



Central California Child Development Services, Inc

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Summer Wellness Newsletter

Purpose of the Newsletter

Our newsletter features a variety of helpful tips and tricks to incorporate in your daily life. Learn to make new healthy habits and changes for your life.

1. Harvest of the Month
2. Healthy Recipes – Zucchini Boats and Eggplant Torta Milanese
3. Help your kid stay healthy – Rethink your Drink
4. Toddlers Making Friends: What To Expect
5. Preschoolers Making Friends: What To Expect
6. Family Activities within the County
7. Social and Emotional Skill Building
8. Creating a Budget
9. Free or Inexpensive Summer Activities
10. Family and Community Services



Harvest of the Month: Eggplant

Choose eggplants that are heavy for their size and without cracks or discolorations. Like most vegetables, eggplant is naturally low in calories and has no fat. It is a fair source of potassium, iron, and protein. Eggplant is a very good source of fiber.

Why are good for you?

Low calorie, Fat free, Saturated fat free, Cholesterol free, Sodium free, Good source of copper

List of Benefits:

- Vitamin C keeps our immune system strong and helps our bodies heal quickly.
- Vitamins C and K help our bodies heal quickly.
- Fiber helps with healthy digestion and keeps us feeling full. Eating enough fiber has been shown to keep our hearts healthy too.
- Folate, or folic acid, helps our tissues grow and our cells work. Especially important for pregnant women.
- Potassium, a type of electrolyte, helps build muscle and keeps your heart healthy.
- Manganese helps to keep our bones and nervous system healthy.

How much is a serving: 1 cup eggplant, cubed (82g) | Total Calories 20 | Fat 0g | Carbs 5g | Sugars 3g | Protein 1g | Sodium 2mg | Iron 1mg

Summer



CORN



TOMATOES



GRAPES



CUCUMBERS



MELONS



STONE FRUIT

June, July, August

Zucchini Boats

Ingredients

- 4 medium zucchinis
- Olive oil, for rubbing
- $\frac{3}{4}$ teaspoon salt, divided
- Fresh ground black pepper
- 1 teaspoon dried oregano, divided
- 14 to 16 ounces plant-based sausage, crumbles, or standard Italian sausage
- 2 garlic cloves
- 15-ounces fire roasted crushed tomatoes**
- 6 tablespoons grated or shredded Parmesan cheese, divided
- $\frac{1}{2}$ cup whole milk mozzarella cheese
- 2 tablespoons Italian seasoned panko
- 1 tablespoon fresh basil or parsley, chopped



Nutrition Facts			Prep Time: 25 min
Servings: 4	Calories Per Serv: 290	Cook Time: 20 min	
Fat: 8g	Carbs: 26g	Prot: 31g	Yield: 4 servings (2 each)

Instructions

1. Preheat the oven to 425°F.
2. Cut off the stem ends of the zucchini. Cut them each in half lengthwise and scoop out the insides with a spoon: you'll want a thin edge around the outside of the boat. (Discard the pulp, or use it in smoothies or for another purpose.) Place the boats on a baking sheet and rub each with a bit of olive oil. Then sprinkle all 8 boats with a heaping $\frac{1}{4}$ teaspoon salt, $\frac{1}{2}$ teaspoon oregano and fresh ground black pepper, divided between the boats.
3. Place the sausage in a medium skillet and cook according to the package instructions, 2 to 3 minutes for plant-based and 6 to 7 for regular sausage (for regular sausage, drain any excess fat after cooking). Add the garlic to the pan with the sausage and cook 30 seconds, then add the tomatoes, $\frac{1}{2}$ teaspoon dried oregano, $\frac{1}{2}$ teaspoon kosher salt, and $\frac{1}{4}$ cup Parmesan cheese. Heat for 1 minute until warmed through.
4. Scoop the filling into the zucchini boats. Top with the mozzarella cheese and the remaining 2 tablespoons Parmesan cheese. Then sprinkle with the panko.
5. Bake for 20 minutes until the cheese is melted and golden brown. Let stand for 2 minutes before serving. Leftovers store up to 3 days refrigerated.

Eggplant Torta Milanese

Ingredients

- 1 small red onion, thinly sliced
- Juice of 1 lime
- Kosher salt
- 1 7-oz. can chipotle chiles in adobo
- $\frac{1}{2}$ cup mayonnaise
- 1 medium globe eggplant (about 12 oz.)
- $\frac{1}{2}$ cup all-purpose flour
- 2 large eggs
- 2 cups panko
- Vegetable oil (for frying)
- 4 bolillo or ciabatta rolls, split
- 8 oz. quesillo (Oaxaca cheese) or fresh mozzarella, sliced
- 2 avocados, thinly sliced
- $\frac{1}{3}$ cup sliced pickled jalapeños
- $\frac{1}{3}$ cup chopped cilantro



Preparation

1. Mix 1 small red onion, thinly sliced, juice of 1 lime, and a big pinch of kosher salt in a small bowl. Let sit while you prepare remaining components for tortas, at least 15 minutes.
2. Coarsely chop 2 chiles from one 7-oz. can of chiles in adobo. Mix chopped chiles, $\frac{1}{2}$ cup mayonnaise, and 2 Tbsp. adobo sauce from can in another small bowl. Set chipotle mayo aside.
3. Slice 1 medium globe eggplant (about 12 oz.) into $\frac{1}{3}$ "-thick rounds. Place $\frac{1}{2}$ cup all-purpose flour in a shallow bowl. Lightly beat 2 large eggs in another shallow bowl to blend. Place 2 cups panko in a third shallow bowl; season each with salt. Working one at a time, dredge eggplant slices in flour, shaking off excess, then dip in egg, letting excess drip back into bowl. Dredge in seasoned panko, pressing to adhere. Transfer to a baking sheet.
4. Pour vegetable oil into a large skillet to come $\frac{1}{4}$ " up sides and heat over medium-high. Working in batches, cook eggplant until golden brown and crisp, about 2 minutes per side. Transfer to a wire rack and immediately season with salt.
5. Spread reserved chipotle mayo over cut sides of 4 bolillo or ciabatta rolls, split. Build tortas with eggplant, 8 oz. quesillo (Oaxaca cheese) or fresh mozzarella, sliced, drained pickled red onion, 2 avocados, thinly sliced, $\frac{1}{3}$ cup sliced pickled jalapeños, and $\frac{1}{3}$ cup chopped cilantro.

Help your kids stay healthy!

Is your Drink Sweetened?

“Sugar” by Any Other Names:

If these appear in the ingredients list of your favorite beverage, you are drinking a sugar-sweetened beverage.

1. High-fructose corn syrup
2. Fructose
3. Fruit juice concentrates
4. Honey
5. Sugar
6. Syrup
7. Corn syrup
8. Sucrose

Tricks to Rethink Your Drink

- Choose water (tap or unsweetened, bottled, or sparkling) over sugary drinks.
- Need more flavor? Add berries or slices of lime, lemon, or cucumber to water.
- Missing fizzy drinks? Add a splash of 100% juice to plain sparkling water for a refreshing, low-calorie drink.
- **Need help breaking the habit? Don't stock up on sugary drinks.** Instead, keep a jug or bottles of cold water in the fridge.
- **Water just won't do? Reach for drinks that contain important nutrients** such as low fat or fat free milk; unsweetened, fortified milk alternatives; or 100% fruit or vegetable juice first.
- At the coffee shop? Skip the flavored syrups or whipped cream. Ask for a drink with low fat or fat free milk, an unsweetened milk alternative such as soy or almond, or get back to basics with black coffee.
- At the store? Read the Nutrition Facts label to choose drinks that are low in calories, added sugars, and saturated fat.
- On the go? Carry a reusable water bottle with you and refill it throughout the day.
- Still thirsty? Learn how to drink more water.



Kids need water to stay healthy & hydrated!
When kids are thirsty, water is what they need – **they don't** need sugary high-calorie drinks.

WHAT ABOUT SPORTS DRINKS?

Ads for sports drinks suggest that these drinks are good choices for hydration. Sugar is added to these drinks. Kids who drink too many sugary drinks are more likely to get cavities and gain too much weight. Serve your kids water instead.



How Much Sugar? Sports Drink (12oz. Bottle) *That's 6 packets of added sugar!*



1 packet of sugar = 1 sugar cube = 1 teaspoon of sugar

3 Facts about Kids &

Water is an essential nutrient for good wellbeing.

1. To replace water lost via sweat, breathing or using the bathroom, encourage your children to drink water.
2. Without enough water, kids can become dehydrated
 - This can cause them to feel weak or dizzy and have headaches. Offer your kids water frequently to prevent dehydration.
3. Kids are especially vulnerable to dehydration
 - When it's hot outside or when they are active, remind them to drink more water, even though they may not be thirsty.

Blueberry Beet Smoothie

Ingredients

1. 1/2 cup unsweetened milk of choice
2. 1 cup mixed frozen blueberries or mixed berries
3. 1 small beet peeled and diced (about 8 oz)
4. 1/4 cup frozen pineapple
5. 1/4 cup plain nonfat Greek yogurt use non-dairy yogurt to make vegan
6. Optional sweetener: 1-2 teaspoons honey
7. Optional mix-ins: chia seeds, and/or ground flaxseed. Also, add 2 tablespoons oatmeal to make the smoothie even more filling.



Nutrition Facts		
Servings: 2	Calories: 95	Carbs: 19g
Protein: 4g	Fat: 1g	Cholesterol: 2mg
Fiber: 4g	Sugar: 13g	

Instructions

1. Place the almond milk, blueberries, beet, pineapple, and Greek yogurt in a high-speed blender such as a Vitamix (if you do not have a high-speed blender, I'd suggest microwaving, roasting, or lightly steaming the beets before using so that they are softer and puree more smoothly).
2. Blend until smooth. Taste and if you desire a sweeter smoothie, add a little honey or date and blend again. Enjoy immediately or refrigerate for up to 1 day.

Toddlers Making Friends: What To Expect

At 1-2 years, children generally play with the other children around them, rather than choosing a 'best' friend. Toddlers vary in how social they are. Some are naturally more sociable and can manage more playmates, whereas others are more comfortable with fewer playmates.

Preparing your child for toddler friendships

Your toddler doesn't yet understand friendship skills, like sharing, taking turns and solving problems.

You can help your toddler start learning and practicing these skills by spending time playing together. Through play, you can show your child how to be a good friend and play well with others. Try these ideas:

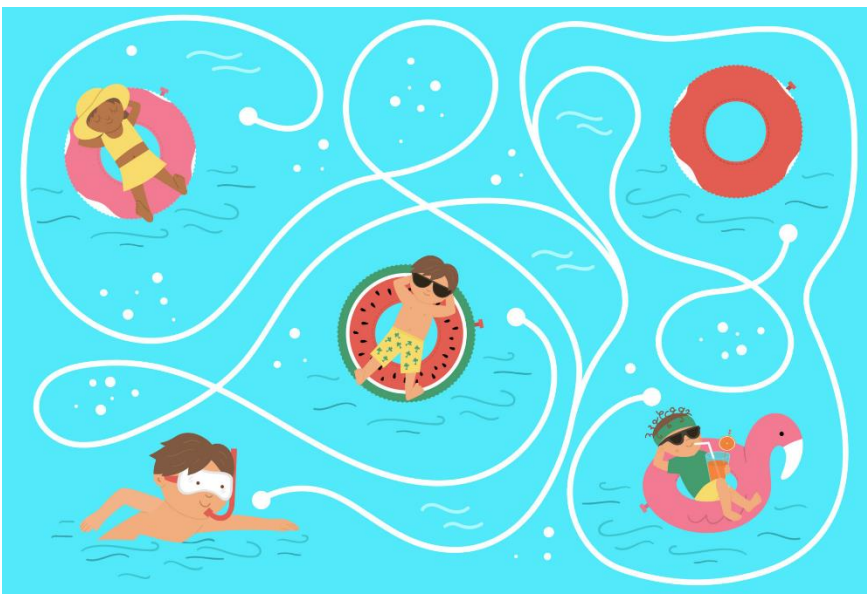
- **Take turns to add blocks to a tower or to kick a ball, and prompt your child by saying 'My turn' and 'Your turn'.**
- Model sharing. For example, you might give your child a piece of **your playdough and say, 'Let's share my playdough – some for you and some for me'.** **When your child has played with you like this for a while, you could ask your child to share some of their playdough.**
- Use toys like teddies or dolls to ask for turns, share toys and look after their teddy friends. Your child will watch this fun game and copy what they see – sometimes, at least!
- **While you're taking turns, sharing or playing toy-sharing games,** comment on how much fun it is when everyone gets a turn or gets to share.
- When your child takes turns or shares something, give your child plenty of praise – for example, 'Nice sharing' or 'Thank you for sharing with me'.

Helping toddler playdates go smoothly

Play is how young children learn. The more your child plays with other children, the more likely your child will learn to play well.

You can help playdates go smoothly by setting things up for your child and their playmates. For example:

- Stay close to play so you can help with sharing and taking turns.
- Ask your child whether there are any toys they want to put away before friends come over. **You can put away your child's favorite toys yourself and help your child choose some toys and games they're happy to share.**
- Set up games where toddlers can play side by side but don't necessarily have to take turns. **At this age, they're learning to share and it will take time.** Turn-taking games can often end in tears, but toddlers usually do well with sandpit play, painting, building with blocks, throwing balls, or playing with dolls and cars.
- **Try to have plenty of toys for children to play with so they're not competing for one favorite thing.**
- **You don't need expensive toys or highly structured activities for children to have fun with their friends.** The more relaxed they are, the easier it is for them to enjoy being with a friend.
- **Sit with children for a while when they start playing. Wait until they've found their rhythm** and are playing happily together before you leave them to play.
- Stay within eyesight so you can step in quickly if play is getting too rough, or there are squabbles over toys. Being able to see you will also help your child feel safe and comfortable in this new situation.



Some children with disability might have additional challenges when making friends. A child behavior professional might be able to give you some strategies and support to develop your child's skills. If your child has a lot of trouble playing with other children, or your child's play is very different from the way other children play, it might help to talk with your child's pediatrician.

Preschoolers Making Friends: What To Expect

By three years, many children regularly do activities with other children – for example, at child care, kinder or playgroup. Some children seem to make friends easily and get energy from being around a lot of other people. Others can find this tiring and overwhelming. Some children might be slower to warm up and need time to watch what happens before joining in with a group.

Helping preschoolers make friends during play

Giving your child the chance to play with other children from preschool or playgroup can help your child develop friendships. **It's a good idea to start with playdates with one or two friends rather than a lot of children, especially if your child is shy or slow to warm up in social situations.** You can start by talking with your child about who they play with, why they like playing with them and what they like to play. Then you can talk to the other parents about playdates, either at your home, at a local park or somewhere else that gives the children plenty of space and things to play with.

Here are some ideas for helping your child make friends during play:

- Give your child and their friends different options for play. For example, you could say, 'Would you like to play with blocks or cars?' Praise the children when they decide on something together – for example, 'You two worked that out together so well'.
- Put your child's special toys away when friends come over. This can stop arguments from starting.
- Stay close. It can be reassuring for your child to have you nearby, particularly if the children don't know each other well. As your child gets more confident you can be further away, although it's still important to be aware of what's going on.
- Keep an eye on what's going on. This will help you know whether children are just enjoying some rough-and-tumble play, or whether the play is getting out of hand. If things are getting too rough, you'll need to step in.
- Set a time limit for the playdate. When children get tired, they often find it harder to cooperate. It's good to finish play time with everyone wanting to do it again.

Playing solo is usually nothing to worry

about. In fact, you'll often see two children playing alongside each other, each doing their own thing. That's because children at this age are still learning how to play together. But if your child seems unsure of how to join in play, **is consistently left out by other children, or often doesn't want to play with others,** there are things you can do to help:

- Encourage your child to watch what others are doing so they can work out how to join in. For example, 'What's Bella doing with that food? Do you think she might be setting up a restaurant? Do you think it might need customers? Or a cook?'
- Talk about ways your child could start play and invite others to join. For example, 'Can you help me dig a hole in the sand? Can you see if anyone else will help us make it really deep?'



Summer Word Search

SUMMER	G	A	R	D	E	N	Y	S	M	B	M	T	O	L	S
SUNSHINE	N	I	A	R	M	E	L	E	S	E	E	R	W	O	U
SWIM	U	C	I	N	C	I	P	E	A	S	I	A	M	S	N
BOAT	L	M	L	I	N	O	I	T	A	C	A	V	R	P	S
CAMP	P	O	P	S	I	C	L	E	Q	L	D	E	K	I	H
HIKE	U	I	P	E	C	A	M	P	I	O	O	L	F	C	I
GARDEN	Y	T	N	S	R	E	T	L	M	D	N	T	R	E	N
PLAY	P	W	N	S	O	E	P	A	T	G	N	E	D	X	E
BEACH	A	U	G	R	I	A	D	Y	B	O	A	Y	A	T	E
JULY	R	L	J	U	L	Y	G	R	S	A	S	O	U	P	A
AUGUST	K	E	F	G	L	C	E	A	T	H	I	R	G	A	S
PARK	B	A	L	Y	P	A	E	N	O	C	R	E	U	R	D
PICNIC	S	H	O	R	T	S	O	O	H	A	E	H	S	H	R
POPSICLE	U	Y	P	E	M	N	O	S	A	E	S	S	T	D	E
ICE CREAM	C	H	E	T	A	M	C	L	Y	B	G	M	R	E	S
SHORTS	X	L	A	O	V	Z	R	C	O	J	B	R	I	N	S
DRESS	F	O	S	E	M	A	E	R	C	E	C	I	O	W	L
TRAVEL	B	L	O	S	S	U	M	M	E	R	W	B	M	O	S
VACATION															
SEASON															

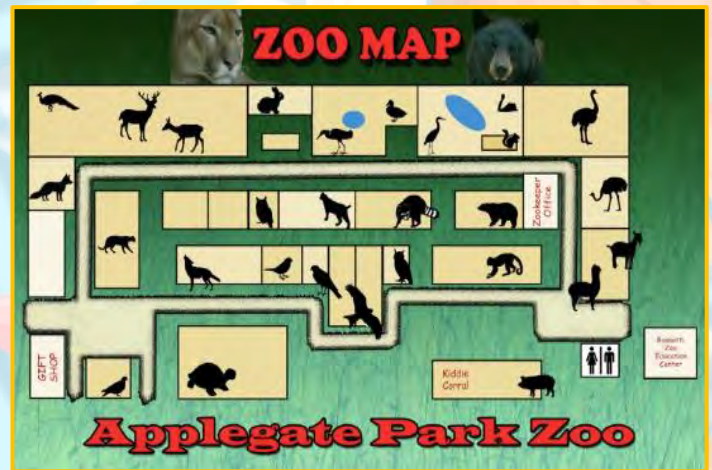
ONESTOPWORDSEARCH

Planning some playdates with other children from preschool might also help your child feel more confident about playing with everyone at preschool. If your child talks about persistent problems playing with friends at preschool, or problems with some children in particular, it's a good idea to talk to your child's preschool teachers. The teachers can keep an eye on what's happening and follow up with conversations, stories, or activities.

Family Activities within the County

Merced County

1. Applegate Park Zoo (1045 W 25th St, Merced, CA 95340)
2. Sky Zone Trampoline Park (1230 W Main St, Merced, CA 95340)
3. Kids Discovery Station (350 W Yosemite Avenue Merced, CA 95348)
4. Movies in the Park (call 209-385-6235 for more info.)
5. Merced Certified Farmers Market (16th St. & Canal Merced, CA 95340)
6. Island Water Park (6099 W Barstow Ave, Fresno, CA 93723)
7. Wild Water Adventure (11413 East Shaw Avenue Clovis CA 93619)
8. Splash-n-Dash Aqua Park (9090 Lake McClure Rd, Snelling, CA 95369)



Stanislaus County

1. Columbia Water Park (600 Columbia Ave, Turlock, CA 95380)
2. Broadway Park (501 N Broadway, Turlock, CA 95380)
3. Boomers (4215 Bangs Ave, Modesto, CA 95356)
4. Modesto, Oakdale, Turlock, Riverbank Farmers Market
5. Empire Pool – Stanislaus County Regional Water Safety (10 I St Empire, CA 95319)
6. Sky Zone Trampoline Park (1700 McHenry Ave #50, Modesto, CA 95350)
7. Local Public Pools/Water Parks

SUMMER

Social and Emotional Skill Building

We as parents want our children to easily make friends and keep them. We want them to be happy and build social skills that will help them in the future. This is not always easy and takes time to teach a child how to develop these necessary skills. While teachers can provide support in teaching these skills it is important to understand that majority of social skills are learned at home.

At Home Relationship Skills:

Empathy: Ensure that everyone in the family treats each other fairly and with kindness. Children learn from observing others.

Communication skills: Turn off tablets, tv's, and phones. Talk with your children. This will also help develop language skills.

Regulating Emotions: It is normal for children to have strong emotions. When your child does, help them find ways to manage these emotions.

Apologizing: Model apologizing. It is important to apologize to your children to show them adults also make mistakes. This will help teach your children how to apologize for their own mistakes.

Places to Visit to Encourage Social and Emotional Development:

- Parks
- Library
- Farmers Markets
- Relatives Homes

At Home Activities for Social Emotional Skills

Emotion Recognition: Show your child pictures of different emotions and discuss them.

Bed Time Stories: Discuss the characters, events, and what might happen.

Prepare for social events: Have your child put away special toys they do not want to share, explain what you will be doing with your child, remind your child of what is coming up next.



Summertime Ideas for Families:

- <https://kidsactivitiesblog.com/72221/cool-activity-ideas-summer/>
- <https://www.parents.com/fun/activities/outdoor/24-cheap-summer-activities-for-kids/>



Creating A Budget

A budget can help you feel more in control of your finances and make it easier to save money for your goals. The following steps can help you create a budget.

Calculate your net income (take home pay)

- When and where does your income come from?
- Do you have a side job?
- Child support?
- Online selling, etc.



List your expenses

- Rent or Mortgage payments
- Loan payments (such as student, auto, and personal.)
- Insurance (such as health, home, and auto)
- Utilities (such as electricity, water, gas)
- Child care
- Groceries
- Transportation (such as gas, bus fares, etc.)
- Household goods
- Dining
- Memberships or subscriptions (such as gym, Netflix, Hulu, etc.)
- Miscellaneous

Organize your expenses

- Once you have a list of your expenses, label whether they are fixed or variable expense.
- Fixed expenses are the same amount each month such as rent, insurance, loan amounts. Variable expenses can change, such as utilities, gas, groceries, household items etc.
- After you label them, list how much you spend on each fixed expense. For the variable expenses you will have to estimate the amount using your best judgement from prior months or years. Such as your electric bill will be higher in the summer if you use the air conditioner, compared to cooler months.
- Also allocate some funds for savings, for gifts, or family vacations to your expenses
- Make adjustments

Budgeting

S A N R U T O R C L S C R S D
 S C C E M O C N I S A P U B T
 I S A N T D Y A I U V A O I P
 T E N D N E P S E C I P E P T
 V N C I M B C T G N N U T P U
 E I A D M I T B E G G S O R O
 G O D E A T I L A G S N A O L
 N C U B I B S L L I B U N A O
 O D E T N P A Y M E N T S P N
 L N O D B L P T N U O C S I D
 M N M S D R A C T U S C T P N
 R T E S N O P U O C S R Y P U
 E U O M G O A L S L O I N T U
 N Y E N O M N N V S T M I S S
 T E G D U B C R E D I T O A I

Budget	Goals	Debit	Coupons
Cards	Savings	Bills	Spend
Rent	Money	Discount	Loans
Income	Debt	Credit	Payments

The last step in creating your budget is to compare your net income to your monthly expenses. If you notice that your expenses are higher than your income you will need to make some adjustments to reduce your expenses, by trying to decrease any variable expenses.

If you have more income leftover after listing your expenses, you can increase certain areas of your budget and include a savings or emergency fund.

Next steps

After you finish creating a budget, the next step is to stick to it. You can hold yourself accountable in a variety of ways. For starters, you can set reminders with your credit card and bank accounts when you reach a preset spending amount. You should also try tracking all of your expenses into your spreadsheet or budgeting app right after you make a purchase. And if you share expenses with someone else, make sure you're both on the same page with the budget and keep each other on track.

Online resources

- <https://www.mymoneycoach.ca/sites/default/files/7-Steps-Budgeting-Workbook-Fillable.pdf>
- <https://consumer.gov/sites/default/files/pdf-1020-make-budget-worksheet-form.pdf>
- <https://www.nerdwallet.com/article/finance/best-budget-apps>

Free or Inexpensive Summer Activities

Go to a Farmer's Market

You should be able to find a Farmer's Market or Community Market within an easy driving distance from your home. These are fun places to walk around, try samples, and maybe make one small purchase.

Go hiking

You don't have to live near the mountains to enjoy a good hike. You'd be surprised how many trails you can find in your city! Just head to your city's parks and recreation page or simply google for trails in your area. This is 100% free and gets you out of the house and in nature!

Run through the Sprinklers

Put the sprinklers on and let your kids run through the sprinklers! To avoid using too much water, just turn them on for 10 minutes then take a 10-minute break. This activity is inexpensive and gets the kids outdoors!

Have a water fight

What is more fun than a water fight? Break out the water balloons, water gun, and even the hose! Walmart and dollar stores usually sell inexpensive water balloons and water guns.

Have a picnic

Pack a snack or a simple lunch and spend the day exploring a new park or one that you love! You can even have a picnic in your very own backyard.

Check out your town for free movies

Many towns offer free movies at twilight during the summer. If your town doesn't offer this, then try a nearby town to enjoy a free movie outdoors. Just pack a big blanket, some chairs, and a bag of popcorn and you'll be ready to go!

Visit a state park

It is an affordable way to get out in nature! Head to a park near you and enjoy what this world has to offer. Pack a lunch and make it an entire day trip.

Head to the library

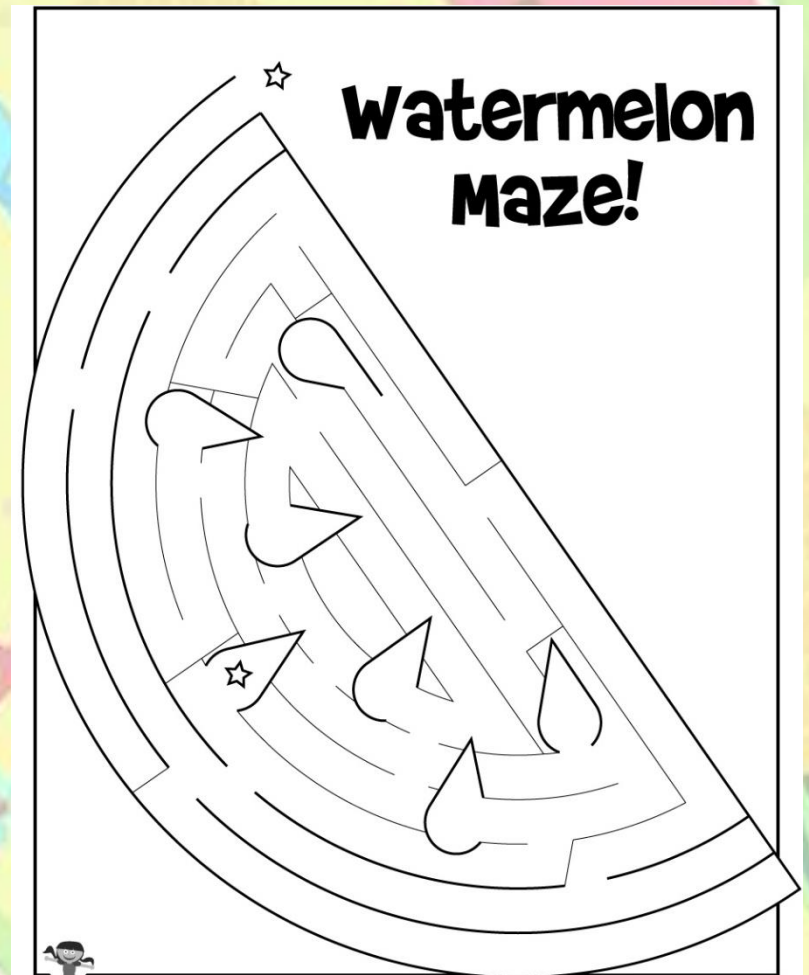
Don't forget to check out your local library this summer! Most libraries have great summer reading programs for both kids and adults. They also have all types of classes you can take. Don't forget that you can borrow ebooks as well as audiobooks from most libraries. If you have kids, try to go once a week to keep them busy and reading this summer.

Go camping

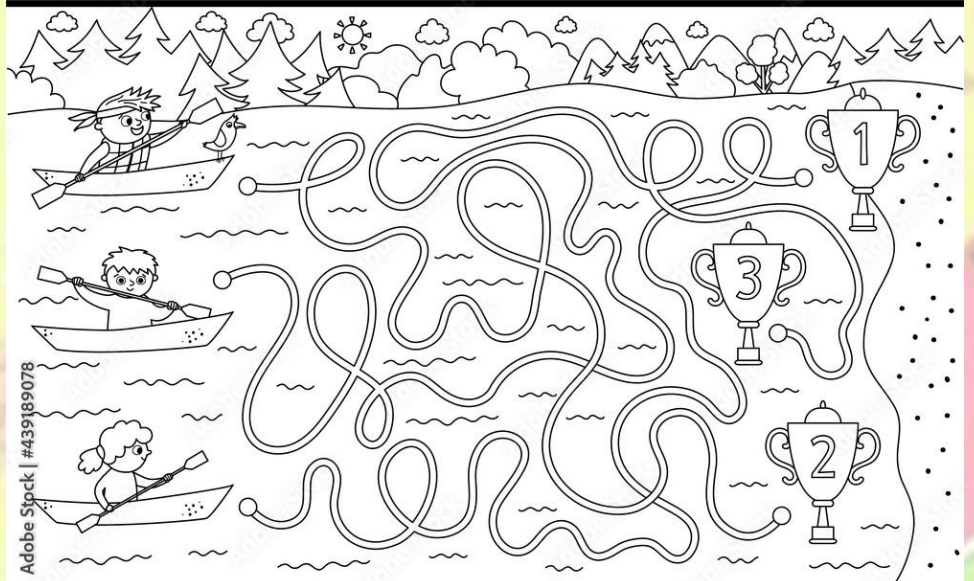
Even if you camp in your backyard, it's fun to set up a tent and spend the night outdoors.

Grow flowers or plant an herb garden

Whether you pick up some plants or seeds this can be a fun activity! Children will enjoy watching them grow. You can either sow the seeds in your backyard or buy an inexpensive pot to plant them in. Hopefully, you'll end up with beautiful flowers to have as a nice centerpiece later on in the summer.



WHO IS THE FIRST TO SWIM TO THE SHORE?



Family & Community Services



Modesto, Ceres, Turlock, Oakdale & Patterson

Phone: 209-558-7377

Newman

Phone: 209-862-0295



Main Line

1 – 877 – 652 – 0734



Ceres East, Empire, Hanshaw, Newman, Patterson, Modesto, Oakdale & Patterson

Main line: 1 – 866 – 682 – 4842

Breastfeeding Helpline

Main Line: 1 – 209 – 525 – 4838

Salida Surgery Dental Center

Clinic Main Line

1 – 209 – 543 – 9299

Special thanks to the following individuals from CCCDS Wellness Committee who take part in creating this Newsletter.

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Angie Dominguez (Program Specialist - Disabilities/Mental Health)
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Angela Duran (Accounts Payable Clerk)
Louie Daniel (Program Specialist – Child Development)
Yaritsi Cardenas (Program Specialist – Child Development)

Thank you!



Central California Child Development Services, Inc

EVALUATION SHEET

Session Title: **Summer Wellness Newsletter**

- | | | | | |
|---|------------------|-------------|-------------|-------------|
| • Do you read the wellness newsletter? | YES | NO | | |
| • Content of Wellness Newsletter? | Very Good | Good | Fair | Poor |
| • Relevance of topic to your needs and interests? | Very Good | Good | Fair | Poor |
| • Clarity of topics and materials? | Very Good | Good | Fair | Poor |
| • Effectiveness of method(s) used to present the topic? | Very Good | Good | Fair | Poor |
| • Value of content that can be put into practice every day? | Very Good | Good | Fair | Poor |
| • Do you believe that the newsletter is a valuable source of news and information about nutrition and overall wellness? | Very Good | Good | Fair | Poor |

Special Comments: _____

Please state below what you would like to have as a topic on the Fall Wellness Newsletter or as a new focus:
