



River to Coast Children's Services

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

DONORS 10th Annual Enchanted Wine Country Evening at the Agricultural Public House at Dawn Ranch October 18, 2015

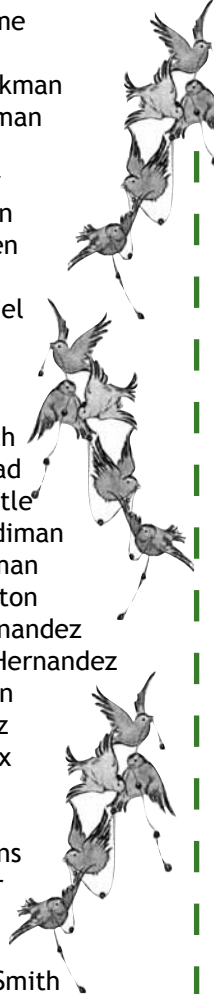
- Balletto Vineyards
- Beachcomber Fort Bragg
- Beach House Inn
- Beau Wine Tours and Limosine Service
- Bottle Barn
- Anna Marie Carlson
- Michel Clark & Dawn Ranch Staff
- Cold Stone Creamery
- Community First Bank
- Costeaux French Bakery
- Culinary Institute of America de Young Museum, San Francisco
- Field Stone Winery
- Feingold Winery
- Gloria Ferrer Caves
- Graton Ridge Cellars
- Gundlach Bundschu Winery
- Peter Halstead
- Parke and Sarah Harfer
- Inn at the Tides
- Korbel Champagne Cellars
- Lambert Bridge Winery
- Landmark Vineyards
- Ledson Winery
- Little River Inn and Restaurant
- Madrona Manor
- Mendo Bistro
- Michele McDonell
- Mindfull Meats
- Megan Perkins
- Ravenswood Winery
- Redwood Credit Union
- Redwood Hill Farm
- Rialto Cinamas
- Robinson Rancheria
- Rochoili Winery
- Sandpiper Bodega Bay
- San Francisco Giants



- Seghesio Family Winery
- Six Flags Marine World
- Skunk Train Fort Bragg
- Snoopy's Redwood Ice Arena
- St Francis Winery
- VJB Vineyard and Cellars
- Wells Fargo Center for the Arts

EWCE 2015 AUCTION ITEM BIDDERS

- Michele Baime
- Steve Baime
- Anthony Berkman
- Cynthia Berman
- Pete Bront
- Lori Bruhner
- Barbara Coen
- Brendan Coen
- Joyce Cote
- Agnese Daniel
- Dave Davis
- Esa Day
- Lois Feeny
- Patty Gerlach
- Mary Halstead
- Bob Hardcastle
- Charles Hardiman
- Carol Hardiman
- Rick Harrington
- Herman Hernandez
- Herman G. Hernandez
- Mary Johnsen
- Ana Martinez
- J. Mullineaux
- Alex Parr
- Jennell Parr
- Megan Perkins
- Donna Roper
- Ken Sansone
- Nancy Saxe
- Ed & Kathy Smith
- Brian Strong
- Kevin Tripp



THANK YOU ALL!

DECEMBER/DICIEMBRE

* 2015 *

JANUARY/ENERO

* 2016 *



RCCS Staff and members of the Board of Directors wish you all a Happy New Year, Welcome 2016!

QUALITY RATING IMPROVEMENT SYSTEM (QRIS):

We have several FCCH and Stars Preschool participating in Sonoma County's QRIS. RCCS is working with them one on one. We are very excited to see these providers and centers step up to the plate and are the first ones to participate. They will have a wealth of information when QRIS opens to everyone.

SAVE THE DATE:

Mark your calendars now: Our provider appreciation will be held on Friday April, 29, 2016. Provider Tours will be hosted in Windsor next May 2016. Date is to be determined. The Summer Fun Festival is on Friday June 10, 2016.

QUALITY RATING IMPROVEMENT SYSTEM (QRIS):

Tenemos varios proveedores de FCCH y los prescolares de Stars participando en el programa de QRIS del condado de Sonoma. RCCS está trabajando con cada uno de ellos. Estamos muy emocionados de ver a estos proveedores que han tomado la iniciativa de participar en este programa. Estos participantes estarán bien informados cuando QRIS este disponible para todos.

RESERVE EL DÍA:

Marque sus calendarios: Nuestro día de apreciación al proveedor se llevara a cabo el viernes 29 de abril del 2016. El recorrido de proveedores se llevara a cabo en mayo del 2016 en el área de Windsor, tendremos la fecha próximamente. El Festival de Verano será el viernes 10 de junio del 2016.

Nuestra misión es cultivar el desarrollo saludable de los niños y familias en nuestra comunidad. Ofrecemos recursos, referencias, apoyo y oportunidades a los proveedores de cuidado de niños, familias y comunidades en el Oeste de Condado de Sonoma

"Our mission is to nurture the healthy development of children and families in our community. We offer resources, referrals, support and opportunities to child care providers, families and communities in western Sonoma County".

TIPS FOR PARENTS ON MANAGING HOLIDAY STRESS

The holidays can be a stressful time for parents, especially if you're wondering where to get the money to buy holiday gifts. In fact, a recent poll by the American Psychological Association shows that 61% of Americans cite lack of money as a top cause of holiday stress followed by the pressures of gift giving, lack of time, and credit card debt. What's more, one in five Americans are worried that holiday stress could affect their physical health and 36% say they either eat or drink alcohol to cope with holiday stress. Forty-five percent say they rely on exercise to relieve stress while 44% turn to religious and spiritual activities.

People tend to reduce stress in ways they have learned over the course of time because they turn to what they know. You may take comfort from eating or drinking because it's familiar, even though it's not good for your health. But, there are other behaviors you can learn to further relieve stress and its effects that may be both better for you and longer lasting.

Here are some tips to help parents deal with holiday stress and build resilience:

- Set expectations. Talk to your kids about expectations for gifts and holiday activities. Be open with them if money is an issue. Depending on a child's age, parents can use this as an opportunity to teach their kids about the value of money and responsible spending. And be realistic. Take small concrete steps to deal with holiday tasks instead of overwhelming yourself with goals that are too far reaching for a busy time.
- Keep things in perspective. Try to consider stressful situations in a broader context and keep a long-term perspective. Avoid blowing events out of proportion. And teach your kids how to keep things in perspective, including what type of and the number of gifts they receive.
- Make connections. Good relationships with family and friends are important. So, view the holidays as a time to reconnect with people. Additionally,

accepting help and support from those who care about you can help alleviate stress. Even volunteering at a local charity with your kids is a good way to connect with others, assist someone in need and teach your kids about the value of helping others.

- Take care of yourself. Pay attention to your own needs and feelings during the holiday season. Engage in activities that you and your family enjoy and find relaxing. Taking care of yourself helps keep your mind and body healthy and primed to deal with stressful situations. Consider cutting back television viewing for kids and instead, get the family out together. It promotes activity and takes kids away from sedentary time and possible influence from advertisements.

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<http://www.apa.org/helpcenter/parents-holiday.aspx>

PARA PADRES: RECOMENDACIONES PARA MANEJAR EL ESTRÉS DE LA TEMPORADA FESTIVA

La temporada de celebraciones puede ser un tiempo de mucha presión para los padres, especialmente si tienen que pensar en como obtener el dinero para comprar regalos. De hecho, una encuesta reciente de la Asociación Americana de Psicología encontró que el 61% de las personas en los Estados Unidos dicen que la falta de dinero es la causa principal del estrés durante la temporada de celebraciones, seguido de las presiones para conseguir los regalos, la falta de tiempo y las deudas de tarjetas de crédito. Más aún, uno de cada cinco estadounidenses están preocupados de que el estrés pueda afectar su salud física y el 36% dice que comen o ingieren alcohol para enfrentar el estrés de la temporada de celebraciones. Un 45% dice que recurren al ejercicio para aliviar el estrés, mientras que el 44% lo hace a través de actividades religiosas y espirituales.

Las personas tienden a reducir el estrés de la manera como lo han aprendido a través del tiempo, pues buscan hacer lo que ya conocen. Pueden encontrar comodidad en comer o ingerir alcohol porque les es familiar, aunque no sea bueno para su salud. Sin embargo, hay otras conductas que usted puede aprender para aliviar el estrés, con mejores y más duraderos resultados.

Aquí encontrará algunas recomendaciones para ayudar a los padres a sobrellevar el estrés producto de la temporada de celebraciones, y a desarrollar resiliencia:

- Establezca expectativas. Hable con sus hijos sobre las expectativas de regalos y actividades para las celebraciones. Si el dinero es una preocupación sea abierto con ellos. De acuerdo con la edad del niño, los padres pueden utilizar esta oportunidad para enseñarles sobre el valor del dinero y como gastarlo responsablemente. Sea realista. Dé pasos pequeños para trabajar en las tareas de las celebraciones en lugar de sobrecargarse con metas difíciles de alcanzar en una temporada tan ocupada.
- Mantenga las cosas en perspectiva. Trate de ver las situaciones estresantes en un contexto mayor y mantenga la perspectiva de largo plazo. Evite sacar los eventos de proporción. Enseñe a sus hijos como mantener las situaciones en perspectiva, inclusive sobre el tipo y número de regalos que recibirán.
- Haga contactos. Las buenas relaciones con la familia y las amistades son importantes. Vea las celebraciones como un tiempo para conectarse con las personas. Aceptar la ayuda y el apoyo de aquellas personas que se preocupan por usted puede aliviar su estrés. Ser voluntario junto a sus hijos en una organización caritativa es una buena manera de conectarse con otras personas. Ayude a alguien en necesidad y enseñe a sus hijos a valorar y ayudar a otras personas.
- Cuide de sí mismo. Preste atención a sus necesidades y sentimientos durante las celebraciones. Participe en actividades que usted y su familia disfrutan y les relajan. Cuidar de si mismo mantiene su mente y su cuerpo saludable, y listo para sobrellevar situaciones estresantes. Considere reducir el

tiempo en que sus niños ven televisión y en su lugar invítelos a salir juntos en familia. Esto promueve otras actividades, y puede alejar a los niños del sedentarismo y la posible influencia de la publicidad.

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<http://www.apa.org/centrodeapoyo/festiva.aspx>



YOUR BABY HAS YOU. YOU HAVE TEXT4BABY: [HTTPS://TEXT4BABY.ORG/](https://text4baby.org/)

Get support throughout your pregnancy and your baby's first year with FREE text messages on topics like prenatal care, baby health, parenting & more! mom baby

Welcome to Text4baby! Use the form below to sign up to receive timely health and safety tips by text message. When you sign up, you can expect 3 free text messages per week throughout your pregnancy and until your baby is one year old. Click here for examples of Text4baby messages.

These messages are provided as a service to you and are 100% free. The information you provide to us will only be used to send you Text4baby messages; your information will not be shared or sold.

There are a lot of things to remember when you're pregnant or a new mom. Text4baby makes it easy to get important information, and it's free. Women who text BABY (or BEBE for Spanish) to 511411 receive free text messages three times per week, timed to their due date or their baby's birth date, through pregnancy and up until the baby's first birthday. Text4baby sends personalized messages directly to you, and the texts have information you can trust because they are developed by experts from all over the country. There is also an app that provides additional information about baby's development, pregnancy, childcare tips, and more.

Text4baby topics include:

- Nutrition for you and your baby
- Safe sleep tips
- Baby's milestones
- Signs and symptoms of labor
- Doctor visit and appointment reminders for you and your baby
- Breastfeeding advice
- Car seat safety
- Information on health insurance
- Urgent health alerts
- Resource hotlines and websites

Text4baby is a free service provided in partnership by the nonprofit organization, ZERO TO THREE, and Voxiva, Inc. The text messages are sent for free thanks to the Wireless Foundation and participating mobile phone companies: Alltel, Assurance Wireless, AT&T, Bluegrass Cellular, Boost Mobile, Cellcom, Cincinnati Bell, Cricket, MetroPCS, n-Telos, Sprint, T-Mobile, U.S. Cellular, Verizon Wireless, and Virgin Mobile USA.

Consejos para mamás y futuras mamás: <https://text4baby.org/>

¡Recibe soporte durante tu embarazo y el primer año de tu bebé con mensajes de texto GRATIS sobre temas como cuidado prenatal, salud del bebé, crianza de los hijos y más!

¡Bienvenida a Text4baby! Inscríbete para recibir consejos de salud y seguridad para ti y tu bebé a través de mensajes de texto. Al inscribirte recibirás 3 mensajes de texto por semana durante tu embarazo y hasta que tu bebé cumpla su primer año. Haz click aquí para ver algunos de estos mensajes. Estos mensajes son 100% gratuitos y están disponibles como un servicio para ti. La información que tú nos otorgues solo será utilizada para enviarte los mensajes de Text4baby, tu información no será compartida ni vendida.



Ongoing Children's Activities from RCCS

Kindergym:

- ☑ River to Coast Children's Services brings Kindergym to Forestville on Wednesday 9:30 AM to 12:30 PM. Held at the Forestville United Methodist Church, 6550 Covey Road in downtown Forestville, features activities for children 0 to 6 years (accompanied by their care givers)
- ☑ River to Coast Children's Services offers Kindergym Monday and Tuesday mornings 9:45 AM to 12:20 PM in Guerneville at the Guerneville Vets' Hall, located on the corner of 1st and Church Streets in downtown Guerneville. Features activities for children 0 to 6 years (accompanied by their care givers).

Kindergyms are FREE, but donations are accepted, Call 707.869.3613 for current schedule, or check the current RCCS newsletter online at www.rccservices.org

CALENDAR DECEMBER 2015 DICIEMBRE CALENDARIO

- ◆ 12/1: Kindergym in Guerneville
- ◆ 12/2: Kindergym in Forestville
- ◆ 12/2: Board of Directors meeting ◆ Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 12/5: Attendance sheets due in RCCS by 5 PM / Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 12/7 & 8: Kindergym in Guerneville
- ◆ 12/8: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Olga al 707-869-3613 x 117
- ◆ 12/9: Kindergym in Forestville
- ◆ 12/14 & 15: Kindergym in Guerneville
- ◆ 12/16: Kindergym in Forestville
- ◆ 12/18: Provider payday ◆ Día de pago de los proveedores
- ◆ 12/21 & 22: Kindergym in Guerneville
- ◆ 12/23: Kindergym in Forestville
- ◆ 12/24/ 15 - 1/1/16: OFFICE CLOSED, OFFICE OPENS JANUARY 4, 2015
- ◆ 12/24/15 - 1/1/16: OFICINA CERRADA, LA OFICINA ABRE 04 DE ENERO 2016



CALENDAR JANUARY 2016 ENERO CALENDARIO

- ◆ 1/4 & 5: Kindergym in Guerneville
- ◆ 1/5: Attendance sheets due in RCCS by 5 PM / Hoy es el día límite de las Hojas de Asistencia a las 5 PM
- ◆ 1/6: Kindergym in Forestville
- ◆ 1/11 & 12: Kindergym in Guerneville
- ◆ 1/12: Padres Abriendo Caminos (PAC) se reúne a las 6:00 PM en RCCS. Por favor llamar a Olga 707-869-3613 x 117
- ◆ 1/13: Kindergym in Forestville
- ◆ 1/15: Provider payday ◆ Día de pago de los proveedores
- ◆ 1/18: OFFICE CLOSED, OFICINA CERRADA: MARTIN LUTHER KING DAY
- ◆ 1/19: KINDERGYM IN GUERNEVILLE
- ◆ 1/20: Kindergym in Forestville
- ◆ 1/20: Board of Directors meeting ◆ Mesa Directiva de RCCS se reúne, 6:00 PM at RCCS
- ◆ 1/25 & 26: Kindergym in Guerneville
- ◆ 1/27: Kindergym in Forestville

BASIC DISASTER SUPPLIES KIT

The following items are recommended for inclusion in your basic disaster supplies kit:

- Three-day supply of non-perishable food.
- Three-day supply of water - one gallon of water per person, per day.
- Portable, battery-powered radio or television and extra batteries.
- Flashlight and extra batteries.
- First aid kit and manual.
- Sanitation and hygiene items (moist towelettes and toilet paper).
- Matches and waterproof container.
- Whistle.
- Extra clothing.
- Kitchen accessories and cooking utensils, including a can opener.
- Photocopies of credit and identification cards.
- Cash and coins.
- Special needs items, such as prescription medications, eye glasses, contact lens solutions, and hearing aid batteries.
- Items for infants, such as formula, diapers, bottles, and pacifiers.
- Other items to meet your unique family needs.

If you live in a cold climate, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies.

- Be sure to include one complete change of clothing and shoes per person, including: Jacket or coat, long pants, long sleeve shirt, sturdy shoes., hat, mittens, and scarf.
- Sleeping bag or warm blanket (per person).
- Be sure to account for growing children and other family changes.

You may want to add some of the items listed to your basic disaster supplies kit depending on the specific needs of your family.

MAINTAINING YOUR DISASTER SUPPLIES KIT

Just as important as putting your supplies together until needed. Here are some tips to keep your supplies ready and in good condition:

- Keep canned foods in a dry place where the temperature is cool.
- Store boxed food in tightly closed plastic or metal containers to protect from pests and to extend its shelf life.
- Throw out any canned good that becomes swollen, dented, or corroded.
- Use foods before they go bad, and replace them with fresh supplies.
- Place new items at the back of the storage area and older ones in the front.
- Change stored food and water supplies every six months.
- Be sure to write the date you store it on all containers.

Re-think your needs every year and update your kit as your family needs change. Keep items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers, such as an unused trashcan, camping backpack, or duffel bag.

BOTIQUÍN BÁSICO PARA DESASTRES

Se recomienda que los siguientes suministros sean incluidos en su botiquín básico para desastres:

- Suficiente suministros de comida no perecederos para tres días.
- Suficiente agua para tres días - un galón de agua por persona, por día.
- Un radio o televisión portátil de baterías, con baterías extra.
- Linterna con baterías extras.
- Botiquín de primeros auxilios con un manual de instrucciones.



- Artículos de sanidad y de higiene (toallitas humadas y papel higiénico).
- Fósforos y un envase a prueba de agua.
- Silbato.
- Ropa adicional.
- Accesorios de cocina y utensilios para cocinar, incluyendo un abridor de latas.
- Fotocopias de tarjetas de crédito e identificación.
- Dinero, ambos billetes y monedas.
- Artículos especiales, tales como medicina por receta, espejuelos, solución para lentes de contactos, y baterías para audífonos.
- Artículos para bebés, tales como fórmula, pañales, biberones y chupones.
- Otros artículos que sean necesarios para su familia.



Si usted vive en un clima frío, usted debe de pensar sobre la calidez. Existe la posibilidad de que haya frío. Piense en su ropa y la ropa de cama. Incluya ropa y zapatos adicionales por persona, incluyendo:

- Abrigo o chaqueta.
- Pantalones largos.
- Camisa de mangas largas.
- Zapatos fuertes.
- Sombrero, guantes y bufanda.
- Bolsa de dormir o colchas (para cada persona).

Esté conciente de que los niños crecen y la familia cambia. Consulte el Apéndice B para una lista detallada de provisiones para un desastre.

Puede ser que usted quiera añadir algunos de esos artículos dependiendo de las necesidades de su familia.

Manteniendo su Botiquín para Desastres

Es tan importante mantenerlo al día como el prepararlo. Aquí hay algunos consejos para mantener las provisiones listas y en buenas condiciones.

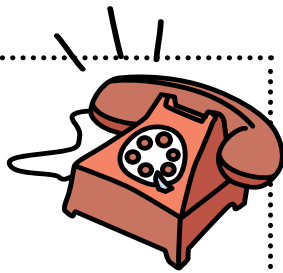
- Mantenga las latas en un sitio seco donde la temperatura esté fresca.
- Almacene las cajas de comida en un recipiente plástico o de metal para protegerlas contra insectos y extender la fecha de vigencia.
- Deseche cualquiera lata que no esté en buena condición.
- Utilice la comida antes que se dañe, y reemplácela con suministros frescos.
- Coloque los suministros más frescos en la parte de atrás y los más viejos al frente en almacén.
- Reemplace los suministros de comida y agua cada seis meses. Escriba la fecha en los artículos de comida cuando los almacene.
- Piense sobre sus necesidades cada año y ponga al día su botiquín dependiendo de las necesidades actuales de su familia.
- Mantenga todos los artículos en bolsas plásticas y meta todos los suministros en recipientes que sean fáciles de cargar, como botes de basura o bolsas de acampar.



River to Coast Children's Services

Staff and their phone number extensions.

(707) 869-3613



- Soledad Cardona (Executive Director) 111
- Agnese Daniel (Fiscal Director) 106
- Paige Allen (Fiscal Specialist) 110
- Faviola Ledezma (Lead Case Manager) 114
- Ana Martinez (Family Case Manager) 109
- Julie Feingold (Child Development Program Director) 105
- Kari Wilson (Child Development Resource Specialist) 112
- Lupita Dominguez (Child Development Resource Specialist) 118
- Olga King (CDRS: Kindergym) 117
- Elaina Boyce (Community Resources & Referral Coordinator, Newsletter Editor) 104
- Anahi Flores (R&R Counselor, Office Manager) 101
- Sabrina Dannels, Psy.D., Registered Psychologist RPS2012411 (Call 869-3613 for appointment information)

ALGUNOS PUNTOS DE NUESTRA POLIZA DE REFERENCIAS

La poliza de referencias de RIVER TO COAST CHILDREN'S SERVICES respeta la preferencia de los padres. La responsabilidad de escoger el cuidado de niños es de los padres. Asistimos a los padres a encontrar la variedad más amplia de cuidado de niños que se ofrece y ofrecemos información para evaluar el cuidado de niños. Una recomendación de RCCS no significa una garantía de calidad. Les pedimos a los padres que hagan una entrevista cuidadosa y que examinen las recomendaciones antes de que dejen un niño al cuidado de otra persona.

Padres que están buscando información acerca de quejas previas de una casa o centro con licencia para cuidar niños, pueden llamar a Community Care Licensing tel. 588-5026.

Para registrar una queja llamen al mismo número al River to Coast Children's Services. 707.869-3613.

OUR REFERRAL POLICY

River to coast children's services' referral policy is based on respecting parental choice. Responsibility for selecting child care rests with each parent. RCCS assists parents in finding the widest range of available child care and offers information to help families evaluate available child care options. A RIVER TO COAST CHILDREN'S SERVICES referral is not a recommendation or a guarantee of quality care. Parents should carefully interview and check references of potential child care providers before leaving a child in their care.

For Information on all licensed family child care homes and centers call Community Care Licensing at 707.588.5026

River to Coast Children's Services. 707.869-3613. info@rccservices.org / www.rccservices.org

Programs Service Areas

Our **Resource and Referral Program Service Delivery Area**: RCCS' R & R service area includes the West Sonoma County Union High School, Monte Rio, Guerneville, Harmony, Fort Ross, Oak Grove, Montgomery, Sonoma County portion of Shoreline Unified School and the Kashia Reservation School Districts .

For AP funding: For families in the Alternative Payment Programs, either the care must be used in, OR the family must live in, the service area described above.

For CFCC Funding: For families in the Family Child Care (CFCC) programs, child care must be provided by our contracted providers in the RCCS Family Child Care Network. **Your case manager will share network providers with you.**



**River to
Coast
Children's
Services**

Resources, Referrals, and Support / Recursos, Referencias, y Apoyo

707.869.3613

info@rccservices.org/www.rccservices.org



Serving west Sonoma County with:

- Help paying for child care for eligible families
- Referrals for child care & community resources
- Support and resources for child care providers
- Kindergym program
- Low cost car safety seats
- Emergency resources program

Sirviendo el oeste del Condado de Sonoma con:

- Referencias para el Cuidado de Niños
- Recursos para los Niños y sus Familias
- Apoyo para los Proveedores del Cuidado de Niños
- Ayuda Monetaria para el Cuidado de Niños
- Programa de Materiales de Emergencia
- Gimnasio para Niños
- Programa de Asientos de Seguridad

EarnIt!
KeepIt!
\$aveIt!

LOOKING FOR VOLUNTEERS! Earn It! Keep It! Save It! provides free, quality tax return preparation to low-to-moderate income community members. We train volunteers to help individuals and families claim their maximum refund because it is our mission to provide free tax preparation service as a tool to help local residents become financially stable.

If you would like more details about volunteer requirements, experience needed, training questions and more click [here](#) and then come back to this site to sign up! We are actively recruiting volunteers to become:

1. Tax Preparers: learn to prepare taxes at basic or advanced levels
2. Greeters: welcome clients and guide them through the intake process prior to their tax appointment

3. Interpreters: interpret for our Spanish-speaking clients at a tax site

4. Resource Coaches: provide information to clients about possible eligibility for other available resources

4. Outreach Volunteers: help us spread the word about EKS!

Earn It! Keep It! Save It! (EKS) is a coalition of Bay Area organizations that provides free tax preparation to households earning less than \$53,000 a year. We know the benefits of free tax preparation and tax refunds on taxpayers and their households. These benefits include: Free tax help - paying to have your taxes prepared can cost \$200 to \$300. Households in the Bay Area earning less than \$53,000 cannot afford to pay!

Awareness of the Earned Income Tax Credit (EITC) - many taxpayers do not know about the EITC and that it is a refundable tax credit that can be up to \$6,143 for a family with three qualifying children.

Refund Anticipation Loans - when residents get an "instant refund" from a commercial preparer, they are taking a loan out on their own money usually paying 300% interest. With direct deposit an EKS site can e-file your tax return and have your refund deposited into your bank account in 7 to 10 days.

Before you head on over to an Earn It! Keep It! Save It! tax site be prepared!

EarnIt!
KeepIt!
\$aveIt!

FOR FREE TAX PREP HELP, YOU WILL NEED TO BRING THE FOLLOWING DOCUMENTS TO YOUR TAX PREP APPOINTMENT:

- Photo ID for each person on your tax return
- Social Security card or ITIN for each person on your tax return
- W-2s from all jobs held in 2014
- All 1099s, 1098s and any other tax forms
- Savings and checking account and routing numbers for direct deposit
- Last year's tax return
- Child care provider information
- Landlord's name, address and phone number for CA renter's credit
- Your household's health coverage information (1095-A if

bought through Covered CA)

TRAIGA SU:






- Para cada persona en su declaración de impuestos, necesitará: identificación y tarjeta de seguro social o número ITIN
- Formularios W-2s para cada trabajo que tuvo en 2014
- 1099s, 1098s y otros comprobantes de ingreso
- Cuenta bancaria de ahorros y cheques para depósito directo
- Su declaración de impuestos del año pasado
- Información del proveedor de cuidado de sus hijos
- Nombre, dirección y número de teléfono de su arrendador
- Información de cobertura médica para su hogar (1095-A si lo compró de Covered CA)

River to Coast Children's Services Growing Readers Calendar
 Calendario de Growing Readers de River to Coast Children's Services

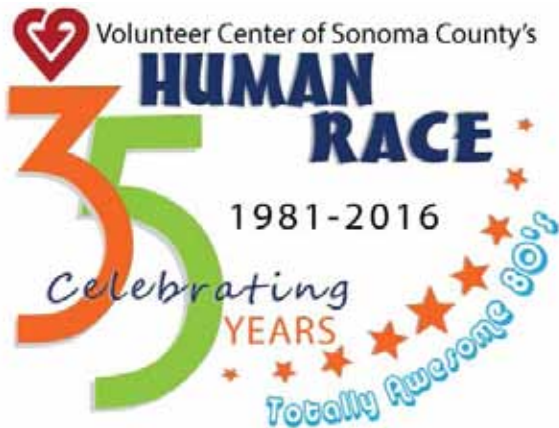
January / Enero

Some suggested, simple activities to do with children each day

Actividades simples sugeridas para hacer con los niños cada día.

					<p>Go "camping" in the living room Pretendan ir de acampamento en la sala de su casa</p>	<p>Go sock skating on the kitchen floor Vayan a patinar con calcetines en el piso de su cocina.</p>
<p>Make paper airplanes Hagan avioncitos de papel</p>	<p>Attend Kindergym Vayan a Kindergym</p>	<p>Cut snowflakes out of paper Recorten copos de nieve de papel blanco</p>	<p>Attend Kindergym Vayan a Kindergym</p>	<p>Make milk carton birdhouses Hagan nidos para pajaritos con un cartón de leche vacio</p>	<p>Play Tug-O-War Jueguen a tirar de una cuerda</p>	<p>Create a science experiment Hagan un experimento científico</p>
<p>Share a photo album Veán juntos un álbum de fotografías</p>	<p>Talk about Martin Luther King Jr. Hablen sobre Martin Luther King Jr.</p>	<p>Play in a cardboard box Jueguen en una caja de cartón</p>	<p>Let a baby play with a ball of yarn (supervised at all times) Deje a su bebé jugar con una bola de estambre (superviselo todo el tiempo)</p>	<p>Make a drum out of a coffee can Hagan un tambor con una lata de café vacía</p>	<p>Make a snack together Hagan un bocadillo juntos</p>	<p>Count cheerios Cuenten cheerios</p>
<p>Play pat-a-cake with a baby Jueguen a las tortillitas para papá-tortillitas para mamá con su bebé</p>	<p>Take a walk and look for pinecones Vayan en una caminata y busquen bellotas</p>	<p>Make sock puppets Hagan una marioneta con un calcetín</p>	<p>Paint with sponges Pinten con esponjas</p>	<p>Make soup together Hagan la sopa juntos</p>	<p>Play in the mud Jueguen en el lodo</p>	<p>Talk to a baby Platiquen con su bebé</p>
<p>Play a board game Jueguen un juego de mesa</p>	<p>Throw balls back and forth Tiren pelotas de uno a otro</p>	<p>Make a hat out of newspaper Hagan un gorro con papel periódico</p>	<p>Take a walk in the rain Vayan en una caminata en la lluvia</p>	<p>Make a list of things to do together this year Hagan una lista de las cosas que harán juntos durante este año</p>	<p>Make and throw snowballs out of newspaper Jueguen a tirarse bolas de nieve con bolas hechas de papel periódico</p>	<p>Make a play dough snowman Hagan un muñeco de nieve con plastilina blanca, o con masa</p>

Look for more kindergym sessions in Forestville starting January 2016!



Save the Date and Join us for the Human Race: May 7, 2016

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CONTACT YOUR REPRESENTATIVE:

Elected officials pay close attention to the mail, faxes and email they receive. We urge you to write or email your representatives in Congress and the State Capitol to make your voice heard regarding the availability and affordability of child care and their impact on working parents.

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Children's
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**THANK YOU! TO OUR
2015 RCCS
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- Kevin Tripp, Chair
- Nancy Saxe, Vice Chair
- Bobbi Noel, Secretary
- Patty Gerlach, Treasurer
- Brendan Coen
- Daniela Hernandez
- Vicki Halstead
- Jennell Parr
- Brian Strong

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Children's Services as your charitable
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<https://smile.amazon.com>

A CALL FOR NOMINATIONS

River to Coast Children's Services is Looking for YOU! (to serve on its Board of Directors)

Board service is a wonderful way to help support the work that RCCS does for the children and families of west Sonoma County. It is also an excellent opportunity to make new connections with other community-oriented individuals who want to be a positive force for children. We extend an invitation to parents and community members to volunteer energy, experience and expertise by becoming a member of the RCCS Board of Directors.

Interested individuals please contact Soledad Cardona at 707.869.3613 ext 111 or e-mail to: scardona@rccservices.org