

Family Day Care News

Illinois Child Care Bureau

May 2010



Exercise:

Some of the Less-Known Benefits

Spring has arrived! Summer is on its way! You and the children will have more opportunity to be outdoors in the fresh air getting more exercise than the winter months typically allow.

Everyone knows that exercise helps weight loss efforts, reduces the risk of many diseases, and builds bone strength. If that is not enough to get you moving and establish good habits in the children you care for, here are some other benefits that are not as frequently mentioned.

IMPROVED MOOD

Exercise produces endorphins, which increase happiness. People with depression have lower circulating levels of endorphins. Exercise also increases levels of serotonin in the brain, which can lead to a person feeling calmer and handling stress better. In addition, the increase in self-confidence that occurs when a person begins to lose weight, tone their muscles, or get healthier can improve mood.

BETTER COGNITION

Exercise helps the brain get more oxygen and nutrients. So if you are having trouble concentrating or working out a complex problem, a quick jog around the block might do you a world of good. Studies have shown that people who exercise are more productive at work. The risk of Alzheimer's disease and senility are reduced in people who exercise regularly.

LESS ILLNESS

Exercise bolsters your immune system and helps the body to fight off simple bacterial and viral infections. Several theories explain that this may work by:

- ▲ Flushing bacteria out of the lungs

- ▲ Sending antibodies and white blood cells through the body quicker
- ▲ Increasing body temperature enough to discourage bacterial growth
- ▲ Slowing down the release of stress-related hormones

Keep in mind that this is true for moderate exercise. Excessive heavy exercise, however, can backfire, actually decreasing a person's immunity.

SLEEP REGULATION

People who exercise regularly have more energy during the day, fall asleep faster, and sleep more deeply at night. The endorphins created by exercise help you to power through the day, and the increased stamina and strength will help everyday tasks seem easier to accomplish.

RISK OF FALLING IN OLDER ADULTS

One study published in the British Medical Journal found that regular exercise helped to reduce the risk of falling in older adults by about 7%, a significantly better improvement than was garnered by either vision correction or home modification.

SOCIAL RELATIONSHIPS

Exercising with a friend or family member can improve your relationship. In addition, the increase in confidence and energy that you get by exercising can make it easier to meet new people and spend more time on your existing relationships.

<http://www.rd411.com>

Are you Income Eligible?



If your financial situation has changed, you may qualify for the higher Tier 1 reimbursement rates. Please contact the ICCB office for more information.

Certificate Enclosed

Earn DCFS training hours by completing the enclosed certificate. This 1 hour of training requires you to read your ICCB Family Day-care News each month. It is not necessary to return the quiz to the ICCB office! Please contact us if you need more information or past newsletters.



ICCB Office Closed



The ICCB office will be closed on Monday, May 31, 2010 in observance of the Memorial Day Holiday.

2010 Mandatory Training

"CIVIL RIGHTS IN THE CACFP"
AND
"KNOW THOSE RECORDKEEPING BASICS"

This training fulfills 1 hour of the required 2 hours of mandatory training required each year.

Check this mailing for the "red" overdue notice. If you find one, you have not returned the completed quiz for this training. Please do so immediately or call the ICCB office if you need assistance.

Visit our website

www.illinoischildren.com for:
the latest CACFP updates, recipes and activities, downloadable forms, reimbursement dates.
Contact us at: ICCB@illinoischildren.com

May is National Strawberry Month

The Irresistible Strawberry!



Loaded with nutritional vitamins and antioxidants, strawberries are one of the most health-conscious berries around. Just a one-cup serving of the red berry provides 93% of your daily supply of Vitamin

C, 16% of your daily supply of fiber and 20% of your daily supply of folic acid! Not to mention the added benefits of a bounty of antioxidants.

How sweet is that?

30379

This May, pay homage to the irresistible strawberry and pump up your immune system by adding to your diet. Enjoy them alone or paired with yogurt, salad, cereal, ice cream, etc. Strawberries are the ideal spring-time sweet treat.

Did you know?

- Strawberries are the first fruit to ripen in the spring.
- One cup of strawberries has just 55 calories.
- The strawberry is the only fruit with the seeds (on average, 200) on the outside of the fruit.
- Strawberries are grown in every state in the United States and every province of Canada.
- Over 53 percent of seven to nine year olds picked strawberries as their favorite fruit.
- Strawberries are a member of the rose family.



WELCOME



New Providers!

ICCB welcomes providers who were approved to begin participating in the program in **March 2010**:

Mary Ashford
April Cannon
Tara Jackson
Kimberly Kelly
Omia Young

Chicago
Bolingbrook
Romeoville
Chicago Heights
Westmont

Do you check your messages?



You have new messages!
Click here to view them now
or
[Click here to read your messages.](#)

Have you noticed these words after logging on to your WebKids or Minute Menu Kids account?

If not, look above the apple (*with the check mark*)! These messages are sent to **all** online providers and are important reminders that may increase your reimbursement.

Soon, you will be reminded of details regarding updating enrollment forms (for the summer) for kindergarteners and other school aged children.

Please be on the lookout for these important reminders and all the others!! And as always, call the ICCB office if you have any questions. It could save you from losing much needed reimbursement dollars.



The Hidden Number!

Each month, a provider's site number is hidden in this newsletter. If it happens to be your number, contact our office to claim your prize!

Not sure what your site number is? It's the **five** digit number at the top of your Claim Summary and Errors letter entitled Provider State I.D.

The Kids' Recipe Corner



Oatmeal Dinner Rolls

These fluffy rolls have a yummy homemade flavor that's irresistible.

2 cups water	1/3 cup packed brown sugar
1 cup quick-cooking oats	1 tablespoon sugar
3 tablespoons butter or margarine	1 1/2 teaspoons salt
1 package active dry yeast	4 3/4 cups all-purpose flour
1/3 cup warm water	

In a saucepan, bring water to a boil; add oats and butter. Cook and stir for 1 minute. Remove from heat; cool to lukewarm. In a bowl, dissolve yeast in warm water. Add the oat mixture, sugars, salt and 4 cups of flour; beat until smooth. Add enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in a greased bowl, turning once to grease top. Cover and let rise in a warm place until doubled, about 1 hour. Punch dough down; allow to rest for 10 minutes. Shape into 18 balls. Place in two greased 9-in. round baking pans. Cover and let rise until doubled, about 45 minutes. Bake at 350 degrees F for 20-25 minutes or until golden brown. Remove from pan to wire racks.

Yield: 18 rolls 1/2 roll = 1 grain/bread serving for 3 - 12 year olds.
Source: www.allrecipes.com

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Family Day Care News is produced by Illinois Child Care Bureau: Thora Cahill, Executive Director; Patti Elste, Nutrition Director.

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