



# FAYETTE COUNTY BOARD OF DEVELOPMENTAL DISABILITIES NEWSLETTER SPECIAL EDITION 2020

*"FCBDD empowering people to be the best version of themselves."*

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**FCBDD gives a huge “THANK YOU” to ALL essential workers on the frontlines, during this COVID-19 pandemic.**

**You are very important to your community and we appreciate your dedication and time. We especially thank healthcare workers, truck drivers, law enforcement, store workers, manufacturing workers and government officials.**



*Superintendent, Ms. Deb Buccilla*

### **Greetings from all of us at FCBDD!**

We find ourselves in challenging times, all just trying to make the best decisions for ourselves and our families. The FCBDD is also making these decisions for those we serve and our workforce. Like many of you, sometimes our plans have changed rapidly, just trying to keep up with the expectations from our county, state, and federal oversight entities. We have attempted to keep you abreast of information through our Home Page on our website and we have recommended that you visit trusted sources for the best information out there. Our local county health departments are also trying to give us information in real time, so it is one of those valuable resources.

We thought we would do a *special edition newsletter* to tell you what we have been up to, to bring you some fun facts and to just generally brighten your day. We hope you enjoy and wish you well.

***Stay safe, stay healthy.***

***Deb Buccilla, Superintendent***



**TEAMWORK -- DEDICATION -- INTEGRITY -- RESPECT**



**From the kitchen of Operations  
Director, Larry Gray...  
Cheesecake!**

*1 graham cracker crust  
(you can sub in gluten free crust)*

*1 container of Philadelphia Cream Cheesecake mix  
(pre-made in the dairy section)*

*1 can of Comstock cherries  
(you can sub in blueberries)*

- Open the crust, add the Philadelphia Cream Cheesecake mix.
- Dip out the mix into the pie crust and spread evenly.
- Concave the middle of the mix pushing to the outside so that the cherry topping will remain centered in the cheesecake.
- Add the cherries to the top of the cheesecake.
- Apply the lid that is provided with the pie crust.
- For best results, let chill in the refrigerator overnight.
- Take out of the refrigerator, slice and serve.



**Finishing up Preschool Right!**

After working very hard to make sure our students had access to lessons and activities suited to meet their needs through ClassDojo and Facebook pages, the teachers and aides ended the very crazy and different 2019-2020 school year with a bang! We made sure to make all our graduates feel like the important people that they are by personally delivering signs to each of them. The following week, we hand delivered graduation packages as well as summer packages for all those students that plan on returning the following school year. The bus drivers got in on the action too by handing out their own special packages to the preschoolers. It gave us all the chance to see our kiddos one more time and let them know they were definitely missed!

## #CoronaKidCare

### Are you Tired of Washing Everyone's Hands yet?

Wait - don't answer that!! You should be! Everyone has heard it a thousand times: Wash your hands with soap and water for at least 20 seconds before and after you do pretty much everything and do not touch your face. For those of you raising little people at home those are not small or easy requests. Toddlers touch everything multiple times a day including their nose and face 😊. Here are a few ideas to make washing hands a fun experience for them and you...

- Try the old faithful "WASH, WASH, WASH your hands" to the tune of "Row, Row, Row your boat." The verses can be as creative as you like; you can try – "wash your hands today so we can go play" or "wash your hands today and chase those germs away." Equally as fun, make up your own silly rhyme!



- Don't shoot the messenger, but the infamous Baby Shark song has a couple new HANDWASHING versions available on You Tube from [Pinkfong! Kids' Songs & Stories](#). There is a 20 second version & a full length version if you are extra brave & patient!! [#BabySharkHandWashChallenge](#)  
*I know you may be crazy after the 10<sup>th</sup> time you sing it, but they may love it.*



- A teacher in Miami Florida posted a video on You Tube using PEPPER to represent the germs or virus & has a student stick their hand in the pepper water without soap & nothing happens. Then she has her dip her finger in soap first & then the pepper and the pepper runs away from her soap protected finger!! Check it out for fun. The video has gone viral for desperate parents trying to emphasize the importance of handwashing to little ones!



We miss seeing your kids and cannot wait to get our clean hands all together again!! Take care & play well!!!!

Jan Cobb, Fayette Co Bd of DD Nurse & Developmental Specialist

## Perfect Parenting During a Pandemic

From the Desk of Ms. Suzie Janasov, Early Childhood Director

Perfect parenting does not occur under any circumstance, especially during this pandemic. We are hearing from parents that many feel pressured to spend this time in an extra special way as seen in social media posts flooded with sweet and time-consuming activities. This often is impossible with all the other demands that life brings.

We want you to feel free from this guilt and know that you are exactly where you need to be. Your normal is extraordinary! One thing that we focus on in early intervention is to build intentional meaningful activities into a normal routine.

Let's talk about some things that your child can do while you are doing some of your everyday chores. When you are cleaning or doing dishes, let your child have a cloth and help. What is more fun than splashing in the running water and playing in bubbles? It may take a little longer, but the memory will last a lifetime and you will eventually get your dishes finished. When you are doing laundry, they can sort or name the different clothes items or what body part that they belong to. The child will love being with you and feel accomplished. Some parents need to work from home. Set up a station for your child also with paper, pencil and crayons. Maybe scissors when appropriate. Or, stickers are always a win. When doing outdoor chores, you can incorporate the scavenger hunt included in this newsletter. The children's yoga can be exercise that you do together. I think that you are getting the idea at this point. Have fun while getting your work done!

The important thing is that we do not always look at playing with our child as separate from our daily lives. All the things mentioned above incorporate sensory play, cognitive learning, gross and fine motor skills not to mention the adaptive qualities that they need to do well in this life. Along with these developmental milestones, they are also building social emotional capacity to be with others without the sole attention being just on them. Building independence and resilience at this young age really do happen at this young age when given the opportunities to interact with their natural environment, their home.

*You got this! You and your child will emerge from this challenge stronger than ever. And we'll see you soon.*



## BACK YARD SCAVENGER HUNT

<input type="checkbox"/>  ant	<input type="checkbox"/>  brown leaf	<input type="checkbox"/>  butterfly
<input type="checkbox"/>  clover	<input type="checkbox"/>  cloud	<input type="checkbox"/>  purple flower
<input type="checkbox"/>  pinecone	<input type="checkbox"/>  ladybug	<input type="checkbox"/>  bird
<input type="checkbox"/>  grass	<input type="checkbox"/>  green leaf	<input type="checkbox"/>  yellow flower
<input type="checkbox"/>  feather	<input type="checkbox"/>  rock	<input type="checkbox"/>  sticks

## 12 YOGA POSES FOR KIDS



# Play, Learn and Grow... Together!



The SSA Department delivered goody bags to independent providers and agency direct support professionals in Fayette County to show our appreciation for all they do each and every day! Fayette County Bd. of DD salutes the direct support professionals working with the people we serve!

**THANKS FOR ALL YOU DO!**

**FROM THE SSA DEPARTMENT**

