



SPECIAL EDITION NEWSLETTER 2020

Greetings from all of us at HCBDD!

HCBD gives a huge "THANK YOU" to ALL essential workers on the frontlines, during this COVID-19 pandemic.

You are very important to your community and we appreciate your dedication and time. We especially thank healthcare workers, truck drivers, law enforcement, store workers, manufacturing workers and government officials.

We find ourselves in challenging times, all just trying to make the best decisions for ourselves and our families. The HCBDD is also making these decisions for those we serve and our workforce. Like many of you, sometimes our plans have changed rapidly, just trying to keep up with the expectations from our county, state, and federal oversight entities. We have attempted to keep you abreast of information through our Home Page on our website and we have recommended that you visit trusted sources for the best information out there. Our local county health departments are also trying to give us information in real time, so it is one of those valuable resources.

We thought we would do a *special edition newsletter* to tell you what we have been up to, to bring you some fun facts and to just generally brighten your day. We hope you enjoy and wish you well.

Stay safe, stay healthy.

Deb Buccilla, Superintendent



WHO'S BEHIND THE MASK???



Happy sewing!

Need something important to do in your spare time?

How about donating material for others to make masks for the essential workers, or making some yourself? At this critical time, the HCBDD is helping with making masks to give to the local health department by having several employees make them. We have also set up a donation site in front of the Hills and Dales preschool building where you can drop off already made masks or material and elastic for others to use.

Simple instructions for those of us who are not sewers can be found at <https://www.joann.com/make-to-give-response/>

In the spirit of staying safe during this time, Jackie Freshour, Operations Administrative Assistant gave us all a message. Great job Jackie!





**From the kitchen of Operations Director, Larry Gray...
Cheesecake!**

1 graham cracker crust (you can sub in gluten free crust)

1 container of Philadelphia Cream Cheesecake mix (pre-made in the dairy section)

1 can of Comstock cherries (you can sub in blueberries)

-Open the crust, add the Philadelphia Cream Cheesecake mix.

-Dip out the mix into the pie crust and spread evenly.

-Concave the middle of the mix pushing to the outside so that the cherry topping will remain centered in the cheesecake.

-Add the cherries to the top of the cheesecake.

-Apply the lid that is provided with the pie crust.

-For best results, let chill in the refrigerator overnight. Take out of the refrigerator, slice and serve.



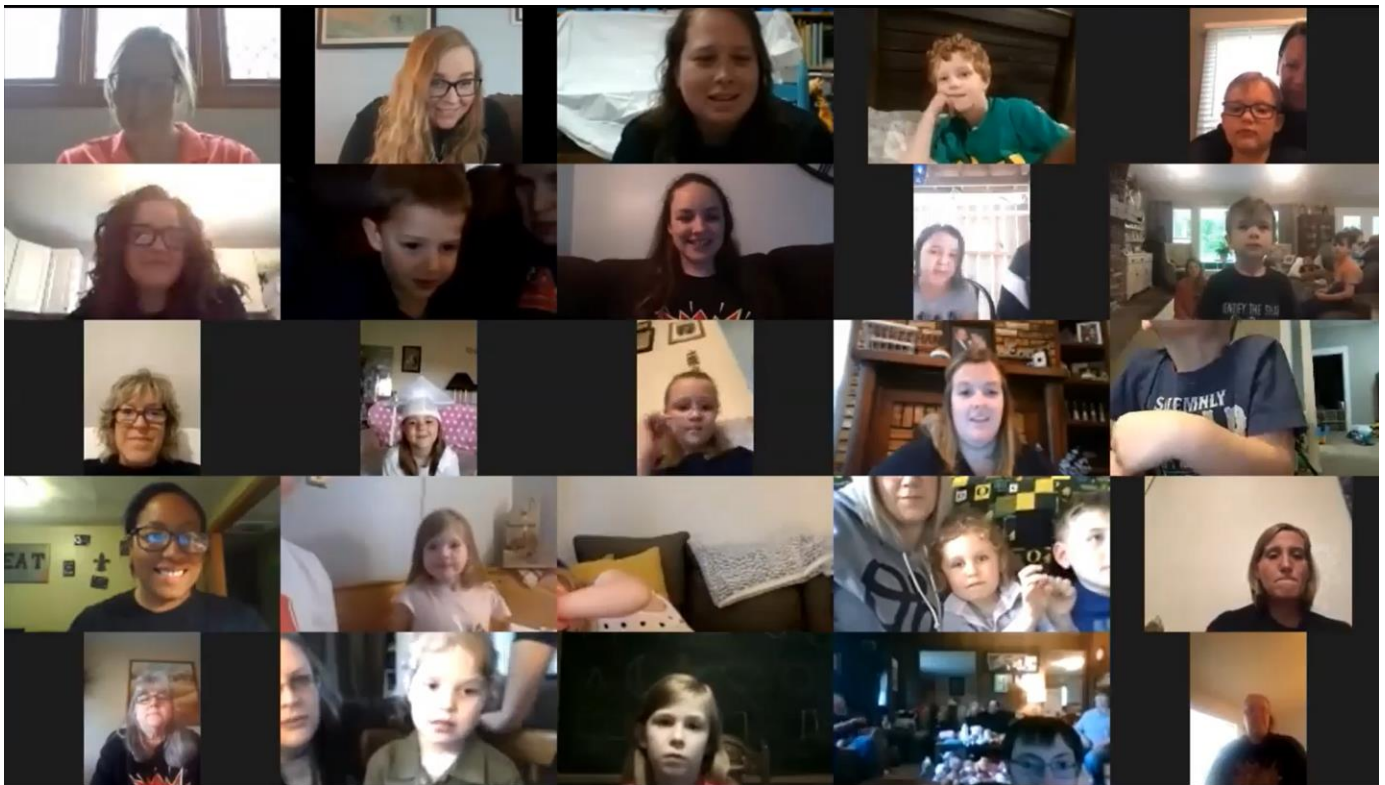
Preschool News

The Highland County Board of DD Preschool Program located at the Hills and Dales Early Childhood Center has been busy staying connected with our preschoolers over the last two months thru a distance learning program.

Several care packages were delivered to their homes, educational videos developed by our staff were posted on Facebook, and connections using video technology were made. Care package items included; work sheets, resource lists, craft ideas, t-shirts, and coloring books and crayons. Personal letters to students from their teachers were also delivered to make sure these little ones knew they were missed!

Preschool graduation was different this year, but Staff made it as special as possible by doing a virtual graduation celebrating the success of each student. This graduation celebration is posted on our Facebook page. Take a few minutes to watch these delightful young folks being honored.

At the writing of this newsletter, we continue to await the Governors direction about school programming for the next school year. We are confident though that whatever direction is given, our capable preschool team will be able to successfully educate your children in the 2020/2021 school year.



Perfect Parenting During a Pandemic

From the Desk of Ms. Suzie Janasov, Early Childhood Director

Perfect parenting does not occur under any circumstance, especially during this pandemic. We are hearing from parents that many feel pressured to spend this time in an extra special way as seen in social media posts flooded with sweet and time-consuming activities. This often is impossible with all the other demands that life brings.

We want you to feel free from this guilt and know that you are exactly where you need to be. Your normal is actually extraordinary! One thing that we focus on in early intervention is to build intentional meaningful activities into a normal routine.

Let's talk about some things that your child can do while you are doing some of your everyday chores. When you are cleaning or doing dishes, let your child have a cloth and help. What is more fun than splashing in the running water and playing in bubbles? It may take a little longer, but the memory will last a lifetime and you will eventually get your dishes finished. When you are doing laundry, they can sort or name the different clothes items or what body part that they belong to. The child will love being with you and feel accomplished. Some parents need to work from home. Set up a station for your child also with paper, pencil and crayons. Maybe scissors when appropriate. Or, stickers are always a win. When doing outdoor chores, you can incorporate the scavenger hunt included in this newsletter. The children's yoga can be exercise that you do together. I think that you are getting the idea at this point. Have fun while getting your work done!

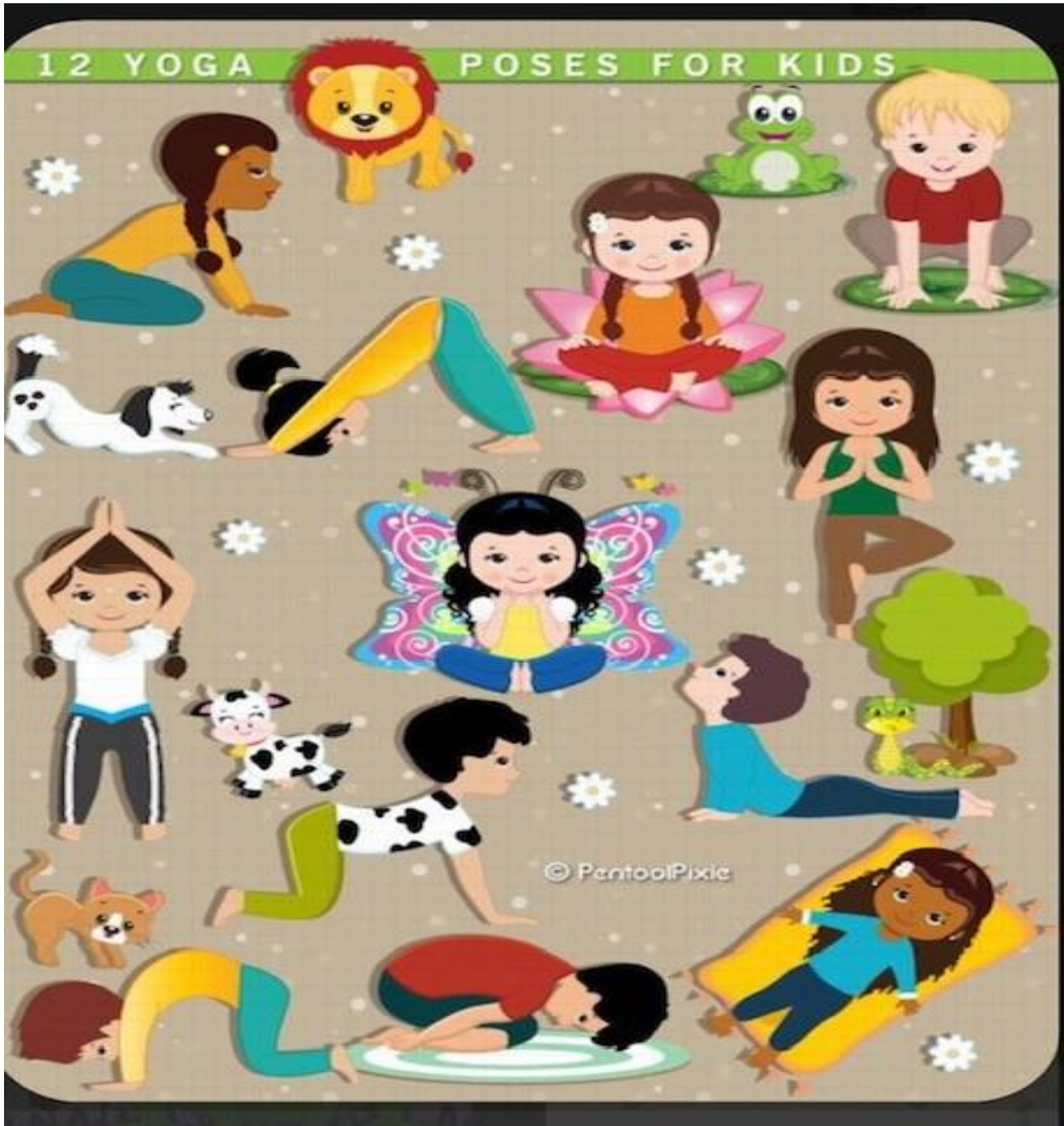
The important thing is that we do not always look at playing with our child as separate from our daily lives. All the things mentioned above incorporate sensory play, cognitive learning, gross and fine motor skills not to mention the adaptive qualities that they need to do well in this life. Along with these developmental milestones, they are also building social emotional capacity to be with others without the sole attention being just on them. Building independence and resilience at this young age really do happen at this young age when given the opportunities to interact with their natural environment, their home.

You got this! You and your child will emerge from this challenge stronger than ever. And, we'll see you soon.

The Early Childhood Dept.



Try these great stretches with your kids. They're sure to enjoy the pretend play.



The SSA Department delivered goody bags to all independent providers and agency direct support professionals in Highland County to show our appreciation for all they do each and every day! Highland County Bd. of DD salutes the approximate 150 direct support professionals working with the people we serve!

THANKS FOR ALL YOU DO!

FROM THE SSA DEPARTMENT

