OFO's mission is to be the leader in developing innovative solutions that promote healthy lives, thriving families and caring communities.

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Did you know?

Most fatal home fires happen between midnight and 8 a.m when most people are asleep.

“Being a Head Start participant, Aunt, and Mom the one thing that I know that has stayed true with the program is their sense of family. I can remember being a child in Head Start having my parents ride the bus with us, or having them around, as we would ride our bike outside in the parking lot of the church. As an Aunt, I was able to volunteer my time and watch my nephew and niece grow in the program. I could participate in activities with them watching them learn so many skills: social, development, creative, and problem solving. As a mom, with kids participating in both Head Start and Early Head Start nothing beats the smile on my daughter’s face seeing our Family Partner walk through the door, or the excitement my son gets knowing he had the same teacher that his mom had when she was little. I enjoy watching my kids grow and be challenged in so many creative ways; having them excel with certain tasks and activities that I had no idea could truly benefit their development. They are learning the same skills that I learned, and that I got to watch my nephew and nieces learn. Head Start is also there for families: they make referrals when needed, provide nutritional education, and offer family engagement activities that help build and strengthen relationships. They have truly always stayed true to the Head Start values.”

Submitted by Susan Szczepanski
Autumn has arrived! The children at the Oneonta Head Start Center are enjoying the change in season. They are exploring the different smells, sights, and sounds! They are building friendships and making memories to last a lifetime!
October was safety month in the Head Start program and Unadilla Head Start was fortunate enough to have a parent who is a fire fighter from the Otego Fire Department. Becky, Jasper and Monica’s mom, came into the center and brought her gear for the children to touch and try on. The children had a counting race with her to see how fast she puts on her gear and then she allowed them to touch and hug her so they could see she was safe and the same person.
The Laurens classroom visited Johnson’s Farm in Unadilla on a beautiful fall day. The children got to practice riding on a school bus.

Can this program support you?

For more information contact
Heather Fay
Head Start and Early Head Start
Family Services Specialist
607.433.8063

Submitted by Nancy Adikes, Teacher/Center Director
Fire Safety

1-Planning Your Escape

A-The Floor Plan

- Draw an outline of your home or apartment. Make a drawing for each floor where people sleep. Dimensions don't need to be exact.
- Now add each bedroom and label it. Show important details: stairs, hallways, roofs that could be used as a fire escape.
- Choose a family meeting place and show it on the plan.

B-Inspection Time!

- Check each bedroom for the best window or door for an emergency escape.
- Test windows—make sure they open easily and are large enough and low enough. Ask yourself: can children open them?
- While you’re at it, check your smoke detector. If you don’t have one, get one.

C-Finish Your Escape Plan

- Use blue or black arrows to show the normal way out, such as the stairs or hall.
- Use different colored arrows to show emergency exits in case fire blocks your normal route.

Tips

- Be sure everyone has a second way out.
- Escape ladders may be necessary.
- Any security devices should open easily. In a fire you might not be able to find a key.
- If necessary, rearrange bedrooms to provide easier escape for children, elderly, or disabled.
- Never use elevators if there’s a fire.

Information is from the NYS Department of Homeland Security and Emergency Services
2-The Family Meeting

1. Always sleep with bedroom doors closed. This will keep heat and smoke out for a short time—the few extra minutes you may need to escape.
2. Find a way for everyone to sound a family fire alarm. Blow a whistle, pound on walls, yell, etc.
3. In a fire, seconds count. Don’t waste time dressing or looking for valuables or pets. As much as they may mean to you, your life is more important.
4. Roll out of bed. Stay low. Just one breath of smoke or hot gases can kill you.
5. Feel the door. If the door or doorknob is hot, don’t open it! Instead, use your second way out.
6. Once outside, go to your family meeting place. Check to see if everyone is safe. Once you’re out, stay out!
7. Call 911 or the appropriate emergency contact from a neighbor’s house, cell phone, or other safe location. Again, once out, STAY OUT!

E.D.I.T.H—Exit Drills In The Home

3-The Drill

1. Begin with everyone in their bed.
2. Sound the alarm. Press the smoke detector test button. Yell FIRE! Or use some other signal.
3. Everyone should roll out of bed, stay low, and feel the door for heat. First time: use the normal exit. Brace your shoulder against the door and open it slowly, ready to shut it quickly if there is heat or smoke. Second time: pretend doors are hot. Everyone must use the second way out.
4. Gather at meeting place and check that everyone is out.
5. Appoint someone to simulate calling the fire department.
6. Get together to talk about the drill. Make changes to the plan if necessary and rehearse them.
7. Hold a family escape drill every few months—at least twice a year. The more you practice, the better you will be able to act quickly and automatically in a fire emergency.
Early Head Start Socialization

On October 8th the Early Head Start children and families enjoyed time to socialize at Johnson’s Farm in Unadilla.

The families got to go on a hay ride, explore in the corn bin, play in the sensory box with corn, and see the cows and calves.

Submitted by Melissa Fetterman, Home Based Supervisor
Fall Activity

Pumpkin Volcanoes

Supplies needed

- Dish Soap
- Baking Soda
- White Vinegar
- Food Coloring (Optional)
- Pumpkin
- Something to cut the pumpkin with
- Tablespoon
- 1/3 Cup measuring cup
- Large spoon for mixing/dumping/experimenting

Directions

1. Carve out the top of the pumpkin large enough to fit your hand in to scoop.
2. Scoop out the insides and seeds of the pumpkin (save seeds to bake a healthy snack with)
3. Add a couple of tablespoons of baking powder to the inside of the pumpkin.
4. Add a few squirts of dish soap to the pumpkin.
5. Add food coloring if so desired, at this point.
6. Pour about 1/3 cup of vinegar into the pumpkin and watch what happens!
7. Rinse out the pumpkin to repeat the experiment again and again!
Cranberry Turkey Meat Loaf

**Ingredients**

Turkey Meat Loaf
* 16 oz. ground turkey
* 2 tsp vegetable oil
* 1 cup onion, minced
* 3 cloves garlic, minced
* 1 cup breadcrumbs
* 1 egg
* 1/4 cup ketchup
* 2 teaspoons Worcestershire sauce
* 1/2 teaspoon black pepper
* 1/4 teaspoon salt

Cranberry Sauce
* 2 cups fresh or frozen cranberries
* 1/2 cup sugar
* 1/4 cup water

**Directions**

**Turkey Meat Loaf**
1. Preheat oven to 350 degrees.
2. Heat a small skillet over medium-high heat, add oil. Mix in onion and garlic and cook for 5 minutes, stirring occasionally.
3. Transfer onion and garlic mixture to large bowl and allow to cool.
4. Add ground turkey, breadcrumbs, egg, ketchup, Worcestershire sauce, salt and pepper to the onion and garlic mixture. Mix well using clean hands.
5. Press into a 8x4 inch loaf pan and bake for about 60 minutes or until it reaches 165°F.

**Cranberry Sauce**
1. Rinse cranberries with cool water.
2. Heat water and sugar over medium heat until boiling, stirring occasionally. Boil for 5 minutes.
Through Dolly Parton Imagination Library, registered children between 0 and 5 years old receive a high quality book in the mail every month. There is no cost to parents. The Dolly Parton Imagination Library handles the database maintenance, book ordering and all mailing costs and promotional materials.

But they can’t do it alone, The United Way of Delaware and Otsego Counties helps by serving as the 501c3 for local Imagination Library programs, raising funds and encouraging other partners to contribute to cover the cost of books and mailing, promoting the program and registering local children. Current funding partners include Stewarts Foundation, the Community Foundation of South Central New York, and the Robinson-Broadhurst Foundation, Inc.

Use the form or go to the website below to sign up your children!

https://imaginationlibrary.com

The time you spend reading with your child opens their mind to faraway places, exciting adventures, and sets them on the pathway to an interest in lifelong learning.
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Child’s Last Name ____________________________________________

Child’s First Name __________________________________________

Child’s Middle Initial ____________________

Child’s Date of Birth _______ _______ ________

Gender __________

Parent Name ____________________________________________

Parent Name ____________________________________________

Phone Number ______________ Email _________________________

Address _________________________________________

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City________________________ State __________ ZIP ___________

Please Mail to United Way DO at PO Box 631 Oneonta, NY 13820

Or Email to klorraine@unitedwaydo.org

-United Way of Delaware and Otsego Counties