas. Jude is a group family day care provider who also instructs as a Resources for Infant Educator (RIE) Associate, and is a certified trainer in Program for Infant Toddler Caregivers (PITC). The discussion will focus on strategies for being responsive to children with different temperaments in group care. Participants will also have the opportunity to create a personal temperament profile and view the DVD *Flexible, Fearful or Feisty: The Different Temperaments of Infants and Toddlers*. (2 hrs. *CD, *P)

**DAY CARE CENTER DIRECTORS -
Making Limited Dollars Make Sense**

May 24, Tuesday 9 a.m. – 12:30 p.m.

Is running a child care center a business or a labor of love? Do you have a hard time seeing your ‘families’ as ‘clients’ or ‘customers’? It’s a hard job! and it takes both right and left-brained skills to be successful as a center manager.

Sherri Koski, Executive Director, IC3 and **Carla Hibbard, Director, Steuben Child Care Project** offer a training in budgeting for a child care center and exploring ways that shared services can ensure a black, not a red, bottom line.

Join Sherri and Carla and other child care center directors to discuss the line items of a typical center budget, and how to connect the budget to program planning and making financial policies and decisions. Then analyze activities that all centers need to do which might be more financially efficient if they were shared in your area rather than being duplicated in each center. (3.5 hrs. *BR)

Co-Sponsored by Community Foundation of Tompkins County.



SUNY Video Conferences

Time and Location: Thursdays - 6:45-9:15 p.m. at the Child Development Council.
All video conferences are free. Doors are locked at 7:15 p.m.

SUNY Video Conferences for 2011

April 14 - Child Abuse and Maltreatment

May 19 - Playground Safety

June 2 - Obstacles to Children’s Learning: Learning Disorders and ADHD

To register for Video Conferences: Send your name, address, phone number, the dates and titles of sessions you’d like to attend and Site #619 (Tompkins/Ithaca) to: Early Childhood Education and Training Program, 22 Corporate Woods Blvd., 3rd floor, Albany, NY 12211. Fax to (518) 443-5941 or register on-line at www.ecetp.pdp.albany.edu Note: All registrations must be made through SUNY Albany. To confirm your registration, call 1-888-399-0549.



Parenting Playground

brought to you by
Child Development Council
609 West Clinton Street, Ithaca, NY 14850
(607) 273-0259
www.ChildDevelopmentCouncil.org
April/May/June 2011

How to Make Healthy Beverage Choices for Your Family

The University of Rochester has compiled research on the effort of beverage choices in young children's health and is offering suggestions for improving choices and improving health.

Facts:

- Obesity rates in children continue to rise. Approximately 1/3 of America's children are considered overweight or obese.
- Soft drinks are the 6th leading FOOD source in children
- Greater than 50% of children's total beverage consumption is soft drinks.

Evidence:

- ⇒ Drinking soft drinks contributes to obesity in children in first grade.
- ⇒ Children who drink a lot of soda are prone to bone fractures.

The belief is that drinking soft drinks may reduce the amount of healthy beverage consumption. Therefore, children who drink soft drinks often, have a lower intake of dairy products, calcium and vitamin D. An added issue is that cola-type sodas also contain phosphorus, which may interfere with how the body processes calcium.

The American Academy of Pediatrics has issued recommendations for healthy beverage choices for children.

Milk

For infants 12 months to 23 months, the recommendation is 16 to 24 ounces of WHOLE milk per day. (If obesity is a concern for a child, then the recommendation is for low-fat milk.)

For children 2 -3 years old, the recommendation is 16 to 24 ounces of low-fat milk (1% or fat-free).

For children over 3 years of age, the recommendation is 3 or more servings of low-fat milk.

***Water is recommended for additional fluid: make water more appealing by adding fresh fruit slices.*

Juice 100% juice (Juice drinks and sugar added drinks should NOT be served.)

Juice should NOT be served to infants under 6 months.

Juice should NOT be served in bottles or covered cups that allow children to drink juice all day.

Juice should NOT be served at bedtime.

Juice should be limited to 4 to 6 ounces per day.

- *There is NO advantage to serving juice over whole fruit.*

Juice can cause: weight gain, cramps or gas, tooth decay, and poor appetite for healthier foods.

Ideas for Provider Recognition Day

If you're happy and you know it, clap your hands. Remember that song? The philosophy is great – recognize when things are going well and demonstrate your happiness.

Although Child Care Provider Recognition Day has been established as the Friday before Mothers' Day – this year it will be May 6 – don't wait for one special day. It's okay to acknowledge your child care provider(s) anytime, before or after May 6.

Thousands of families depend on caregivers outside the nuclear family to assist them in the 'raising' of children. Grandparents, neighbors, nursery school teachers, child care center teachers, family and group family child care providers and many others, in many ways, are part of the team. Give them a 'thank you' once in a while; here are some ideas.

Thank you – by card, e-mail, facebook, proclamation, certificate, letter of appreciation

Bring – flowers, chocolate, beverages (coffee, tea), baked goods, fruit.

Gifts – Tickets or gift cards for movie, spa day, dinner, massage, manicure, tee shirt signed by all the kids, coupon with a promise to pick up children on time!

For the program – new books, toys; collect materials for art projects, organize all parents to do/buy something big that's needed, like a play structure or laptop.

Saying "thank you" can be free and enrich both the giver and recipient. Caregivers and parents have a unique relationship that grows as children grow. Nurture it regularly.



Parenting Education Opportunities

Parenting: the Hardest Job in the World (GIAC)

Led by Jenna Stroud and Travis Winter, this free 8-class workshop will help you learn to talk with your child (of any age) using five communication skills. Share your strengths with other parents/guardians and learn new strategies you can use.

When: Starting on Monday, April 11, 6:30 pm – 8:30 pm

Fee: FREE

Where: GIAC, 318 N. Albany St., Ithaca, NY

To Register: ** see below



Parents Apart

A six-hour workshop for parents who want to learn how to help their child(ren) cope during their **separation and/or divorce**. Taught by therapists and attorneys, the workshop focuses on how children react emotionally to these situations, and what parents can do to help them adjust. Registration is confidential and parents of the same child(ren) are placed in different workshops.

When: Saturday, April 9, 9:00 am – 4:00 pm with 1 hour break

Mondays, May 2 and May 9 – 6:00 pm – 9:00 pm

Saturday, June 4, 9:00am – 4:00 pm with 1 hour break

Fee: \$50, but no one is turned away for inability to pay

Where: Confidential, will be notified after registration

To Register: ** see below



Additional information on any of the above workshops or **to register – Anna Steinkraus at Cooperative Extension of Tompkins County 607-272-2292.

Business and Other Contributors

Babies First - Unitarian Church
BorgWarner
Helen Thomas Howland Foundation as administered
by Community Foundation of Tompkins County
Cornell University
Emergency Food and Shelter Program
First Book
First Congregational Church
First Presbyterian Church
Ithaca Alternative Gift Fair
Ithaca Urban Renewal Agency
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Volunteers

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Alex Deyhim - Cornell MAE4300
Class - Fall 2010
Charles Firenze
Logan Hart
Nicole Hart
John Lemley
Daniel Slattery
Jan Warren

Contributors of Clothing, Equipment, Toys and Other Items

Borders	Georgia and Wyatt Mechalke
Cornell Research Farm	Papa John's
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Indian Creek Orchard	Tompkins County Quilters Guild
Jimmy John's	Anne Wilson
Tamar Kushnir	Elizabeth Wood
Yael Levitte	Heather Wynkoop Beach
Amber Little - A Personal Touch	

New Registered FDC Provider:

Adrienne Sovocool, Groton



Study Links Infant Obesity with Starting Solid Foods Early

According to a recent study by Harvard researchers, feeding infants solid food too early may increase the risk of obesity by age three.

The study included 847 children: 67% were breast-fed and 32% were formula-fed. When infants were fed solid food (cereal, etc.) early (before four months of age), the formula-fed babies were 6.3 times more likely to be obese when they were 3 years old. No such association was found when breast-fed infants were fed solid food before four months of age.

The American Academy of Pediatrics recommends starting solid food between four and six months of age.

“This study reinforces a lot of things we normally recommend,” said Dr. Goutham Rao, director of the weight management and wellness center at Children’s Hospital of Pittsburgh. “Breast-feeding is best, and it’s a useful way to make sure your child is healthy. In terms of solid food introduction, it’s wise to delay it until 4 to 6 months of age.”

For more information about introducing solid food to infants, check with the American Academy of Pediatrics.

Container Gardening

Indoors or outside, container gardening is a great way to grow fruits and vegetables and include children in the process. Simple supplies will enable you to grow nutritious vegetables conveniently. Include the children in your care in planting, watering and harvesting to help them learn how food grows and encourage healthy eating.



Pick fruits and veggies that children love to eat: Strawberries, snap peas and lettuce are easy to grow and harvest. Pumpkins, zucchini and squash are fun to grow because they get Really Big! Ask the children what they want to grow. Have them pick out seeds and plants themselves. Chose a container that will be large enough to support the vegetables you have selected to grow. You can even use buckets, trash cans and milk cartons, or you can build your own container.

Children can help decorate the containers to make them special.

Container gardens will need adequate space and soil, proper sunlight, fertilizer or compost for nutrients, and frequent watering. For specific tips on getting your container garden started visit www.gardening.cornell.edu.

Compost – It’s Science!

Composting is an ongoing hands-on science project you can do with children of any age.

It reduces your trash volume by taking yard waste and kitchen scraps and turning them into nutrient rich food for your garden. Creating a compost system can help children learn about the life cycle of plants, how organic matter breaks down and encourages environmental responsibility. Composting reduces your trash volume, and is the perfect compliment to a garden in your home or center.



There are many different strategies and systems for creating a compost system, but it doesn’t have to be complicated. For specific ideas and tips visit: <http://ccetompkins.org/garden/composting>

Gardening with Children

Interview with Heather Fowler, Group Family Day Care

What garden grown foods are favorites with children?

Really, the children like everything because it's fresh, and they have put their energy into growing them.



How can children participate in gardening?

Children can plant seeds and water the plants, harvest the ripe crops, and sometimes weed the garden when they learn to recognize weeds from vegetable plants. It depends on the child's age and attention span.

What are the benefits of gardening with children? What do they learn?

All of the children, even the pickiest eaters, find new foods that they enjoy. As they help in the garden, watch plants grow and taste the fresh produce with their friends, they become willing to try more fruits and vegetables and LIKE more fruits and vegetables. It improves their nutrition and diet. Also, the children begin to wonder about how things grow. They develop their natural scientist by observing seeds sprout and waiting to see what happens as the plants grow and ripen. They learn about the interdependent nature of living things by watching bees drink nectar from flowering plants, spiders spinning webs collecting their food, and a variety of insects and small animals busily living their lives.

In addition to the foods, a garden can also provide a variety of interesting arts and crafts materials, such as grape vines, beans and seeds, dried flowers, and gourds.

What advice do you have for new gardeners?

The best advice is to start small and keep trying. Start with a few plants and learn as you go. Learn from the process and try again.

What else would you like gardeners to know?

The garden itself helps children feel a connection to nature. It is a place of peace and calmness. The garden is the anchor for children to get fresh air, experience the changing seasons, and enjoy the outdoors.

What is one of your favorite gardening experience with children?

One day we dug up a really big worm. The worm left its casting as the children watched. Then we watched as the worm burrowed back into the ground. This process took a little while. The children were fascinated. When we went indoors, we read stories about worms and how they help the garden.



The Child Development Council is coming to Facebook soon!

Find updates, trainings, news, and events all in one place.
Just search for Child Development Council and check it out.



Child Development Council
609 W. Clinton St.
Ithaca, NY 14850

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Permit No. 456



The Council will be closed:

May 30

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Diane Feldman, Chief Financial Officer
Chris Hart, Program Assistant
Laurie Hobler, Child Care Support Services Director
Sylvia Lott, Executive Assistant
Maureen Reedy, Family Services Director
Ann Turcsik, Program/Administrative Assistant
Lynne Whetzel, CCRR Director

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Amy Bartimer, Child Care Specialist CCSS
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Lourdes Cabrera, Home Visitor EHS
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