

THE FAMILY CONNECTION

FALL 2020



CATHOLIC CHARITIES
OF DELAWARE, OTSEGO AND SCHOHARIE COUNTIES
CHILD CARE SERVICES PROGRAM
176 MAIN STREET, ONEONTA NY 13820

(607) 432-0061 FAX: (607) 431-9303
CHILDCARE@CHARITIESCCDO.ORG
WWW.CHARITIESCCDOS.ORG

BECOME A CHILD CARE PROVIDER

Child Care Providers make a difference
in the lives of children
in the families they help and
in the communities where they live

THERE ARE MANY BENEFITS TO BECOMING
A REGISTERED FAMILY CHILD CARE
PROVIDER:

- Be home with and care for your own children
- Save on your own child care costs
- The income from a child care business can help support your family
- Be your own boss
- Help families in your community by offering quality child care

GET STARTED TODAY!

Click on the link to learn more about
starting a child care business:

<https://ocfs.ny.gov/main/childcare/becomeaprovider.asp>

ONE OF OUR DAY CARE SPECIALISTS
CAN HELP YOU THROUGH THE WHOLE
REGISTRATION PROCESS!

Catholic Charities
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childcare@charitiesccdo.org
www.charitiesccdos.org



We are so lucky to live in an area that has beautiful colors all throughout the fall. One way to take in all the colors and fall changes is to get out and go on a walk for a hike. Here are several family friendly spots throughout the county for trail walks and hikes.

Franklin Mountain Hawk Watch

52 Grange Hall Road Spur, Oneonta
↳ Bring binoculars for birdwatching.

Fetterly Forest Conservation Area

302 Roses Hill Road, Richfield NY
↳ 3 ecologically diverse trails that are about 1 mile in total.

Valley View Walking Trails

298 Sheep Pen Road, Unadilla
↳ Lots of trails to choose from with many picnic areas to enjoy a meal.

Clark Tower Trail


652-708 Beaver Meadow Road,
Cooperstown
↳ 3.6 mile loop, dog friendly.

Betty and Wilbur Davis State Park

133 Davis Road, Westford
↳ 2.7 mile loop, with a playground near the parking area.




FALL READING

 ***There Was an Old Lady Who Swallowed Some Leaves!***
By Lucille Colandro

 ***We're Going on a Leaf Hunt*** by Steve Metzger

 ***Goodbye Summer, Hello Autumn*** by Kenard Pak

 ***Yellow Time*** by Lauren Stringer

 ***Applesauce Day*** by Lisa Amstutz



PARENT EDUCATION OPPORTUNITIES

The Family Service Association

277 Chestnut Street, Oneonta, NY 13820
607-432-2870

www.fsaoneontany.org

Parent education workshops offered to all area parents and caregivers. Topics include information about parenting skills and child and adult development.

Family Resource Network

46 Oneida St. Oneonta, NY 13820
607-432-0001

www.familyrn.org

Serving individuals with disabilities and their families. Visit their website to find upcoming events, training opportunities, newsletter, support groups and additional resources.

Cornell University Cooperative Extension of Schoharie and Otsego Counties

Cooperstown Office
123 Lake Street, Cooperstown, NY 13326
(607) 547-2536

otsego@cornell.edu

Nutrition Education programs that assists income eligible families and youth to improve health.

Southern Tier Independence Center

135 East Frederick Street Binghamton, NY 13904
607-724-2111

-Early Childhood Direction Center: ecdc@stic-cil.org

<http://www.stic-cil.org/ecdc.html>

-Parent Technical Assistance Center ptac@stic-cil.org

<http://www.stic-cil.org/ptac.html>

ZERO TO THREE

Little Kids, Big Questions podcast series addresses some of the most common issues facing parents of babies and toddlers. Series of 12 podcasts. No charge.

Visit www.zerotothree.org

FREE ONLINE CHILD CARE REFERRALS!

Catholic Charities Child Care Support Services
has child care referrals available online.

You now have the ability to search for child care
any time of the day or night!

You also have access to our online referral packet which includes
information to help you make an informed child care decision!

VISIT OUR WEBSITE!
WWW.CHARITIESCCDOS.ORG

Easy Pumpkin Soup

Ingredients:

- 1/2 cup finely chopped onion
- 2 tablespoons butter
- 1 tablespoon all-purpose flour
- 2 cans (14-1/2 ounces each) chicken broth
- 1 can (15 ounces) solid-pack pumpkin
- 1 teaspoon brown sugar
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1/8 teaspoon ground nutmeg
- 1 cup heavy whipping cream

Directions:

In a large saucepan, sauté onion in butter until tender. Remove from the heat; stir in flour until smooth. Gradually stir in broth, pumpkin, brown sugar, salt, pepper and nutmeg; bring to a boil. Reduce heat and simmer for 5 minutes. Add cream; cook for 2 minutes or until heated through. Yield: 6 servings.



Sweet Potato Hash

Ingredients:

- 1 tablespoon olive oil
- 1/2 sweet onion, diced
- 2 lbs. sweet potatoes, peeled and diced pettely
- 2 tablespoons water
- 3 large eggs

Directions:

Sautee the onion in oil until thoroughly softened and then stir in the sweet potato and water. Cover pot and cook on medium-high heat for 10-15 minutes until the potatoes are cooked. Make three cavities with the back of a spoon and crack in the eggs. Cover again, cook 5 minutes until the eggs have set, and scramble them into the potatoes. Serve immediately.



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