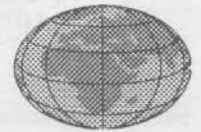




# RCMA HOY

We Can Make  
A World of  
Difference

Helping Our Youth



SEPTEMBER 1994

OUR MISSION: Helping Parents Restart, Giving Kids a Head Start, Helping Staff Develop

## FROM THE DESK OF OLGA

**A**s I was reading the September issue of "Bits and Pieces," I came across this bit of advise and enjoyed it so much I wanted to share it with you.

*Take time to laugh. It is the music of the soul.*

*Take time to think. It is the source of power.*

*Take time to play. It is the source of perpetual youth.*

*Take time to read. It is the fountain of wisdom.*

*Take time to pray. It is the greatest power on earth.*

*Take time to love and be loved. It is a God-given privilege.*

*Take time to be friendly. It is the road to happiness.*

*Take time to give. It is too short a day to be selfish.*

*Take time to work. It is the price of success.*



Photo By GERARD LAMBERT

Rocio Cendejas (left), the new Center Coordinator at Fellsmere Child Development Center, and Elida Gomez, the new Area Coordinator for the Indian River Area, in a recent North Region training on "How To Interview and Hire The Right People."

Rocio was previously a Teacher for three years at Indian River Migrant Head Start. Elida has been with RCMA for six years and was most recently a Center Director in the Fellsmere Center.

## DEL ESCRITORIO DE OLGA

**E**uando estaba leyendo el librito "Bits and Pieces," encontré el siguiente artículo y me gustó mucho y quise compartirlo con ustedes.

*Toma tiempo para reír. Es la música del alma.*

*Toma tiempo para pensar. Es la fuente del poder.*

*Toma tiempo para jugar. Es la*

*fuerza de la juventud perpetua.*

*Toma tiempo para leer. Es la fuente de la sabiduría.*

*Toma tiempo para orar. Es el poder mas grande en el mundo.*

*Toma tiempo para amar y ser amado. Es un privilegio dado por Dios.*

*Toma tiempo para ser amable. Es el camino hacia la felicidad.*

*Toma tiempo para dar. El día es muy corto para ser egoista.*

*Toma tiempo para trabajar. Es el precio para el éxito.*

# HAPPENINGS

## SOUTH REGION

### Immokalee Area

Congratulations to Juanita Rodriguez, the secretary of Immokalee Child Development Center Pre, who recently became a grandmother.

Congratulations to Diana Rios, the Center Coordinator of Farmworker Village B who recently had a baby, Isaac Brandon.

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Welcome goes to Annette Anderson, the new Health/Disability Coordinator for Immokalee Child Development Center Infant and Annex. She comes to us from the local health clinic where she was a nurse.

\*\*

Congratulations to Mary Ann Haven as she takes on a new challenge as the Special Effort Site Director. Mary Ann was the previous Health/Disability Coordinator for Immokalee Child Development Center Infant and Annex.

\*\*

Congratulations to Awilda Llopiz, on her new position as Outreach Worker for Farmworker Village B and C. Awilda, who is in her seventh year with RCMA, was most recently the area secretary.

### DeSoto/Glades/Hendry/Lee Area

Congratulations to Sabrina Langford, a new Teacher Trainee in the Glades County Child Development Center. Sabrina has a

classroom with children with disabilities.

### Highlands/Hardee Area

Rosemarie Norsworthy is a new Teacher Trainee at Sebring Child Development Center. We extend her a warm welcome.

Noemi Aponte, an Outreach Worker, has transferred to the Sebring center. Noemi held the same position at Avon Park Head Start Center. We wish Noemi good luck in getting to know the families in her new center.

In other happenings at this center, Linda Coleman, the Center Coordinator, has also taken on the role of Education Coordinator and will be more involved in training the staff in the education program.

In the Sebring center's creative efforts to improve its parent involvement, it held a Parent Volunteer Training three days after the center opened. Fourteen parents, or almost half of the families, received this training that included discipline policy, confidentiality, volunteering, parent leadership, health, and classroom scheduling.

## STATE OFFICE

Welcome back to DeeDee Bermudez who is working as a Payroll Clerk. It is good to see her back with us.

When you call the State Administrative Office in Immokalee, the person answering the phone and directing your calls is Melissa Mancha, the new Receptionist. Melissa was working previously in the payroll department.

Rafaela Aleman is now wearing several hats, splitting her time with payroll, personnel and contracts.

We wish Rafaela and Melissa the best in their new positions and hope that they find them challenging and enjoyable.

## COMING EVENTS

Oct. 4 & 5 - South Region Migrant Head Start Center Teams Preservice, Cedarkirk, Lithia.

Oct. 11 & 12 - North Region Early Openings Migrant Head Start Center Teams Preservice, Cedarkirk, Lithia.

Oct. 18 & 19 - AC/PC Leadership Retreat, Cedarkirk, Lithia.

Oct. 25 - Regular Head Start Parent Policy Council Meeting.

Nov. 1 & 2 - North Region Late Openings Migrant Head Start Center Teams Preservice, Cedarkirk, Lithia.



Photo By Gerard Lambert

From left to right: Helen Davis, Education Coordinator of Indian River Migrant Head Start; Cristina Rincon, Center Coordinator of Zellwood Child Development Center; Olga Rojas, Education Coordinator of Mascotte Migrant Head Start Center; and Ninfa Martinez, Outreach Worker of Wimauma Child Development Center at a recent North Region training at Cedarkirk Camp and Conference Center.

## REMEMBERING SOMEONE SPECIAL...

A former foster grandparent at Immokalee Child Development Center, Pre (ICDC Pre), Madison Edwards, recently passed away.

Madison held many small hands, dried a few tears, helped fill the center with laughter and smiles for all. He was loved and admired by children and staff alike.

We send our sympathy to his wife, Vivian Edwards, also a dedicated former foster grandparent at ICDC Pre.



*Photo By Irene Brammertz*

Cindy Williams, Lead Teacher at Crescent City Child Development Center, takes part recently in a Staff Orientation Training. Cindy has been with RCMA for nine years.

## TIPS FOR BEGINNING A HEALTHIER LIFE

- 1) Get a physical exam. Have a physical if you haven't exercised for a while, are over 40, have health problems or are overweight.
- 2) Get involved in lifetime exercise. This should be aerobic (oxygen producing) exercise for 30-40 minutes three to five times a week. Keep exercise at a comfortable level.
- 3) Schedule exercise.
- 4) Remember #3. If you cancel three planned exercise sessions in a row, chances are you'll quit. You need to believe exercise will improve your health and enjoy it to continue.

### STRESS

Stress is how your body responds to the demands, positive and negative, made on it. Your hormones, like adrenaline, may rise up. Your heartbeat and blood pressure may increase. Your blood sugar rises. Physical responses help you deal with situations. And if your body is under too much stress for too long, you can be prone to physical or emotional illness. Or you may simply "feel bad." But minimizing the negative effects of stress is easy. Just:

- 1) Take time to relax each day.
- 2) Exercise regularly.
- 3) Take action when you can and let things go when you can't.
- 4) Avoid alcohol, caffeine, fat, sugar and tobacco.
- 5) Give time to something or someone you believe in.

Remember: Exercising is not only important for your physical health, but for your emotional health as well.

## WORKING WOMEN SURVEY RESULTS

The Department of Labor Working Women survey in which 82 women participated through RCMA gave the following results.

The things that you liked most about your job.

- #1) What you do.
- #2) Company of coworkers.
- #3) Flexible hours.

The work issues that were a problem to you.

- #1) Not paid your job worth.
- #2) Need better benefits.
- #3) Losing your job.
- #4) Lack of affordable child care.

How you felt about your job overall.

- #1) Love it.
- #2) Like it.

These two answers totaled 96% of respondents.

You ranked the following aspects of your job fair to poor.

- #1) Pay.
- #2) Sick Leave.
- #3) Ability to advance.

You ranked the following aspects of your job good to excellent.

- #1) Challenging and interesting.
- #2) Training.
- #3) Flexible hours.

The top four changes that you thought might provide you with a better workplace.

- #1) Improved pay.
- #2) Health care insurance.
- #3) On-the-job training.
- #4) Equal opportunity.

It is suggested that you take the following steps to address your concerns:

1. Share your thoughts.
2. Register to vote. You have until Oct. 11 to do so.
3. Vote in every election.

If you participated in this survey, it was greatly appreciated. Thank you.

*The survey distribution and compilation of results was done by Leslie Moguil.*

# I AM A TEACHER

I am a Teacher.

I was born the first moment that a question leaped from the mouth of a child. . . .

Throughout the course of a day I have been called upon to be an actor, friend, nurse and doctor, coach, finder of lost articles, psychologist, substitute parent and a keeper of the faith.

Despite all the stories, fine motor activities, gross motor activities, outdoor play, directing and redirecting, I have really had nothing to teach, for the children really have only themselves to learn, and I know it takes the whole world to tell you who you are.

I am a paradox. I speak the loudest when I listen the most. My greatest gifts are in what I am willing to appreciatively receive from the children.

Material wealth is not one of my goals, but I am a full-time treasure seeker in my quest for new opportunities for the children to use their talents and in my constant search for those talents that sometimes lie buried in self-defeat.

I am the most fortunate of all who labor.

A doctor is allowed to usher life into the world in one magic moment. I am allowed to see that life is reborn each day with new questions, ideas and friendships.

An architect knows that if he builds with care, his structure may stand for centuries. A teacher knows that if she builds with love and truth, what she builds will last forever.

I am a warrior, daily doing battle against peer pressure, negativity, fear, conformity, prejudice, ignorance and apathy. But I have great friends: intelligence, curiosity, parental involvement, individuality, creativity, faith, love and laughter.

And who do I have to thank for this wonderful life I am so fortunate to experience, but the parents of these children. For they have done me the great honor to entrust to me their greatest contribution to eternity, their children.

And so I have a past that is rich in memories. I have a present that is challenging, adventurous and fun because I am allowed to spend my days with the future.

I am a teacher . . . and I thank God for it every day.

*Adapted from a speech by John W. Schlatter*



*Photo By Irene Brammertz*

Hazel Pride, a Teacher at Gadsden County Migrant Head Start Center in Quincy with four of the children in her classroom.

## Safety News

Our new Workers' Compensation insurance carrier is RISCORP of Florida. There is a new reporting procedure that we will be using. This new procedure has been mailed to all the centers. We look forward to working with RISCORP

Remember to report all accidents of the children, your fellow employees, or yourself the day of the accident.

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Safety training will be scheduled with each area between October and January. To help with our safety program this year, please let us know of any good videos, posters, pamphlets or other materials regarding safety.

Remember to THINK SAFETY AND ACT SAFELY!

BE ON THE LOOKOUT . . .

**R** Day is coming!!

Editor: Gerard Lambert  
Applause and Happenings Contributor: Leslie Moguil

*Please send suggestions, comments, and Letters to the Editor to the following address:*

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