



**Kay County Child Care
Home Association
Established 1993**

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FROM THE PRESIDENT’S DESK



Hi everyone! Thank you for the great time last meeting. It is always wonderful to see old and new friends and share ideas. We will be visiting the Daily Grind in Ponca City for our next meeting and social. They are looking forward to having us on the 20th of April. These are stressful times in America. Please enjoy the following information and remember to laugh.

Eldonna magnuser@sbcglobal.net

Why Laugh?

Laughter is the physical way we express our humor, and it can do a lot of good for us! Physically laughter is a good type of exercise....internal jogging. It brings more oxygen into the lungs as it gives the chest, abdomen, and face a workout.

Following laughter, muscles relax, heartbeat and blood pressure fall to lower levels, and endorphins, our natural painkillers, are released. Patients with painful diseases have found that they can sleep pain free following viewing comics or other funny films.

Physically laughter helps the immune system function more normally by producing a greater amount of beneficial white cells. The infection-fighting proteins in the mouth’s saliva are also increased following laughter. This is linked with decreased rates of respiratory illness and viral infections.

Mentally laughter increases your problem-solving skills by increasing creativity. When you “get” a joke, you have solved a problem! It helps rid you of tension and relieves stress. It puts you in a fresh frame of mind!

Socially laughter makes tragedy easier to deal with, whether it s terminal illness or a public disaster. It gives you a little distance from reality. It can create bonds between co-workers and within a family....have any “inside” jokes with other family members? It can help defuse tensions between people, co-workers, and others by letting them laugh together. Will Rogers said, “We are just here for a spell, so get a few laughs.”

Unless otherwise noted, Association. Meetings are solely for Licensed Child Care Home Providers, regardless of association membership.

April Association Meeting

Date: April 20, 2009 Monday

Location: Daily Grind in Ponca City

Address: 202 East Grand

Time: 6:30 PM to 7:30 PM

We will be gathering in the back room ladies.

The Daily Grind is celebrating its 10th year in Ponca City. They serve over 50 made to order cold or grilled sandwiches as well as assorted soups and coffees. Try something new; come join us for an hour of fun!

Providers are responsible for their own orders.

Please note their closing time for us is 7:30 PM instead of 7 PM. We appreciate their accommodating our needs.

NEW SERVICE

Did you receive a new flyer from Child Care Warmline? It now offers a Child Care Consultation for facilities experiencing challenging behaviors in the classroom. You may call them at 888-574-5437.

Department of Human Services

DHS has sent out a request for providers to fill out a “Survey on Oklahoma State Child Care Plan”. Please remember to fill it out whether you print it out or submit it by email. DHS is asking for input from providers as well as others. Since DHS is asking for information from us, why not send a note along as well. Some of the questions asked, cannot simply be truly answered with a simple yes or no. If you have topics that require a short note, why not send it along as well. With the right information, we can help DHS make choices that will benefit the state, parents and providers.

YMCA Healthy Kids Day

The association voted to decline participation in this year’s YMCA Healthy Kids Day Event set for Saturday, April 4th 2009. Sadly, there are just too many events going on at once for providers to attend them all. Having said that, this is a great day for parents and children and I hope that parents will enjoy this event with their children. Please promote this event with families in your care.